

# Weekly Assignment No 8

## 1. Why changing paradigm is important? Discuss in at least 250 words.

**Ans:** The term “paradigm shift” refers to an important change that happens when the usual way of thinking about or doing something is replaced by a new and different way, which can be applied everywhere – your job, your married life, your relationships, your home, your surroundings, and more importantly, your health.

We find ourselves in life where we are just in a negative or unhappy or depressed state. We look at our life and it seems like nothing works out for us. It seems like Our relationships are all unhappy, the people in our life you can't depend on, everything that you try tends to go wrong. This creates a feeling of hopelessness and an urge of wanting to give up. Here comes the importance of paradigm-shift. There are two basic paradigms that exist and through which most people live and operate in this world. There are the paradigm of abundance and the paradigm of scarcity. When I'm looking through the lens of abundance all I see is positivity, love and cooperation. If I then shift to the lens of scarcity what I see is lack, scarcity, unhappiness, sadness, pain, misery of all things and the feelings that create unhappiness. And the truth is nothing has changed other than our perspectives.

Maybe one is in some financial crisis and there is no way out of that, but suddenly something and all of a sudden the money is here. The truth is, the money is there all along, all of the money in the world exists, it's out there. but if you don't see it, that's because of the paradigm you're in. If you can change your paradigm. You can begin to see things that have been there all along but maybe you were unable to see them before. The importance of a paradigm shift is more important than anything else, because our circumstances, our situation, our happiness in life, it's determined by the paradigm by which we are looking. You can take any situation and can find a reason to be unhappy, on the other hand, if you look closely, there will be reasons that will make you happy, So changing paradigm is one of the most important things in our life. It'll give us the perspective we need to shape our life in the correct direction.

## 2. How do the visionary people behave? Discuss their habits.

**Ans:**

They ignite our passions. They drive our emotions in the right direction to bring out the best in us.

### Emotionally Intelligent

To inspire with consistency, they must be aware of his emotions and be empathic (aware of the feelings of others).

Only through empathy can a visionary person connect with the hearts of their team and inspire them to realize their greatness.

### Open Minded

Although visionaries hold a big picture in mind, they are flexible on how they get there.

They are receptive to new information and can hold multiple perspectives. This open-mindedness allows them to navigate stressful situations with a flexible mind, pulling from many resources and sometimes unrelated industries to arrive at creative solutions.

### Imaginative

Visionary people have a childlike playfulness. They value their imagination and allow themselves to dream, exercising their mind's eye to see beyond what's in the physical world at the moment.

They encourage others to dream big too.

### Resolute

Social pressures influence visionary people less than most others. Their high conviction holds in the face of adversity.

Setbacks aren't a sign of failure to them; they are mere stopping points on the way to realizing their vision. As such, they are willing to take calculated risks and endure uncertainty. They give assurance and clarity to others when facing difficulty.

### Persistent

Obstacles are constant. Realizing the vision will not be easy. With inner resolve, visionary people push through difficulties and setbacks. They remain agile enough to pivot and make course corrections, but they always persist.

This resolve is one of author Andy Andrews's seven decisions for personal success: I will persist without exception.

### Collaborative

You can't realize a business vision alone. It takes a talented team that can work together. Visionary people inspire others to harness their unique gifts and strengths to innovate and find creative solutions.

They create an open environment where people learn to trust each other. And that trust starts with the person.

### Bold

There's no place for timidity in visionary persons. These leaders are courageous and daring, willing to take calculated risks.

They don't fear failure as much as they fear not going for it. Visionary people foster innovative organizations because their people can fail quickly, learn, adapt, and grow.

### Magnetic

Visionary people are inclusive, inviting others to make the vision their own. They attract talented people who are passionate about what they do, who are inspired by the company's big picture.

They create thriving, innovative cultures where individuals have the freedom to create their best work and take pride in their efforts. Visionary people bring out the best in their people.

### Optimistic

Visionary people hold a positive outlook for the future. They are hopeful they will achieve success. They don't view problems as personal, permanent, or pervasive. Instead, they are impersonal, temporary, and relate only to the present situation.

These people are driven to create more value but are content where they are now. Their optimism is infecti throughout the organization. It's a sturdy anchor when setbacks occur.

## **3.Discuss dependence, independence and interdependence - how did it or does it apply in your personal life.**

### **Ans:**

Dependence: When you are in the dependent stage of your life you are in the mode of receiving information and learning. You rely upon people and haven't individuated as your own being. The wisdom you gain at this stage in development is about group inclusion and tradition. We learn about power and what it takes to live in the world.

Independence: In this stage we venture out onto our own. We weed through all the wisdom we learned and decide who we are as individuals. The stage of independence is a wisdom of developing our own values and being able to articulate them. We gain an understanding of ourselves.

Interdependence: This is a state of wisdom and spiritual awareness that many people never reach. That is unfortunate. It is a space where you finally realize that you are not the centre of the universe. You finally intuit that we are all connected. You realize that any wisdom you have is really the wisdom of all and this wisdom of the universe does not begin with us, it flows through us. It is a knowledge of interconnectedness.

Honestly, I'm at a level where I'm kind off between dependence and independence. Sometimes I take information from others and take others help to make my decisions, more specifically their opinions become a part of my decision while there are other cases where I strictly take my own decision even after listening to other people's opinions, I take my decisions from the knowledge I earned from my previous experiences.

#### **4.We all need to be a transitional person, which kind would you prefer to be and why?**

**Ans:**The life of a Transition Person can be very challenging because changing deep-seated patterns requires a lot of energy. In my experience many Transition People experience significant health challenges in themselves. The courage they display in continually working towards creating positive change, despite set-backs along the way, is inspiring to me and others who observe their lives.

Being a Transition Person requires hard work, humility, trustworthiness and a long-term vision. Often their stand may not be appreciated by other people, especially their immediate family or siblings. In fact, it often seems to be the case that the siblings cause the most difficulty.

I'll love to be a kind of transitional person, who will remove comparisons from this society. Often, we are being compared with other members of our family by our parents, mainly with our siblings. These things affect our mental health and also are the main reason for depression. By continuous comparisons, we fill ourselves with negativity and after that we consider ourselves as losers. People think that comparison develops competition and creates motivation, but in real life the opposite takes place. Every person in this world has different potential, a fish can't fly like a bird similarly a bird can't swim like a fish. Honestly. I was lucky enough that was never compared by my parents with others, but I have heard stories, stories about comparisons that happened with my friends and the negative impact they had in their mind adding with the self-doubts they started developing.

#### **5.Individual assessment**

##### **a.What are the three top goals for me this year?**

Goal 1: I have to improve my coding skills,and have to do more coding assignments.

Goal 2: I have to do a project on the recent technologies and have to explore different different technologies.

Goal 3: sort out a small issue with my friend which is going on over half a year.

## **b.How will i know if i reach them?**

Goal 1:I will become a good coder only if I am able to solve all the questions in a given contest in a specified time.

Goal 2:I will be able to do a project only if I know the depth of that technology and only if I have that technology on my hand.

Goal 3:When he approaches me,and the bond which was there between us in the past get restored.

## **C. Identify some areas of your life in which you could benefit from habit2;Begin with the end in mind.**

**Ans:**I can benefit my professional life from these habits,I will learn time management and I'll learn to keep a balance between professional and personal life which helps me a lot in becoming a better human being and especially a better version of myself.

### **Discover yourself,Self-awareness:**

#### **a. I am at my best when....**

**Ans:**I am at my best when everything goes around me in the exact way I think off.and also if i have a very good mood swings then i will be giving my best to any work.

#### **b. I am at my worst when....**

**Ans:** I am at my worst when I get to know if some of my very close relations are backbiting behind me.and also I am at my worst when I had an argument with some-one. Argument triggers me the most.

#### **c. What do I really love to do at work?**

**Ans:** at work I really love to know practical knowledge, and i love to see the practical approach of each and every small work i do.and also I love works that gives me results immediately i.e. like coding,here writing a big code for a program gives our desired output,it gives me an immense satisfaction.

#### **d. What do I really love to do in my personal life?**

**Ans:** I love to spend my time with the parents,and I love trekking with my friends and daily have a chai at midnight with them.I always want to be in touch with all of my mates.These gives me immense satisfaction and happiness.

**e. My natural talents and gifts are?**

**Ans:** My natural talents are having a good IQ, and having good ability to tackle any situation, problem solving skills, analytical skills and mental ability skills. Since my childhood I was the best at mathematics among my peers.

**Discover yourself, imagination:**

**a. If I had unlimited time and resources, what would I choose to do?**

**Ans:** If I had unlimited time and resources I will make sure that my work life balance will be good. I want to spend more time with my family, I love to roam with them, but since the childhood I have been admitted in hostel and haven't there any time go on a vacation with my parents, so if I had time then I will go on for a long vacation with my parents. In my family most of them face any sort of health issue all time we were not able to find a permanent cure with our existing resources, but if I had enough resources then I might find a permanent solution for this.

**b. Possible life goals for me are...**

**Ans:** I want to become a big ruler (politician), so that I can eradicate caste system from this society, maintain peace and harmony. and I want to eradicate the corruption from the smaller levels to larger levels and to dig out all the black money from the society and make sure that no one in the world never ever feels bad with their societal condition.

I want to become CEO to a big automobile or cellular industry and give my contribution towards it.

**c. I want to be a person who...**

**Ans:** I want to be a person who is humble to every person around me, and make my parents feel proud of me, and never ever become a burden to my parents and my family. I want to be a successful person and have to become a role model for the future generations and all these successes won't develop egoistic behaviour in me. I want to be a person who gets renowned in the future generations with my work and with my success.

## **Discover yourself,conscience:**

### **a.What do I consider to be my most important future contribution to others?**

**Ans:** I want to start my own mobile startup company. I want to price the phones reasonably and bit low for the youth as it is one of the most important factors in life, be it gaining education or knowledge and also staying connected with the rest of the world. Many people out there are still unable to buy their own phones due to lack of money. So, I want to make the price as low as possible.

Secondly, I want to fund 20-30% of my company earnings to NGO's and old age homes. For me, others happiness is the key factor to make myself happy. I believe that the smile that will bring to their faces after they get the food and clothes will make me the happiest and I will also be proud of myself.

So, I think these things will be my greatest contributions towards other.

### **b.Are there things I feel I really should do,even though I may have dismissed such thoughts many times?what are they?**

**Ans:**The things that I feel I should really do is start coding again and change my sleeping habits(routine).

- Coding is very important for my placement. I used to do coding a lot but it was becoming really tough and hectic for me, because of coding I was facing problems to do my departmental studies, I was facing time management issues and hence I left coding and made a strict notion in my mind of not doing it again. I had several thoughts of starting it again but I didn't. But now I feel, I should really start coding again as it is the most important thing to get placed in a good company.
- I want to change my sleeping habits. I made several routines and tried following them, but failed miserably and hence decided to not follow the routine again but now I feel I should start fixing my routine again as discipline is most important to succeed in life and there is also a metaphor that 'Early to bed, Early to rise, Keeps a man healthy, wealthy and wise'.

**c.Reflect on three people who have influenced your life and write their names and attributes.**

1.Swapna(my mother):she is my main influencer,she is the first teacher to me,teaches what is good, what is bad,what are the values a man should possess.showed me where the real happiness lies.she is the only one with whom i can feel free to share everything,she doesn't judge me with my activities,she give suggestions to me whenever i go out of my track.

2.Pradeep(my father):second teacher to me,He is a very good motivation to me,motivates me whenever i feel like losing myself,He used to teach me things that most fathers won't, he used to give me knowledge of every field to broaden my mind. He used to tell me the good and bad perspectives of a thing and used to let me decide between them.

3.Ramesh sir(teacher):He is my teacher of mathematics in my 6th class,He always encourages me to keep improving my problem solving skills,From 6th class onwards he always helped me to improve that and he used to get so much of resources solely for me(even though i am one of his hundreds students).and after my 10th he encouraged me to crack IIT.He was my first step towards my success.

**d.Draft your personal mission statement.**

1.To serve as a leader by encouraging innovative ideas and forward-thinking so that our team can create technology solutions that will improve the lives of others,live a balanced life and make a difference.

2.To educate young minds and create compassionate, empathetic and hard-working members of society.

3.To create innovative technology solutions that will improve the lives of people around the globe.

4.To pursue lifelong learning and inspire others to do the same.



