Purposeful Goal

“What lies behind you and what lies ahead of you is nothing compared to what is within you.”

Many friends and relatives ask me “How are so consistent in waking up early in the morning and performing your morning rituals without fail”. My answer used to be “Persistence is in my gene that I inherited from my mother”. However down the line at some point I realized, it was something beyond the genes that ignited me.

My early rising and morning ritual habit started in the year 2012, it was a slow start and it was never consistent. It lacked fire. I moved rudderless. But few good activities stuck with me, like reading books, mind and body wellness. Mind wellness activities were pranayama and watching my breath. Walking was for wellness of body. As days went by, before I realized, my wellness activities fell apart.

After a brief break, I re-started the wellness activities thanks to a good partner I had found. My friend and I together, started yoga and meditation and my wife used to accompany me to the gym. That too was short lived.

So, both self-initiated and partnering-up strategies did not take off as expected, instead, they failed flat. In my third attempt I started my health care with an attainable goal. I decided I would reduce my weight by 3 kilos that year. Of all the other strategies, this one had a better run and I had managed to achieve it well ahead of time. But after the goal was achieved, I had no motivation to carry on. And I faced another failed attempt.

Before I could make another attempt, I got caught up with a question repeatedly crossing my mind, I had to address it first - “Why am I doing this?” *(The answer to that question, served as the fire that has kept me going till day.)* I was searched my conscience for an answer, seeking a path for my next step. I spent most of my mental energy in discovering the answer. *(It was worth the effort. It made the journey focused, happy and long lasting.)*

Then the answer dawned upon me, in the form of inspiration, an example, of how not to be. My father was the answer why I need to take health and mental care seriously in life. My father being the noble man that he was, was always on his toes to help people around. When it came to himself though, he never had the time or energy. He attained god’s adobe at 72, slightly above the average life expectancy of Indians. What shook me though, was the amount of pills he took daily. At one point I realized he was living on pills, it was like another form of food for him to survive. He started taking pills when he was diagnosed with diabetes at the age of 45, and continued to take medicines till his end. The answer was simple to me; I should be an immortalization of my father’s heart, but not his health.

I want to be noble like my father, but how can I take care of others if I cannot even take care of myself? How can I do good, if I don’t myself feel good, I can’t love anyone if I can’t love myself; I wanted to ensure I maintain my physical and mental health so that I could uplift myself and those around me.

Ever since that realization, if ever I were faced with a temptation to skip my Mind and Body wellness routine, I would visualize how I would like to see myself in the future. Visualization - you must have heard - is a powerful tool. I will write an article on visualization in future.

Day by day I started working on smaller goals with larger purpose as a driving force. Small victories leading to larger ones, tiny incremental changes and improvements creating good results, and results inspiring me towards the next batch of changes.