# Quick reboot / handbook to feel better instantly

1. There are lot of people who are less intelligent than you, doing more than you because they believe that everything is easy and **there’s nothing worth your worries**
2. There are lot of people who are curious to try/face new things, it is obvious for everyone on this earth to fail more times than they succeed, still they try to settle with success without paying heed to failure, because they want to succeed and failure shows where they went wrong so that they understand it and try something different that might take them an inch closer to success
3. Everything is okay, because we feel something as okay based on the earlier definitions we had to what feels okay and what not.
4. Start with whatever you have, there are going to be a lot of learnings along the way, and **you are very good at giving everything your best shot**
5. Just realise everything is maya, the same thing that fears you is the same thing which gives ultra level happiness to someone, it is a matter of time before you change your definition which meets your comfort level
6. Take a walk, take deep breathes forget about everything else. It is going to be fine.

# 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

We choose what we want to do, then why work hard for it, work easily for it instead.

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

# When you need confidence

Everyone starts at some point, gather what they have, build upon them, try ask right questions, keep trying

Faking confidence in difficult situations adds fuel to the fire, so fake it till you make it

You have perseverance, persistence

If you need confidence on something new that you are doing, then remember

1. **You need to gather what you can** (if you don’t have anything, you have yourself, your experience of problem solving skill, your curiosity, your innovative ness and surely you will get leads when you start working) **get started**, trust me, you will be better down the lane
2. **Ask right questions**, **get to the bulls eye which is missing the link when you are trying to understand a concept/problem, get understanding, continue the process**

# 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**

# You need to accept who you are?

Current priority

# When asked a question

Try to answer their question with the resources/understanding that you have about it. And then ask a follow up question, if you don’t think the answer you gave alone is not enough, because

* This also increases, your quality of starting with what you have, instead of worrying about what you don’t have (which will put you in a not okay stat)
* Also, if you ask another question without answering their question, then they will think, I don’t understand which will make them feel I am less known about that topic/uncapable

# Things you need to be aware of

Definition of hard work: you need to enjoy the work, if you enjoy the work, you won’t 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

When a new thing confronts you, It is a wonderful opportunity to learn many new things which will help you to feed your curious self, remember how you used to search for Eenadu magazines to read silly points

**Embrace new things to feed your curious self**

Nothing has to be hard/difficult, as nalina says **everything is easy**, while facing new things, why it has to be hard? You can take it slow, understand be curious try to learn it and get better at it, step by step. Ask right questions, be patient, you will get it some time down the lane

# Do belly/abdominal breathing when you are in anxiety

Keep feet on ground

Breath in and out to belly through nose

In-seconds

Out – seconds

Repititon- times

In out times

4 (secs) 4(secs) 7(secs)

4(secs) 6(secs) 7(secs)

4 8 7

4 10 7

4 12 7

# Things to be handled

1. Increasing ability to focus
2. Believing in my knowledge and strengths
3. Whenever some error or something that you unexpected happened, 99% of the times you will be able to solve that, remaining 1% does not even matter because worrying over something you cannot control is a foolish thing. And you are a curious person, try to be curious that is really interesting and enjoyable thing you can do, be sherlock holmes 😊
4. Handling the moment of fumble
   1. To handle this, whenever you get a thought of fumble (that things are going wrong, or things are going out of my hands or I am unable to do something), instead of jumping to conclusions or trying to solve things immediately, take a moment or 2, try to understand the situation, if

# What happens before I fumble, while I fumble and after I fumble

## What will be happening before I fumble

Before I fumble, I always have a plan, and will always know how to break it down in to steps. i.e, plan of action

## Why I fumble and what happens when I fumble

I fumble when plan does not go according to what I thought, then I get the anxious mode on

## What happens after I fumble

I stop thinking and start working on a brute force mode, and try whatever comes to my mind to solve that issue.

## What should I be doing when I get the fumble

Tell yourself it is okay, try to calm yourself, take a moment, pause. Have deep breathes for a while, then normal breathes. Then don’t go with brute force, try to understand what’s happening. Then analyse what’s best that can be done to tackle that situation. Slowly start that plan of action.

I am DAMN sure that I will give my best to tackle that situation (by default I am good at giving things my best shot)

# Questions to ask

When I am doing things, I see that I pay attention to doing, there is very less/no attention to feeling

2 dreams of me killing a snake, a large snake before my house

I see things as very big (claims as head ache)

# You need to understand emotions

## Emotions

### Anger

Anger means expectation is not met, unfairness, injustice

### Fear

Real danger in front of us

Ex: something come to hit me

#### Anxiety

Imagined fear and we are discounting our ability to resolve it.

### Sadness

When there is a loss

Ex: time, materialistic, age

### Guilt

Self guilt - When we set a standard for ourselves and we don’t reach it

Guilt because of others- If someone is making me feel guilty- someone not saying something which is not according to my standard

### Shame

When there are **societal norms** which are expected from social circle

Shame is from others, if you don’t accept it

Ex: about toxicity, gender, competency, family

#### Healthy shame

A little bit of anxiety which let us grow

#### Toxic shame

We are stuck and not able to get out of there

# Things I need to understand

## No one has a solid plan

Almost 95% of the people don’t have a solid plan at the things they do, especially if people are encountering a new thing almost 100% of the people will not have a solid plan for sure. All they have is

* a curios mind
* the attitude to start somewhere with whatever they have
* learn along
* get better
* try being creative
* try to be patient and calm

## remember days of MLE MLE meetup

ah week antha aaduthu paduthu work complete chesav, not only aduthu paduthu, easy ga complete chesav

## how were you writing YSS lessons

there is no inch of fear while writing yss lessons, you were writing them by yourself, understanding them, segmenting them and categorizing important parts and highlighting wherever needed, and also being creative while trying to snip animation parts, deciding where to keep what and also trying to enhance it the best way possible

take aways from this experience:

* you are creative
* you thrive for perfection
* you can categorize, segment information
* take useful decisions
* put the greatest of the effort
* you can live fearlessly and reap the best fruits with this benefit

# Things I need to implement.

## Be creative.

Be free.

Be passionate.

Be curious.

Try to implement things in the way you want to, in a similar way where nalina was managing her workspace, where her superior saw that and had asked her to explain everything and later promote her.

## When I am failing (at particular work repeatedly or getting anxious while trying)

You start trying brute forcedly same thing (or trying random things and praying that it should work as it is giving you fear and anxiousness) again and again till it works,

But, the best thing you can do while you are failing is

* Take break
* Go for a walk
* Have long breathes
* Understand that it is okay to fail
* Then come back to work, imagine that Rohith checking that s3 error,
  + I am not even reading the error till then, I tried literally 20 times to solve that issue, I was only focussing on the end result, but if it is not coming, I did not even think of looking at the error, **lesson-> whenever you are failing, try to see and corner the place where you are failing, then make necessary changes**
  + After I saw what is the error **with rohith’s help, I quickly wanted to run the commands and get done with it, but Rohith wanted to see what are the commands that are solving the issue, lesson 2-> he is curious to know what is the solution and does he had any references where he saw it earlier, therefore trying to connect the dots, I should also be looking like that**

### Why you should take time (when I get anxious) and get calm and immerse myself and learn?

If you are trying to do it brute force manner, that also mean I am trying to do things randomly, fastly and not paying attention to whatever I am doing, then I am not even learning rat shit, if you want to prosper in your career, improve quality of your work, become better, then calm yourself, get immersed in to that ever you are doing, connect the dots, learn, don’t harm yourself by trying random things fastly in a bruteforced manner.

### How can you immerse yourself

Try talking to yourself in a comic manner, using meme/funny language, then try understanding whatever you are doing and connect the dots, move forward

It really makes sense to follow above steps because, my current reaction is going to damage me, and the approach rohith tries is the approach I am going to implement

## Learn to live with the doubt.

Most of the times, the doubt you get gets solved within few moments or some time down the lane (if you have bandwidth). Learn to live with your doubts peacefully and curiously. It is really a wonderful feeling to stay with your doubts and try finding the reasons and solve them on your own.

## 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

Also when you focus on one particular thing, make sure you pay more importance to your current step, don’t worry about the whole journey

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

## Get slow down and take your time whenever you are in anxious situation or in a tension.

## 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

## 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 and also you might possibly get solution for this if you do it with a calm and peaceful mind

### Why you should not worry over minute things or things you cannot control

* Worrying over things which you cannot control will lead to nothing and will destroy you w.r.t time, energy, emotions and peace of mind, so it is best to leave things you have no control over
* If you worry for everything, your will power/energy decreases a lot therefore leading you to get drained and burnout, so better worry over large things over which you have control and things which help you in becoming whom you want to become

## Believe that everything is easy

Why work or learning or spending time has to be hard, it can be easy, totally easy and easy peasy

It's never needed to be hard, everything can be done easily, if you want to do something and if you did not do it, you are feeling it hard, to avoid that you should deeply understand what is it, and increase the repetition and pay less attention to duration and quality meanwhile

# My strengths

adaptability

I love to learn and eager

I love and have a great enthusiasm for reading books, I sometimes get lost in reading books, books are an great source of learning

I have good will power

I easily implement

Increase creativity

I am structured

I am consistent

I know nuances

I am good at giving things my best shot

I know that I am capable of, I also naturally more than required amount of effort needed.

I am proud that, most of the times, my mind takes care of all the important things sub consciously, for example- informing Gautham about trip with sleshna, asking money to people who owe me

# Session

Focus and don’t get digressed

# Current focus

Nalina said she is saying that she is seeing in all directions, and thinks whatever that needs to be done is easy, but I am seeing it in one direction and seeing things as difficult , but I think I am not fully aware of my competencies, which is making me feel under confident, which is rising fear of failure

Nalina said, We are moving in circles, I am not open, and firm in doing things, and I get fumbled when working on things

# Interesting things to take up as challenges for my next version

Learn instantaneously and implement what you learn (don’t take time thinking I will learn this, when you are listening, you are learning already, just pay good amount of attention to it, you really have it)

# Exercise for the week

## 04-05-2023

If you are asked to do something/want to do something, ask yourself whether you like it or not, if you like it, do it, else don’t do it.

Ex: if someone ask you, can you go for a walk with you, or, if you want to sleep early

# Performance review

## Need to ask senganal

Consistently takes longer than estimated. Requires significant support from mentors to break down tasks for him.->

But has trouble connecting the dots and applying things to a real problem.

Has trouble being productive

## Madhuri inputs

### quality of work

try having homework, before reaching out - stay with the problem, try to understand it, try to solve it, then reach out if needed

go ahead with solution, later ask people to review

### Productivity

to improve delivery time-

increase familiarity with code,

need to cover all testing scenarios for your code

### Project Management and Delivery:

Consistently takes longer than estimated- my lead did not think so

Requires significant support from mentors to break down tasks for him - this my lead did not feel like it (but I kind of feel like it and I think she is being generous)