Purposeful Goal

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

Most often my friends and relatives ask me, how I’m consistent in waking up early morning and doing my morning rituals without fail. I told them persistence is in my gene that I inherited from my mother. However down the line at some point in time, I realized it’s just beyond the gene that ignites me.

My early raising and morning ritual started in year 2012, it was a slow start and it was never consistent. It lacked fire power. I moved hazy rudderless. But few good activities struck with me, like book reading, mental and health care. Mental care activities were pranayama and breathe watch. Walking for health care. As days went by, before I realize health and mental care activities fell apart.

After a brief break, both mental and health care activity kick started. Because of good partner. I and my friend started with yoga and meditation. My wife accompanied me to gym. This too were short lived.

So both self-initiated and partner strategy failed flat didn’t take off as I expected. In my third attempt I started my health care with a goal. I decided I will reduce my weight by 3kg this year. Of all other attempts this had a better run as I managed to achieve it well ahead of time. This stopped after the goal was accomplished.

Before my next attempt to kick start one question dawned upon me – Why I’m doing what I’m doing? An answer to this will be my firepower to keep me going for ever. I was asking my conscience for an answer, seeking a path for my next step. I was spending all my mental energy in discovering an answer. Which will make my journey focused, happy and long lasting.

Then the answer came in form of inspiration. An example how not to be. My father was the answer why I need to take health and mental care seriously in life. My father was a noble man, was always on his toes to help people around. When it came to his self he never had time and energy to it. He attained god’s adobe at 72. By all means above life expectancy of Indian. What annoyed me was the amount of pills he took daily. At one point I realized he was living in pills it was one another food for him to survive. He was diagnosed with diabetic at age of 45 continued to take medicine till last. The answer to me was inside this should I be an immortalization of my father’s health??

Ofcoz I want to be noble like him then I realized, how you can care for others if you cannot even care for yourself. How can you do good, if you don’t 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 people around me.

Then on, before I decide to skip my health and mental care routine I visualize how I would like to see myself down the lane.

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