



# VIRAT KOHLI

## 7 LIFE CHANGING LESSONS

*"As of now, Virat Kohli is the  
greatest batsman of the world" -  
Sourav Ganguly*

**RYAN  
PATTERSON**

# **VIRAT KOHLI**

**↳ 7 Life-Changing Lessons ↳**

**Ryan Patterson**

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## Introduction

**Virat Kohli: 7 Life-Changing Lessons** is a biography that explores the exciting life of one of the Indian national cricket team's most popular players: Virat Kohli.

This book lets you peek closely at the life of the superstar – particularly, at the life of India's #1 batsman. Here, you can read about his life as a child, with his family, as his friend, having a mentor, his aggressive behavior, and many more.

Additionally, as the title promises, this book includes seven life-changing lessons. Virat Kohli receives nods for his overall character. Others say he is beyond phenomenal. From his character, you can learn important lessons that can transform your own life.

According to his reputation, Virat Kohli is fierce, bold, and hopeful. As a cricket player, his goal was to emerge victorious (and lead his team) to the top. Because he aimed for greatness, he always chose not to settle for anything less. He's known as an aggressive player, and he used that aggression wisely -- to better himself.

An admirable trait about him is his unrelenting passion to always move forward in life. Like most people, he's had his share of setbacks. But, in spite of these setbacks, he refused to stop his journey.

If you're wondering whether or not he's really that exemplary, wonder no more: yes, he is. But, why not find out more in his biography?

Thanks for checking out this book. I hope you enjoy reading!

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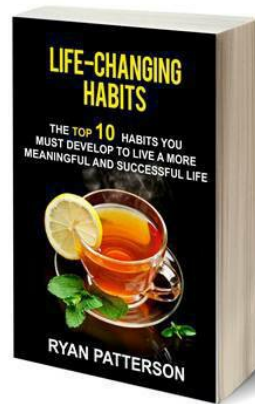
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Ryan (at Amazing Life Forever)

# Chapter 1

## ☞The Power of Believing in Your Potential☞

*“Self-belief and hard work will always earn you success.”*

– Virat Kohli

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### ☞Lesson #1: Believe in Yourself☞

As a 3-year old adorable little boy, Virat Kohli would take the initiative to play cricket. Whenever he got the chance, he would pick up his bat. Then, he would approach his father and ask for a small favor: he asked his father to bowl to him.

At such a young age, most little boys wouldn't be that enthusiastic at the sight of a bat (and a person who could bowl to them). But, of course, he wasn't like the other little boys.

Virat Kohli was normally full of enthusiasm when it came to playing a fun game of cricket. To him, it was the most fun activity out there!

As he grew up, he began to take the game seriously. By the looks of it, he made the right decision.

### ☞Childhood Life☞

On November 5, 1988, in Uttam Nagar, India, Virat Kohli was born. His mother, Saroj Kohli, and his father, Prem Kohli, were happy to have him come into this world.

As his parents wanted, they gave him the freedom to be a carefree boy. His elders didn't hold back from showering him with support when it came to nearly everything he liked.

His parents raised him well. He was sent to good schools. He went to study in St. Sofia and Vishal Bharti Public School. There, he learned the fundamentals. There, he learned to read, write, and focus on academics. More importantly, it was there that he made his first

friends.

While he was attentive to his education, Virat Kohli wasn't the type who normally stayed home. *"All work and no play can make a dull boy"* is one of the traditional sayings that applies to him. As it turned out, it's in his nature to be out and about, and have fun as life would allow it.

As some people who watched him grow up would agree, he was always eager when it came to cricket. Those people, along with a few more, recognized passion in his eyes. For them, it was delightful to see a little boy show a lot of interest in one of India's most popular sports.

But, he was young, and he was at an age where he needed to simply let life pass by – and not take it like an adult. So, that's what he did. He just lived in the moment and enjoyed playing cricket without any pressure.

There were lots of other kids of the same age around. These kids, they engaged in the "cool" stuff (such as smoking cigarettes, hanging out with rebels, and being part of gangs). But him? He was clean, and he would behave.

*"I've never fought with anyone. A lot of people talk to me, and they're like, 'Oh, you would have been fighting all the time when you were younger,' but I'm like, 'I never fought with anyone because I always knew that if I hurt myself, I might lose important time in my cricket career,' so I never got into any fight, ever in my life,"* Virat Kohli says (when he was asked if he were involved in fights as a child).

The alleyways? Those were his playground. And the boys that would show up in those areas? They were his playmates. He wasn't a picky boy. As long as he played cricket, life for him was pretty good.

### ~Family Life~

Virat Kohli belongs to Khatri – a sub-caste of the Punjabi family. This means, according to Indian folktales, he belongs to a clan of clever, hardworking, and happy-go-lucky people.

He was raised in a disciplined yet liberal home. His mother, Saroj, was a homemaker, and his father, Prem, was a respected criminal

lawyer. He grew up in a humble home – and one that encouraged him to blend well into society.

In his family, he is the youngest – and the favorite, as he would joke. He has an elder sister and elder brother: Bhavna and Vikash, respectively.

A cool thing about Virat Kohli is his family. His family has always been there for him. For him, they were just a call away. His family was always willing to give their 100% support for him –whatever his ambitions may be.

With the kind of assurance that having a family gives, he ventured into adulthood with confidence. He was dauntless in pursuing his ambition because of those who had his back. He knew that no matter what happened, he had something to fall back on.

His family (especially his father) would often receive word regarding his son's exploits and bright future as a cricket player. And, while his family also saw that he had all the makings of a great cricket player, the decision was all up to him.

Virat knew his family was just on standby for whatever he needed. He knew his family never doubted his potential. Since he knew that his family was always supportive of him, he believed in himself and his own potential.

He didn't lack eagerness in aiming for bigger things. And, what he wanted the most was to play cricket. He dreamed to be given a spot in the Indian national cricket team.

With the love and support of his family, he got his wish. His participation at the friendly matches reaped rewards. Attending these friendly matches served as the beginning of his training. His participation at these friendly matches allowed him to better himself.

Fast forward to the time he became a cricket superstar. He wouldn't forget that his family was always around for him. He may be away from them regularly, but he made sure that he saw them whenever he had time.

*“The first thing I look forward to when I am in Delhi is to spend*

*some time with my family. It's always lovely coming back here and playing in front of my own people. It's just a special place," says Virat Kohli.*

### **☞As a Goal-Oriented 9-Year Old☞**

When the West Delhi Cricket Academy first decided to participate in organized tournaments, the academy's main priorities was to form a competitive team. Guess who signed up as a member?

Virat Kohli signed up to be a member of the newly formed team. His father, Prem, helped him get there. He drove him to his first-ever training session (and to each one of them until Virat Kohli was old enough to drive). At that time, he was nine years old.

There, he trained with a highly respected personality in the sport of cricket, Rajkumar Sharma. From the right-arm bowler, right-handed batsman, and Ranji Trophy coach, he learned to take his game up a notch. With the help of the reputable trainer, he became a top-class cricket player in the making.

At West Delhi Cricket Academy, he improved vastly. He began to see cricket not just as a friendly game. At a juvenile age, he started thinking professionally. Back then, he might still be far from seeing himself as a professional cricket player, but he was getting there.

As he was training with the academy, Virat Kohli caught the attention of experienced cricket leaders. His name would come up during talks about talented and skillful young players.

With his reputation-created buzz, he received invites to play cricket against other cricket academies. One of these cricket academies was the popular academy in the Vasundhara Enclave, Sumeet Dogra.

He was thankful to have undergone training in the aforementioned academies. The years of training toughened him – both physically and mentally. Additionally, they helped him confirm his ultimate goal: he wanted to be an excellent cricket player.

Were all the years of training worth it? Certainly, they were.

Look at Virat Kohli now! He's not yet even in his 30s, and he has already earned a ton of accomplishments – accomplishments that

nearly all cricket players would long for.

With how he currently is, he's admirable – both as a cricket player and as a person. His general outlook in life is inspiring since his character borders on realism.

So far, he's a vital personality in India, and the country is grateful to have him as one of their own. By the looks of it, he has much more to share with the world, and of course, it's nothing but impressive!

## Chapter 2

### ☞ Priorities Remain Top ☞

*“Cricket is the most important thing to me, so the rest of it pales in comparison.”*

*–Virat Kohli*

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### ☞ Lesson #2: Sort out Priorities ☞

If you truly want something, you're going to work towards it. If need be, you may have to push aside some of your interests, and even those people and things that you love. This is to let yourself focus on the single most important thing to you.

Virat Kohli knows this. Once he realized that he wanted to be a professional cricket player, he did just that: he pushed some of his interests aside.

The task was easy, because it had always been clear. For him, it was only cricket that weighed the most.

On his own, he distanced himself from other things. Some of his interests are Punjabi music, tattoos, tasty foods, and cars. He enjoyed these things. But, he spent less time on them.

His goal? He wanted to put his love for cricket above all else.

### ☞ Cricket Comes First ☞

While he would always be willing to cancel plans with his buddies for a game of cricket, Virat Kohli didn't think of the decision too seriously. Automatically choosing cricket? It was as if it was an innate trait. For all he knew, playing cricket made him happy. Since he loved being happy, he learned to prioritize cricket.

He often received the advice that he should start acting in a professional manner – and start prioritizing cricket, and all obstacles be damned. He may be an independent thinker (who doesn't easily listen to the opinions of others), but he identified this as sensible

advice. In other words, it was the good kind of advice. Hands down, it was an advice worth following.

So, that's what he did. Shortly after, sorting out his utmost priority rewarded him – and he reaped those rewards! He received a load of invites to play cricket more often. These invites included:

- Delhi Under-15 team (October 2002) – averaged 34.40
- Delhi Under-15 team (2003-04; Polly Umrigar Trophy) – averaged 78 runs in 5 innings with two centuries and two fifties. Total 390 runs.
- Delhi Under-17 team (2003-04; Vijay Merchant Trophy) – averaged 117.5 from 4 matches with two centuries. Total 470 runs with highest score of 251 not out.
- Delhi Under-17 team (2004-05; Vijay Merchant Trophy) – averaged 84.11 from 7 matches with two centuries. Top scorer with 757 runs.
- List A debut (February 2006; Delhi vs. Services) – did not get to bat.
- India Under-19 (July 2006; for England tour) – averaged 49 in the 3 match Test Series and 105 in the ODI series.
- India Under-19 (September 2006; for Pakistan tour) - averaged 58 in Test series and 41.66 in ODI series)

He preferred to be a go-getter. While he was a teenage boy who had the privilege to simply sit back, he chose to devote his time to playing cricket. He worked hard, and made sure that he was as great as he wanted to be.

In November 2006, at the age of 18, Kohli made his first class debut for Delhi against Tamil Nadu. During his debut match, he scored ten runs. For a new guy on the national scene, the performance was laudable.

In November, he received praise for his “technical skills versus spin and pace”. As his colleagues would comment, it was admirable –



his dedication to the sport of cricket. It was apparent that he had his priorities all sorted out.

Every match? He'd take each one seriously. Being on the bench is something he hates. He abhors passivity. It felt like an absolute waste of his talent and skill, as well as his time.

*"My priority is cricket. Everything that I get apart from it is a result of the effort on the field. Everything else follows. I am pretty aware of my priorities, and I don't really focus on things that are not as important to me as cricket,"* he says.

Well, just look at how far he has gone -- from a hopeful boy who played cricket for amusement to one of the world's "beyond phenomenal" batsmen. In 2008, he led the Indian team to victory in the ICC Under-19 Cricket World Cup.

Kohli made his international debut at the age of 19 in the first One Day match against Sri Lanka. He played a crucial role in India's successful World Cup campaign of 2011. He is also the first Indian batsman to score a century on World Cup debut.

In 2014, during the Australian tour, Kohli took over the Test Captaincy of the Indian team when M.S. Dhoni announced his retirement from Test cricket. As of 2017, he is now the captain of the ODI team also.

### **☞ A Major Sacrifice for Cricket ☞**

Virat Kohli has said it over and over again that his love for cricket is his #1 priority. But, what if his love for cricket and his family were to be ranked, could he still say the same? Or, would his love for cricket move down to #2?

As surprising as it is, it wouldn't. His love for cricket is solidified at the top of his priorities.

Back in December of 2006, his father, Prem, died after a month of being bedridden due to a brain stroke. The sad part was the bad timing of receiving the news: Virat Kohli got the call when he was supposed to play a game against Karnataka.

Virat Kohli was under pressure during that time. Of course,

skipping the game crossed his mind. He wanted to rush to his father and provide his family solace. But, after moments of deliberation, he took the advice of his coach: he played the game.

He played the game, and skipped the chance to be there for his family when his father died. For him, he had a professional commitment, and he should honor it. Sadly, the commitment didn't reward him because the game ended in favor of Karnataka.

So yes, his statement recognizing cricket as the most important thing to him wasn't a bluff, at all. He walks his talk. He may have been devastated because of his father's passing, but the unfortunate event had no deterring power over his #1 priority.

In fact, as his mother informed his fans and teammates, his father's death made him better. It made him more mature, and more responsible. According to his mother, it was obvious that the impact was leaning towards the positive.

As mentioned, Virat Kohli made a commitment. Because professionalism required him to, he chose not to disregard that commitment.

Upon learning of his willingness to stay committed in spite of a family emergency, he earned the admiration and respect of his teammates, as well as from other prominent figures in the sport of cricket. He set a good example – a very good one. Because he showcased unrelenting mental strength, without a doubt, he deserved praise.

Besides, refusing to leave the game was the practical decision. As much as he wanted to be there for his mother, sister, and brother, he knew that his presence would be more valued in the game. Unless he had the power to revive his father, he couldn't do much for his family if he were there beside them.

The idea of him being there for his family during the initial moment of his father's death was comforting and thoughtful. But, his presence was unnecessary. His pragmatic side was aware of that. As painful as it was to realize, he had to admit that one of the most influential people in his life was gone. His father was gone.

He was an emotional man, but he hardly showed it. He's not one to weep and express an overload of sentiments verbally. Yes, he did miss the presence of his old man, but he would encourage himself to move past it.

He's one to absorb the sad truth by working even harder towards his goal. As the previous chapter shares, his father was the one who was beside him from day one of his pursuit of his professional career in the sport.

After his father's funeral, it's as if he had an epiphany. Life totally turned around for him, but his ultimate goal remained: to be a legendary cricket player. It was like he was pursuing his father's own dream, and by the looks of it, he's unstoppable.

In his own words "The way I approached the game changed that day. I just had one thing in my mind – that I have to play for my country and live that dream for my dad."

## Chapter 3

### ☞ Gratitude Is the Right Attitude ☞

*“The bat is not a toy, it's a weapon. It gives me everything in life, which helps me to do everything on the field.”*

– Virat Kohli

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### ☞ Lesson #3: Be Grateful for ALL Possessions ☞

On March of 2008, the IPL approached Virat Kohli. He was offered a youth contract to play for \$30,000.

The financial reward was something to be thankful for, and he was even more thankful for the recognition. This meant that his career was about to take off – and it was about to soar high.

While he wasn't oblivious to it, he didn't let his talent on the field go to waste. Instead of slacking off, he put his heart into cricket. He recognized the wonderful opportunity that was offered to him, and he was determined to prove that he deserved it.

### ☞ Let the Heroes Be Heroes ☞

Virat Kohli had confidence in his abilities as a batsman, and he believed that part of his success as a player was due to his idol, Sachin Tendulkar. By watching Tendulkar over the years, he learned to make the most out of his talent and skills in the sport.

Sachin Tendulkar set outstanding records and as a big fan, Kohli found it remarkable. Upon realizing that he was bound to play in the IPL, one of his initial thoughts made his heart glad. He was bound to play with his idol.

As he was on the spotlight, many cricket fans couldn't help but notice similarities. For the most part, Virat Kohli and Sachin Tendulkar were inarguably excellent batsmen. Both of them weren't short of passion for the sport and both of them were record-breaking players.

As a famous cricket player, Michael Clarke, would say, *“Watching Virat Kohli is like watching Tendulkar.”*

Learning about the comparison to Sachin Tendulkar made him blush. As he remembered, there was a time that he could barely speak when he first met Sachin Tendulkar. He smiled at the idea, but frankly, he believed it was too soon, too early to be compared to Sachin Tendulkar.

*“It is embarrassing, to be honest. It is not fair on him (Sachin Tendulkar). He can’t be compared to anyone. You are talking about a batsman of a different calibre. I have strengthened my game whereas he was born to achieve all that he has. I have been playing well for two years while he served the nation with grace for 24 years,”* said Virat Kohli.

As much of an honor the comparison to Sachin Tendulkar was, he didn’t feel deserving of it. For him, Sachin Tendulkar was much better than him – better than he could hope for.

For him, Tendulkar was an epic superstar. Him? He was the new guy. He was still on the verge of finding a much more stable footing. More importantly, for him, Tendulkar will always be the hero.

He adds: *“He is two levels above anyone else in this generation of batsmen. I am individually inspired by him though I would like to create my own path.”*

According to Virat Kohli, he knows that he has what it takes. But for him, he’s just starting out. Unlike Tendulkar, he has yet to become a hero – hopefully, he will.

### **☞Having a Mentor☞**

*“It is very important. People don’t understand that in the long run, you can’t do without a mentor. It doesn’t help. I don’t talk to many people. It helps to open up because you are under constant pressure, and have to discuss things with someone. I do it with only him,”* says Virat Kohli.

Remember Rajkumar Sharma? He was the founder of the West Delhi Cricket Academy’s team. He was also one of the first people who taught Virat Kohli the fundamentals of professional cricket.

The cricket superstar has always considered Rajkumar Sharma as one of his mentors. For him, his coach's contribution to his betterment as an athlete is incomparable. His coach never stopped believing in his potential, and not once did he feel like quitting cricket under his mentorship.

He even remembers the first moment he shared with Rajkumar Sharma:

*"How can I forget it? I saw a small bunch of kids. I thought they were too young for me. So I joined the senior group. [Rajkumar Sharma] quickly noticed that, and sent me back to train with the kids. It is vivid."*

Rajkumar Sharma would always pat his back, and would make him feel that he was bigger than any obstacle. As he recalls, his coach was quite a rigid disciplinarian. His coach would always motivate him by pushing him towards success.

*"He is my guide, mentor, father figure. I'm blessed to have such a wonderful coach. I will always remain grateful to him,"* says Virat Kohli.

Back in 2006, when Virat Kohli's father passed away, his coach was there for him. He was down, and while he was capable of uplifting himself during that time, he is thankful for having Rajkumar Sharma around.

His mentor continues to recognize the good in him, and he appreciates that. He could trust his mentor to lead him forward. It gives him peace of mind.

In spite of the tons of criticisms that he constantly receives, Rajkumar Sharma believes in nobody else other than Virat Kohli. The mentor is brave enough to disagree with Kohli's detractors, and he even defends his student from critics who insist that the cricket player is arrogant.

*"He has confidence in himself. People should understand there is a difference between confidence and arrogance. He is confident, and not arrogant."*

Since he was the kind of person who would look back, Kohli approached Rajkumar Sharma on Teacher's Day. It was back in 2014, and with the help of his brother, gave his mentor a memorable surprise.

One morning, Rajkumar Sharma got a call from one of his students. The call was from Kohli, who greeted him, "*Happy Teachers' Day, Sir!*" Kohli then requested Sharma to come outside his home. As soon as Rajkumar Sharma stepped out, he was awed by what he saw in front of him: a brand new car!

### ☞ **Appreciating Your Blessings** ☞

Walking down the streets of India normally is possible for most people. But, for Virat Kohli? Unfortunately, the case isn't the same. The simple act of walking down the streets would require bodyguards. A 30-minute walk might take him a couple of hours.

*"It takes a lot of planning. For dinner, you need a police guard in front of the vehicle you are travelling in, then you need to inform people at the restaurant to keep a table in the corner, not have any people close to that table. The main thing in our country is people like to grab you and touch you and feel if you are real or not. I promise you,"* he describes.

At first, he found it frustrating. Having someone touch him just for the sake of proving that he is real is rather irritating. It's time-consuming, too. It's as if he could hardly get a simple task (on the streets) done without crowds flocking towards him.

Having loads of people approach Virat Kohli at the first sight of him was quite annoying. For sure, there were many times when he preferred to just be left alone.

In fact, Kohli admits that the one thing he loves about overseas tours is the solitude. Unlike in India, he hardly attract mobs there. He can simply put his headphones on, and walk down the streets in a foreign land without any distractions.

But, after a while, he got accustomed to it. In fact, he might have even started to like it. Instead of getting angry because of the loads of people who were anticipating his appearance, he started to appreciate

it.

*“I started to appreciate it. After a while I thought these people love me, they want me to do well. It is just they have a different way of expressing it. I needed to process it in my head.”*

The stress of fighting his fame took its toll on him, and made him grouchy. Upon waking up one morning, he decided against it. He began to look the other way, and so far, its effects are positive.

*“I understand that after 10-12 years this will all go away. The next in line will be the one who gets it. He will go through that and I look forward to 12 years’ time rather than being in it now and getting carried away with it,”* he adds.

But, there is an upside to it: he has lots of fans. These people are willing to always be there for him, and are ready to support him.

He began enjoying having a fandom. He appreciated having people around – people who wished him well. He also appreciates what his fans offer him.

*“I’ve had a fan who made a painting of my face with her fingers. I have put it up in my room. It was sweet and very different.”*

If he didn’t look at the situation from a different perspective, he wouldn’t have appreciated his fame – along with the bounty that his fame brings him. While he wishes to walk the streets normally, he has to come to terms that he can’t.

Why? Well, because he’s Virat Kohli, and he’s a superstar.



## Chapter 4

### ☞ Polishing Your Talent ☞

*“Whether you have talent or not, one has to work hard. Just being talented doesn’t mean anything. You can end up wasting it before you realize.”*

-Virat Kohli

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### ☞ Lesson #4: Understand That Practice Makes Perfect ☞

Virat Kohli isn’t oblivious to the fact that he plays cricket well. Even when he was still a young boy, he would excel at friendly matches with friends. He was proud of this upper hand, of course.

He recognized the talent in him. It was the main reason why he didn’t let it go to waste. Every day, every chance he got, he would take – to develop his talent.

He knows that unless he practices, the talent might eventually go away. So, that’s what he did: he practiced, and he continues to practice to be legendary on the field.

### ☞ Why Practice? ☞

Virat Kohli is onboard with nearly everything that can cause him to improve his game. He sticks to routines and goes to practice sessions always. He knows that if he doesn’t, he might suffer in the long run.

In retrospect, even when he was still a kid, he knew that if he invested effort in an undertaking, he would succeed. He’s confident that practice will make you good at anything you want.

To deliver the point across, he says this: *“I wasn’t very good in academics, but I could have been if I could have studied well. I was a smart kid.”*

Apart from that, he’s pretty open-minded. He’s willing to try different techniques and suggestions – even if they make him look hilarious.

Once, he was quoted saying:

*"Unless someone wants to look funny, I'll not recommend anyone to copy my bowling action. But on a serious note, with the confidence that I have got from the amount of runs I have been scoring, when I'm thrown the ball to bowl, I am pretty sure of what I have to do. I may not be the most attractive to watch while bowling, but I can be effective."*

He can get a good laugh out of his methods. As a good sport, he even ridicules himself sometimes. He's unashamed of what empowers him. Granted that it increases his proficiency in the sport, he's up for it.

Alongside, there's another reason why he practices and strives to be the best: he's aware of the effects of victory on the people of India. He grew up as a cricket fan, too.

As he would watch games as a youngster, he remembers that a win from the country's cricket team was near miraculous. The victory would give people a reason to be merry. The celebration would boost the morale of his fellowmen.

To bring pride and honor is a selfless reason why he wants to win as many games as possible – for India. He knows that winning in International games would give his country the spotlight, and he's set to help make it happen.

He'll always want to be in his best form when he's on the field. Here's some words of wisdom from him:

*"Never at any point did I feel like missing a training session. I was very keen on improving as a cricketer and as an international player."*

### **🔥 Setbacks Should Not Be a Reason to Lose Your Talent 🔥**

*"I always had a sense of discipline in me. However, there was a time when I couldn't divide my time properly between off-field things and on-field assignments. The focus would be missing at times, and that would affect my preparation for matches. I managed to change that," says Virat Kohli.*

While he admits that he gets affected by the thought of having

gone off-course (both in cricket and in life), Virat Kohli always finds a way to rise above.

Why? His overall character speaks for itself. By leaning towards success, he can remain laser-focused on reaching higher grounds.

There are matches that he could've led his team to victory, and he absolutely regretted his bad performance. But, did these negative thoughts hold him back?

They didn't, of course.

Instead of pinning the blame on himself, he understands that self-pity will get him nowhere. As challenging as it may be, he's dedicated to continue on.

He adds: *"I have made a few mistakes early on that I admit myself, and there have been times when I have gone over the top and done things that you shouldn't do in international cricket, but that's how you learn."*

He's resilient. He bounces back fast. And, he treasures the moments that (at some point) made him feel defeated.

For him, it does matter if he fails. He's humble enough to admit that failures can affect him. The redeeming factor about his failures is his ability to use them for the better.

From them, he reviews his mistakes. Then, he makes modifications as he sees fit. Afterwards, he lets these mistakes go to avoid carrying weight.

His hunger to keep moving on? It's unparalleled, and it's the ultimate driving force behind his success. If he were like the individual who gives in to discouragement easily, he wouldn't have landed in his current position.

His incredible stamina has long been with him. He considers it a blessing since it keeps him looking far ahead. Regardless of obstacles, he persists on going further.

Virat Kohli would recall that, as a child, he was anxious about playing professional cricket. Yes, he was confident that he had talent,

but he also felt rather fearful of the upcoming responsibility.

He knows that once he dives into the professional world, taking things seriously is a must. As a youngster, he would doubt whether or not he could handle it.

But, of course, with the help of supportive peers, his hard-to-put-down attitude remains strong. His attitude makes him a winner in life.

## Chapter 5

### ☞ A Support Team on Standby ☞

*“The people you choose to have around you make all the difference. My family and close friends keep me grounded. You have to have a mind of your own and a strong head on your shoulders.”*

-Virat Kohli

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### ☞ Lesson #5: Give Importance to Your Support Team ☞

He's not the most thrill-seeking man, but neither is he a nerd. Virat Kohli admits this. He's just the average man who prefers to be out there, and who prefers to live his life.

He's not the kind who wants to attract attention. He refuses to engage in unnecessary chitchats, too. This is why he keeps his circle small.

His circle may be small, and by the looks of it, he can afford to cater to a bigger circle. But, he said he doesn't want to. For him, the few family members and friends are all he needs.

### ☞ The Love of Family ☞

Virat Kohli considers his family as the second-most important thing to him, next to cricket. He has always considered his family dear to him, and he feels lucky that he owns an excellent relationship with his father, mother, brother, and sister.

When he was young, his family would always make him feel safe. He was the youngest member, and it was apparent that his family members rewarded him with that privilege: to be a carefree child.

He considers himself lucky to be part of a wonderful family. If he were born into a different group, he might have turned out to be less of an interesting person as he currently is.

In retrospect, part of him died when his father passed away. As mentioned, he did become a better person because of it. But, the

reason behind his betterment was the shock that the grief brought him.

Because his father was no longer around, his world changed completely. It started to make him feel that he was searching for something big – for something unknown, but definitely something big.

But, his father's death was not a reason for him to start disregarding the quality of relationship he built with his family. He would always keep in touch with his mother, brother, and sister. Not once did he intend to make his family members feel pushed aside.

Virat Kohli's mother remains a loving elder to her youngest son. One of the unforgettable things that she'd do for Virat Kohli is to make sure he gets a serving of his favorite meal whenever he arrives home.

Kheer and mutton biryani are two of his favorite things to eat. Whenever he schedules a trip home, his mother also schedules time to prepare him these meals.

Other than that, his mother never fell short of giving him the love that he deserves. This was evident when he was a boy, and it remains evident until now.

He wasn't involved in many troubles when he was young, but during the few times that he was, his mother always came to the rescue. He appreciates that she's always there for him. She even makes it obvious that she'll never get tired of being there for him.

*"My mother has remained my inspiration. Whatever difficult time I had faced, she was always there for me. She has given me all the strength. She maintained her composure and supported me in tough times,"* he says about his mother.

In an interview, his mother was a bit teary-eyed when speaking about her husband – particularly, her husband being unable to witness Virat Kohli's golden career. According to her, she was so proud of his son, and her husband would've been, too.

### **☞ Friends for Keeps ☞**

Virat Kohli's circle of friends is quite small. The cricket superstar chooses not to extend the size of his circle because he feels he can't

invest any more of his time to building and keeping friendships.

While he may just have a handful of friends, he makes sure that he forms solid friendships – everlasting friendships. When he decides to call someone a friend, he lets them become part of his life forever.

*“Those things really matter, especially in this country where there are so many distractions, people wanting a piece of you. It is very important to stay close to reality about what actually matters,”* he says.

One of Virat Kohli’s friends is the heartthrob and Bollywood actor Karan Wahi. These two boys first met when they played cricket for the Under-19 Trials. Since then, both of them became close friends. Apart from having each other’s backs, both of them would hang out regularly.

Trying out different kinds of foods was one of their hobbies. As their interview with 91.1 FM Radio shares, they like to eat, eat, and eat! The saying that the world is an oyster was among the things they took to light. Regularly, they would hunt for restaurants, hang out, and simply eat to their heart’s content.

Alongside, both of them are among each other’s biggest fans. Whenever Karan Wahi had an upcoming movie, Virat Kohli would go out to check it out once he gets the chance. Whenever Virat Kohli had a big game, Karan Wahi would encourage people to watch.

One time, when Virat Kohli was one of the batsmen on TV, Karan Wahi tweeted this message:

*“It feels like an old match whr Indias number 4 batsmen gets us so close to victory n we still can’t win it for him..well played @imVkohli”*

Other than Karan Wahi, there’s Anushka Sharma. She’s a Bollywood actress that shares a close and special friendship with Virat Kohli.

Anushka Sharma brings a bit of intrigue to Virat Kohli’s life. What started out as friendship grew into a romantic relationship. When both of them are free, they spend quality time together. Whether it’s a

casual date in India or something more extravagant, the two are seen to have a great time in each other's company.

Because their friendship has gone on for a long time, this doesn't come off as a surprise. Their special friendship is quite rocky, though.

According to the press, the two are regularly dating on and off. While news of an engagement would surface, talks of a breakup would come out, too. Simply put, they are individuals who give importance to privacy.



## Chapter 6

### ☞ Transforming the Bad into Good ☞

*“On the field, aggression can sometimes be a positive emotion. It boosts performance and can lift your game. But over the years, I have learnt that restrained aggression is a better animal. That way, you will conserve your energy and won't spend.”*

–Virat Kohli

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### ☞ Lesson #6: Turn Negatives into Positives ☞

“Cheeku”. That was one of the first nicknames given to Virat Kohli as a professional cricket player. Because he looked like “cheeku”, which is a tropical fruit, when he had his hair styled, he became known as Cheeku by his teammates.

When he was assigned the nickname, it was supposed to attract laughs – and attract laughs, it did. While there were people who would take it as an offense, he played it cool.

A few people were actually surprised by his calm and collected response. After all, he had a reputation for being aggressive.

But, did he show any form of aggression during the time when he was branded “Cheeku”? He didn't. It's because he saw no point of showing aggression then. If he recognizes an opportunity (that can be of help to him), he wouldn't hesitate to show it.

To be called Cheeku, Virat Kohli didn't mind. He didn't mind, at all. In fact, he always doesn't mind these small things, and he always plays it cool.

### ☞ A Symbol of Aggressive Sportsmanship ☞

Because of his aggressive approaches, Virat Kohli became famous as a symbol of aggressive sportsmanship. On the field, he may be a little feisty, which others dislike. But, he stands by his claims: aggression is vital in the sport of cricket.

Aggression, described as the intention to hurt, seems scary. In a

cricket match, though, it shouldn't be. In the sport, its meaning goes around the refusal to behave passively.

Some people are against aggression on the field because it hints violence. Well, for the cricket superstar, as well as a bunch of cricket players, aggression is somewhat part of the deal. It makes the cricket matches heated, interesting, and realistic.

As another Indian cricket player, S. Sreesanth, comments: *“Virat is naturally aggressive. I like his style. Indian cricket and world cricket need captains like him.”*

*“I love watching Virat Kohli bat. I love his aggression and serious passion,”* adds another legendary cricket player, Viv Richards.

While it seems as if it relays a dangerous message, aggressive behavior (when playing cricket) is necessary. The idea is to show aggression, yet still manage to show respect.

If a cricket player were passive, it'd be nearly an impossibility to have the heart in the game. Friendliness isn't a helpful trait. If a person were a passive cricket player, it means he's a boring player.

To be known as the most boring cricket player in India is Virat Kohli's last wish. He desires to be seen as alert, mighty, and an epitome of strength – and he is.

Is aggression about intentionally causing harm? It's not. Rather, it's about being the best, and being the best means being ruthless.

A way to be ruthless is to be aggressive, of course! He is ruthless and has the fire to crush his opponents on the field. He knows that he needs to be competitive and be as unbeatable as he could ever be.

In a competition, that's how the rules go. Take into account the case of the Australian cricket team.

Back in the second half of the 90s, the team gained recognition as the best. Back then, the team was also known as the most aggressive team.

Because Kohli has always been passionate about cricket, he's not one to shy away from exhibiting his aggression. In fact, he doesn't shy

away from nearly anything. If his behavior can contribute to his proficiency on the field, he won't stop himself from showing it.

According to him, granted that he's showing respect, the opponents should understand that his behavior is just for the game. According to him, there's nothing personal. It's just a component of the game. Whether the opponent likes it or not, he has to deal with it.

## ☞ His Limits & Weaknesses ☞

*“To become a good player, you need talent. To become a great player, you need an attitude like Kohli’s,”* says cricket player, Sunil Gavaskar.

While many would consider it as a strength, there are also numerous cricket fans who believe that Virat Kohli’s aggressive behavior brings out the worst in him.

One instance, in 2013, in Durban, South Africa, he became a heated subject when European players toyed with his ego. The European players observed his character and decided to let him play outside of his comfort zone.

The set-up was to make him cover-dry and run outside, and bowl from there if he desired to win. Well, he’s not exactly a good bowler outside – and it’s known to him, as well as to nearly every cricket player and cricket fan.

He could’ve left the ball and decided to pass the chance to bowl from the outside. But, he didn’t. He chose to defy the odds by insisting that he would bowl. He was unsuccessful, which was no surprise.

The incident didn’t cause any dismissal or feud of sorts. But, it was clear: Virat Kohli’s weakness is the drive to always take a shot for the win. He’s not the passive type who refuses to sit there without doing anything.

While his intention is good, he needs to learn to keep his aggression tamed. He needs to understand that sometimes, passing up the chance to take a shot is the best way to go.

A good thing about this is that Virat Kohli is a learner. Sure, he did let his ego get the best of him during the incident – and other times, too. But, he refused to just ignore the mistake.

Instead, he learned. He couldn’t say he wouldn’t let his ego get in the way yet again, but he’s close. After all, he’s naturally aggressive, and in a way, it’s part of him to listen to his ego.

This is what international cricket player (Harbhajan Singh) says about this issue:

*“There aren’t too many batsmen in world cricket today who love chasing the burden of trying to undertake a big score.”*

But, he’s not a man that gets empowerment from his ego alone. Let’s just say that he’s in the process of taming it for the best.

When something goes out of control, his immediate reaction is to be upset. That’s his natural reaction. He doesn’t pretend. Besides, who wouldn’t be upset when something goes out of hand?

*“Pretension is a poor joke that you play on yourself. Snap out of it. Recognise your strengths, work on your weaknesses. Real achievement is liking what you see in the mirror every morning,”* he says.

But, for the cricket superstar, it doesn’t matter if people see his aggression as one of his strengths or as one of his weaknesses. The important thing is that he recognizes it. He’s aware of his aggressive behavior, and he knows how to get it under control.

## Chapter 7

### ☞ Confidence Is Important ☞

*“There’s nothing more impressive than a great attitude, which you can wear on your sleeve. But, you have to remember the difference between being rude and being confident.”*

–Virat Kohli

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### ☞ Lesson #7: Be Confident ☞

Virat Kohli is always confident. He believes that confidence can take a person farther in life. If a person knows that he’s worth a big deal, he owes it to himself to get the credit.

While getting visited by insecurities and self-doubt is inevitable, the trick is to be reminded of the good inside. More importantly, the trick is to focus – focus on the more worthwhile pursuits.

This is why Virat Kohli is successful. His confidence is always on overdrive.

## ☞ Keeping His Feet Planted on the Ground ☞

For somebody who has achieved mountains of feats in the sport of cricket, Virat Kohli is a pretty humble man. He doesn't show off, he doesn't brag, he doesn't belittle other people. Instead, he just concentrates on hauling in even more. His concentration is on bringing more honor for himself, for his loved ones, and for the people of India.

*"I'm not comparing myself with anyone, but I am very confident about my captaincy, as I have already led India and in the IPL also. I have confidence I can bring out each player's ability fully and also give them a lot of confidence... I would like to stick to what I know best and what I have confidence in,"* he says.

While he's quite a modest man, he gets his fair share of criticisms. Unfortunately, some people would mistake his confidence for arrogance. Whenever he tries to go for the gold, some people would stand in his way – and even drag him backwards.

Does this bother him? It doesn't. Virat Kohli remains on top of his game because he works hard to remain there.

According to him, it's unfortunate that there are some who can't recognize him for the good that he brings. But, he can't help that. He can't control other people's character, but what he can control is his own.

He knows that there are people who are committed to misunderstanding him, and it's no longer his place to insist otherwise.

For him, impressing other people has never been in his list of goals. If his performance on the field ends up impressing people, that's awesome. If it doesn't, that's fine.

*"A lot of people tell me a lot of things about my conduct, my game, my future... but I try to stay away from their words of wisdom. I don't let it distract me. On the field, you will be facing the ball alone. If you fail, you will [be] the only one to blame. So, you should be the one deciding for yourself,"* he says.

For all he knows, he's simply out on the field to play cricket and do good by his own terms. His loved ones, as well as the people who are important to him, aren't uncertain of this. For Virat Kohli, that's all that matters.

### ☞ Comfortable in His Own Skin ☞

*"I do believe in God. But you won't find me visiting temples every now and then. I believe in self-realization. Peace of mind matters a lot to me. What's the point in doing something just for the sake of it? I'd rather do something I like doing as long as I'm being true to myself,"* says Virat Kohli.

The cricket superstar doesn't hold back from being true to himself – and it's both a bad and a good thing.

It's a negative trait about him because he's not into inconveniencing himself for others -- even for a little bit. If he's not into accomplishing a feat, the chances of convincing him are zero.

He's a very, very stubborn man. As an independent thinker, he's 100% confident in his own choices, decisions, and actions. Argue with him as much as you can? Yes, you can do that. But, good luck in trying to win the argument.

In a way, Virat Kohli's grip on his choices isn't non-flexible. He's not the kind of man who listens to and regards only his own opinions. If a mistake were made, he'll step down. Once he knows he stands corrected, he'll be the first one to apologize.

The positive aspect about this trait? It allows him to be genuine. He is who he is – whether a person likes it or not. He's comfortable with his personality, and he has come to terms with his strengths and weaknesses.

This is a good trait, and this shows his authentic nature. If he agrees to a deal, the other person can trust that he's all in. If he says yes, it means his heart is set in the offer – and that he isn't putting on a poker face.

### ☞ He Always "Walks the Talk" ☞

Not everyone is willing to stay true to a previous statement –



especially if that previous statement claims something grand. Sometimes, if the talk is big, the point is simply meant as words of comfort. They're not really meant to be taken seriously. Or, are they?

For Virat Kohli, it's different. The words that come out of his mouth? A person can take these words seriously – every single one of them.

He's not "everyone" and he doesn't let go of "temporary" statements. He knows better. He has a big deal of self-respect, and that includes staying true to pre-made declarations.

R. Ashwin, Virat Kohli's teammate and confidante, confirms that his teammate is a professional. According to him, Virat Kohli sticks to his word no matter what.

If Virat Kohli says that he's going to make 400 runs within the game, the 400 runs will be made. Count on that, and consider it done. He's reliable, trustworthy, and motivated.

Sometimes, his claims are too ambitious. It's no surprise that a person wouldn't take them seriously. But, does he spend his moments making far-fetched claims? He doesn't.

He's not exactly a fan of leading someone on. He sees to it that he always thinks before he speaks.

Fortunately, Virat Kohli is never running low on self-confidence. He may be overconfident, but he never intends to keep anyone hanging. The best thing about it? He has amazing skills as back-up.

## Conclusion

Thanks for downloading this book, Virat Kohli: 7 Life-Changing Lessons.

I hope you learned enough information about Virat Kohli. That, and hopefully, you appreciate the seven life-changing lessons from his life.

A great thing about his success is that it's been going on for several years. His success is constant. By the looks of it, there's more to come!

As you've learned, he was given a relatively privileged life. He was born into a wonderful family, born with talent, and born with a good heart. For him, these are all blessings.

And, not once had he taken any of his blessings for granted. Because his blessings are dear to him, he's willing to go out of his way to be protective of them.

He persevered to keep them with him through the years. He worked hard to push himself to his current place. Now, how many people are willing to do that?

More importantly, I hope you enjoyed what you have read. As you have learned, Virat Kohli's life story is one-of-a-kind, and it's definitely inspiring.

The seven lessons that this book shared to you? You could use them as you see fit. You can apply them to your own life and see the changes.

Wish you all the very best!

If you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon. It would be greatly appreciated!

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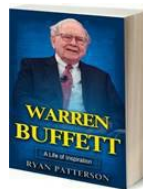
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