Monk who sold his Ferrari – Action Items for life

1. Practice stillness and silence
2. Opposition thinking – Replace your “-”ve thinking with “+” thinking.
3. Practice Visualization – Visualize what you want to become
4. Let the purpose and goal guide your life.
5. Strategy to achieve your goal
   1. Every morning form clear mental image of outcome
   2. Build “+” pressure on self to achieve your target, make your goal public.
   3. Set timeline, commit them in writing.
   4. Work on it for 41 days till it becomes like a second skin
   5. Enjoy the process, never do things because you have to only reason to do something is because you want to & because you know it is the right thing for you to do.
6. Daily work on self-improvement / self-mastery
   1. Practice stillness and silence. Spend time with nature.
   2. Take care of your body, move your body daily.
   3. Watch what you are eating, eat healthy and live foods.
   4. Read good books, cultivate your knowledge.
   5. Daily retrospect your activity, thoughts and emotions. Figure out what is right and wrong in your day and in your life. Set about making immediate improvements.
   6. Wake up early.
   7. Listen to good music. When you feel low or worried play good music.
   8. Recite mantra, do self-talk to develop your self-image.
   9. Live by principle – All your daily activities are governed by good principles.
   10. Focus on your needs, differentiate needs vs want.
7. Develop Self-discipline and Will power
   1. Strategy to develop will power
      1. Recite mantra / Self talk to become whom you believe to be.
      2. Start doing things you don’t like doing
         1. Eating healthy – Fruits and vegetables
         2. Work on your Abs
         3. Vow of silence – one day in a month stop the urge to pick your phone when it rings. Gadget free day.
8. Plan your day ahead. Lead a planned life.
9. Spare time to help people around you daily. Give more to those around you in the form of time and energy.
10. Enjoy the journey –
    1. Practice gratitude
    2. Live in present
    3. Do what you love / like to do.
    4. Work on to know your true calling