YOU ARE THE CEO OF YOUR OWN LIFE

**Imagine that you are a CEO of the #1 company in the world . You have various people ( HR's , Financial managers , General Managers , ASM's , TSM's , TL's ) whom you have assigned responsibility for different aspects of your company . You monitor everything that goes in and out of the company to ensure that you are retaining that #1 spot .Your excellence is so reputed that you are listed as the #1 CEO by the times magazine .**

**One day , a large problem crops up out of nowhere . Your Top call your top level manager and ask him about it . He responds with a list of problems . You ask him what all has he done to solve it . He replies with a list of excuses about why he couldn't get the job done .**

**Now what would you do in this situation ?**

**keep the manager ?**

**or fire him on the spot , step into the field yourself and ensure that the problem is solved at all cost by midnight ?**

**- you would do the latter right ?**

**Good job . Now lets take this concept to the real life. ..**

**I asked you to imagine that you are a CEO right ? Now it gets even better .. you need not imagine - you are indeed the CEO ! and the organisation is none other than your own life ..**

**I'm not kidding here ... your life is the #1 most priceless thing that you have and you control every aspect of it .**

**By control i mean - you choose to wake up in the morning**

**you choose to brush your teeth before having your coffee**

**you choose what to wear .**

**you choose to respect people**

**you choose to treat some as your friends  while a few others as your enemies**

**you choose to go to your job**

**Sure - other people do have an impact on your choice . you respect a few people for their behaviour . your respect your parents for the love they shower on you . you respect your boss because your salary and job depends on him . But these are secondary factors - the ultimate decision making authority solely lies on you**

**you can choose not to wake up .. you will have to compensate for that day or you might lose your job though**

**you can choose not to treat a person well ..though you might lose that person for life ( that person unfortunately is the ceo of their own life and they making a choice to chuck you off is not under your control )**

**you can choose to have your breakfast anytime ..though you might get hungry later**

***you can decide what you do - but you cant choose the consequences of that decision .***

***So with the consequences in mind , the basic right of decision making in your life is solely yours ... you control what comes in and what goes out . your friends family and the society are the shareholders - they will have their own opinions and interest - but ultimately only you get to decide what your hands , eyes , brain and mouth should do .***

**The problem is that many of us do not realise the amount of control that we have over our life . we wouldn't accept excuses from the manager if we were the CEO of Microsoft , but we accept excuses for the things that happen in our life - where we are the one and only CEO .That attitude should change .**

***Never give in to weakness . Follow a no excuse policy . Time to create your own standards and start living by them .***

**Make a audit of your life now - just like how a CEO would do a analysis of his company's performance .Honestly write down the areas where you are good at , the areas which you would like to improve . Which areas are you investing where you wont get returns ? which areas are you following the wrong approach ?Which friendships/ relationships are taking you for a ride ? and which honest deserving ones are you taking for granted ? Take a note and make a total analysis . And besides the problems column , put another column called ' steps to be taken ' and write down the things that you are going to do to overcome it . If you cant find a solution for your problem , google it ! See what other people have done to overcome that problem Or you can send me a email and I will help you with it**

***You are the CEO of your own life . And if it is not where you wanted it to be , you are responsible for it . The power of change lies within you . You are the solution to your problems . People like me , your parents , your best friends can all guide you , help you - but ultimately , you are the one who can do it for you .***

**Since you are the CEO , you get the privilege of defining the standards of your company . you get to choose what is success for you , things / values that you will stick to and those that you will never do .**

***To help you start the process of  revamping your company called life , i have made this :***[***the standards chart for the #1 CEO***](http://vigneshk.pe.hu/wp-content/uploads/2016/10/MY-STANDARDS.pdf)***. Just download , take a print out of this fill it up and stick it in a place where you can see it first thing in the morning and last thing in the night . Keep this sheet in mind and stick to the standards you promised yourself in whatever you do . I guarantee improvement in your overall life if you follow this for 21 days .***

**Whenever you are faced with a problem and your mind is trying to come up with a excuse or a reason to give up , ask yourself this question :**

**What would the CEO of microsoft do in this situation ? What would Steve Jobs do in this situation ? What would any top CEO do if their company is in this situation ? would they quit ? would they accept excuses ?**

**- And if the answer to that question is no , then go and do what a CEO should do**

**YOU ARE THE CEO OF YOUR LIFE . START ACTING LIKE ONE**

NOTHING WORKS UNLESS YOU DO

NOTE : USE THIS IN THE END OF THE BOOK

Hey there ! Are you someone who is searching frantically for success ? do you wonder why while some guys and girls seem to get almost everything , why I have to struggle hard for even small things in life ?

Well ....let's see ...But before that , I have a revelation to make .....

I'm a motivational speaker - and guess what ? there are half a million motivational speakers across the globe ..

Google contains a billion motivational articles ..

If you were to watch all the inspirational and motivational videos on YouTube , you would have to spend 5 whole years

- So practically speaking , there is quite a lot of motivation on the internet and most of these are free - so all of us have access to these enlightening lectures on how to become multi billionaires , eye opening speeches and seminars given on how to succeed and live the life of your dreams  given by achievers , fortune 500 CEO's and world class motivational speakers  .

And oh , by the way , what if i tell you that this entire business of 'motivational speaking' is actually nothing ?

I'am not kidding here . In case you don't believe me , Let me explain  ..

Don't you know that you have to getting up early is a good thing ?

In all your years of existence , are you sure you have never learnt that one should not give up during tough times ?

Didn't you read in your fifth grade moral text book that you should have a positive attitude and respect elders ?

Are you sure you don't know that hard work leads to success ?

Is it a new age revelation that your problems will not be solved just by worrying about and you will have spring into action to make things happen ?

Is it completely new to your wisdom that all bad things have some good in them and that whatever happens , happens for a good reason only ?

 - You already know these things right ?

Now go and watch how much ever motivational videos that you can . Browse through all the million motivational articles on google . Here is the deal - whatever they say in each and  of the billion articles or youtube videos - I promise you ,you will find that they already in one of the above mentioned 6 points .And those 6 points i talked above - you already agreed you know them .

So you already know the secret of how to become the worlds next Bill Gates .. you already know how to achieve success .. you already know how to live the life of your dreams ...

Now my question is

***why are you not doing it still ?***

The reason is simple :

**Knowing is not doing - Knowing how to do a thing and actually doing that thing are two totally different things**

All of us know that you have to sit in the seat , hold the handlebar and pedal to drive a cycle - yet , many of us fall numerous times before we actually start riding the bicycle properly .

Though we all know the secret to becoming a billionaire , not all of us go out there and put that knowledge into action.

You know how to succeed in life .. you know what legends like SteveJobs  and APJ Abdul Kalam did to go where they are today .. you know the secret of success ... But all that is useless if you are not going to apply them

***Nothing will work unless you do***

So start doing it from today ... I agree that getting up at 5:00 am in the morning and doing 40 hour weeks are not easy jobs - but if you know that's what you need to succeed , whats stopping you ?

Remember that it may be difficult - but it is worth the effort in the end

**Sacrificing your sleep , putting in extra effort and following your passion are all worth the effort in the end - nothing beats the feeling of finally having achieved your dreams .And on that day , all these sacrifices and efforts will look small - you will be glad that you actually did them .**

This is the moment to start taking action . Now is the time to start building your dreams . Start today - and I promise - it will be a decision you will never regret .

**The saddest sentences in the world begin with " I wish i had , If only i had .." and i hope you don't get to include them in your farewell speech to the world .**

So stop thinking . Stop looking for the right time and start acting now !

Looking forward to getting a autograph from you one day .

HOW TO WIN AT EVERYTHING PART I

Since the primary goal of every single species on this planet is to win , today I'm going to share with you the steps that i found will take you to victory .

Agreed that no two of us are moving towards the same goal - winning the promotion in your office and winning a karate championship are two totally different ' winnings ' . But do realise that there are some common things that both the best karate champions as well as the best ' promotion getting champions ' do to get there . And I'm going to share just that .

Before I start , I must warn you - as i said , these are things that were followed by champions to become what they are today . Hence these are very simple techniques - but definitely not easy .So if you are here looking for a quick road to success , I'm sorry - this is not the place for it .

For those of you who are still here ,  what are we waiting for ? lets go....

**TECHNIQUE #1 : BE PREPARED TO LOSE**

Wait.. what ?

I came here to learn how to win and you are asking me to prepare to lose ?

Are you out of your mind ???

      - The answer is yeah - you will have to prepare to lose if you want to win .

The #1 killer of your winning chances is the desire to win . You may be wondering ' what  are you even talking about ? ' how come wanting to win can be bad for me ?

Let me explain .

Pretend that you are in a exam hall , aiming for nothing less than a perfect 'S' .Now the moment you start writing the exam with your mind fixed to the only win setting , you become desperate even at the slightest turn of things . That one small twisted question threatening to prevent you from scoring a perfect 10 on 10 causes a panic , you become tensed , lose your confidence , forget the answers to all the other questions that you knew , allow the events to take control of you and before you know it , you end up a total loser . All your dreams of a perfect 'S' gone , you are battling to secure a passing grade and just survive .

 - I'm sure you must have been in this situation at some point of time . Now lets try this out in a different way...

Pretend that you walk into the same exam hall , only  that this time you have no expectations of any grade . you just don't give a damn about those grades . You are sick and tired of the nervous iggety figgetty things . So you go into the exam hall with the decision to just write what you know . you have decided to enjoy the exam , answer the questions for the sake of answering them and not for the grades . The same set of questions come . This time when your mind sees the twisted question , it will suggest you to leave that question and answer all the other questions . And after you have answered all others perfectly , if you still have time, you will come back to this question , try to think of something relevant and slowly might even figure it out . Even if you didn't have the time , you would have still missed only one question and wouldn't have screwed up the entire exam over .

See the difference between these two approaches ?

( For those of you trying to justify that ' if i wanted a 'S' , i would have left no stone unturned ' , let me remind you - not everything in life will be similar to writing your semester exams - you wont be given a syllabus for everything  and many a times you will have to go for it without any idea of what is going to come )

Now in which of the above scenarios do you want to be ? The karate champion and the promotion champion ( and of course , the topper of that exam too ) chose the second one . I'm sure you would too right ?

Just remove that ' I cant live without that ' attitude from your life . Start doing things for the sake of doing them and not for the results they give you . You only have one life - don't base it on marks , results , promotions and other artificial numbers . Its ok not to win .

The best amongst the best have lost and screwed up many a times - but what they didn't lose is their interest - their passion . They enjoyed playing the game more than they enjoyed winning it - and that is why they are called champions .

So champ , stop going in search of victory - start enjoying the process - victory will come in search of you .

MAINTAINING EMOTIONAL CONTROL

Do you get angry when things don't go as per your expectations ?

Do you find yourself asking ' why me ? why me ? why me ? ' when life throws a 160 kmph yorker on you ?

When things turn out different than anticipated , do you feel irritated as if nothing works for you ?

Do you find yourself uncontrollable when people do not respond to the love and affection that you shower on them ?

Do you allow emotions to take control of you during difficult times ?

If you answered yes to any one of these questions , welcome to the road of losers !

Wait.. what ??

Isn't being angry when someone treats me like crap normal ?

Isn't being sad when my trusted friend dumps me normal ?

When something that i didn't expect happens , isn't it normal for a person to go into a emotional turmoil ?

How dare you call this the road of losers ????

                                                                - Yes you are right . All the above mentioned things are perfectly normal .

Normal people cry when something bad happens to them . Yet , in the centuries of normal existence , have you ever heard of any normal person's crying fix the bad thing that happened to him ?

You are human to go into depression when your close friend dumps you . But how many of those 'normal people' who went into depression have got back the lost friendship because of it ?

Its perfectly normal to cry , kick the mud and shout out loud when nonsense happens in life . But has that crying and kicking the floor ever solved the problem for you ?

 - Maybe in your childhood your mama might have brought you the candy she refused to buy because you began to cry and gather the attention of all those in the supermarket . But welcome to adulthood , where that isn't going to work  .

I'm not talking about the normal sadness that you feel for a hour or a day when something catastrophic happens . I'm talking about the times when you get sucked into those emotions - The times when sink into the misery of what happened - The times when you feel the whole world has sunk ( - believe me it hasn't ! )  - The situations when you lose control over yourself .

For those of who you think this article isn't worth a damn because I'm ' talking you out of  being a human being and trying to turn you into a emotionless rock ' , Here is my question - Why do you follow something that doesn't work just because its termed ' being human ' , when there are things you can do that will actually help you in coming out of whatever that happened to you ?

If you are still not convinced , feel free to continue living as a 'normal human being '  . And my sincere apologies for wasting a click of yours . However , since you have come this far, why not stay for a little more ? And I promise you - this wont be too long...

Now ,For all those who found themselves having stepped into the road of losers ( as per my definition in paragraph 2  ) , the good news is that there is a shortcut here that you can take to land on the road of champions - and thereby escape the furore of miseries that await you should you continue further along this road

**THE SHORTCUT IS CALLED ' CONTROLLING YOUR EMOTIONS '**

Wait ... Isn't that hard ? Isn't controlling emotions hard ? How do you call it a 'shortcut' then ?

                           Actually , Controlling emotions is like training a dragon- It looks nearly impossible from the outside .. But once you learnt how to do it , you will find that its not as hard as you thought. In fact ,you will find that it is as easy as moving your hand !

So ready to learn the art of training your dragon ?

Here is how to do it....

1. Whenever somebody lets you down , remember that its not about you - It reveals what they are made up of . So if your best friend ditched you , understand that it is the limit of his/her knowledge - Had she/he understood the value of you , they wouldn't have done it .

If you give people a chance to buy a lambhorghini , most of them will reject it - Not because there is anything wrong with a lambhorgini , but because they simply cannot afford to buy one

 - So if someone rejects you , understand that you are a lamborghini - and they are the poor ones who cannot afford you . The real buyers - the people who really deserve you and who will give anything for getting you will never reject you .

2. Remember that anger does not solve problems - wishing all the bad luck on that person intoxicates your mind by bringing poisonous thoughts . And that is not the solution for the problem . So go and find out the real solution .

3. The moment you find a problem , ask yourself " what am I going to do about it " . Repeatedly thinking about why it happened to you and what you did to deserve it makes you unconsciously throw a pity party - no one is going to attend it . On the grounds of being a human , You can give yourself a maximum of 5 minutes to grieve over it - but at the end of 5 minutes , stop at wherever you are and ask yourself " Ok Now what Am I going to do to solve this ? " . Put yourself on the drivers seat and steer away through the shortcut as fast as possible . Dont ever look back .

4. Understand that whatever problem you have is not the end of the world and getting emotional is not going to solve it . Problems get solved only if you do what needs to be done . So figure that out and hey-since its not the end of the world , put up a big smile on your face and start implementing the solution process .

5. The best trees are the ones which can withstand the heaviest storms.  The best dams are the ones which can withstand the strongest rains without getting overflowed .The best buildings are the ones that remain strong even during a major earthquake . So just like the building , the tree and the dam , you will continue to live , you will get a better life and you will become a better person if you don't break from the inside .

Finally , I will leave you with a simple remainder which , probably you already know ...

***There are only two types of problems in this world - Problems that have a solution and problems that do not have a solution . If a problem has a solution , there is no need of crying . If a problem does not have a solution , there is no use of crying***

So hopefully you will take the shortcut to the road of champions . If you do so , welcome on board ! Stay tuned for more lanes , paths and sidewalks on this road that i will bring to your notice so that you can make the best of this road and thereby make your journey called life a journey that the world will cherish for generations to come !

Until next time ,

With immense gratitude ,

and a great attitude ,

to help you scale great altitudes ,

and be an inspiration to multitudes ,

your admirer ,

**VIGNESH.K**

PROBLEMS – WHAT ARE YOU GOING TO DO ABOUT IT

The world is filled with average people . Average people are everywhere around us . We walk , run , breathe and live in a world filled with average people .

But  ...

There are these few people who seem to stand out in this crowd of average . These are the few who seek inspire among the multitudes who seek to be inspired . These are the elite group of people who seem to be role models .. The olympic gold medallist who braved all odds to come up .. The multimillionare who spent his childhood days begging for food ... The world famous scientist who was called an idiot in his highschool ...The man without arms and legs who has a billion fans for his motivational speeches .. The philanthropist who came from very small beginnings ....

There is something in these people that makes them stand out of the crowd ... something that has taken them in the near impossible journey that is seen in the difference between where they are now and where they started  .. Somewhere in the way these people came up , lies the secret to ' ultimate success '

***So*** ***what is that so called 'secret' that took these people on the seemingly impossible journey from the peak of poverty and failure to the pinnacle of  success and stardom ?***

-The answer is that There are many things that helped them on this journey ( which i will continue to reveal through my articles ) .

***But the most important thing is that*** ***" These people refused to let their present circumstances dictate their future "***

Whether it is Edison moving from a big zero in physics to becoming the identity of physics later in his life

Or Steve jobs getting kicked out of his own company and then making the ' mother of all comebacks ' to leave apple unerased in the sands of time ,

Or Beethovan keyboard-ing his way to a legendary musician inspite of having hearing troubles

Or APJ abdul kalam going from a person who used to be seen selling ( delivering ) news papers to a person who is seen on the news papers today as one of the best presidents India ever had ,

***These people never let how they start dictate the way they will end***

***If you are born poor , its not your mistake ... but if you die poor , it is your mistake***

***- Bill gates***

**You may be poor .. you may have had some health issues .. you may have a unhealthy atmosphere at home ( divorced parents / a wife who doesn't love you enough etc .. ) .. you may be battling some of the worlds toughest battles ... you may have landed on this planet with a brass spoon ( or rather , no spoon at all.. ) while the rest of them might have landed here with platinum spoons in hand ... you might have been dealt with the worst possible cards that life had in stock ...But what matters is " what have you done with the cards dealt to you ? " .. what did you do with that brass spoon that life gave you ? did you sit and sulk with it ? or did you make a masterpiece statue and sell it for a billion dollars ? - The answer to that question becomes your identity**

you may not have all that you want .. but you definitely have everything that you need  - anyonyomous

Don't sit and complain about all the problems that you have .. work on them...

**Life will throw stones at you - that is gauranteed .. but you can either use those stones to build yourself a grave or you can use them to build a world wonder - the choice is yours**

You are your own CEO .. you choose what to do with all that life has given you ... and if you are reading this , chances are that you have got more than what 80% of the world has recieved . You have something positive going on in your life .. if you cant see them , search for it .. take what you have ..use it to the best ..now go and build something awesome with the stones called 'problems' that life throws at you

REJECTION : HOW TO DEAL WITH IT

**Rejection** - a word which is too familiar for the extremely successful and shunned by the common , has always been a key factor in determining the success and failures of individuals .

Lets face it - all of us have faced rejections at some point of time .

Whether it is the rejection letter from your dream school

or the rejection from the dream company that we had applied and prepared so hard for

or that one ( sometimes many ) girl / guy for whom you would have given anything to be with - who didn't realize your value and apparently ditched you  , Rejections have had a long term reputation of shattering dreams

But there is also another thing that rejections can do other than breaking dreams - it can create new and powerful ones and turn them into reality too.

***For example :    10 rejections from harvard , being the only one to be rejected among 4 applications by kfc and being rejected for the police constable role because he was too short created the current china's richest man and one of the most influential persons in the world today - Jack Ma ( founder & owner of Alibaba group which has multi billion dollar business spread all over the world )***

***rejected by MRF pace foundation because he was too short for fast bowling created the god of cricket - Sachin Tendulkar ( worlds greatest cricketer who finally finished with many unbeatable records and is now deemed as a cricketing legend )***

***A letter from MIT claiming his theory as ' too abstract ' and 'fantasy based ' and hence the rejection of his application from the same university created Albert Einstein ( and as you know , the theory which was deemed too abstract is today the basis of physics - The theory of relativity )***

***Being rejected by HP and IBM and later being thrown away from his own company has made the inspirational legend Steve jobs ( and the rejected product was the first version of mac - which is the leading pc model now )***

 - These are just the tip of the iceberg . There are millions of people who are at the top who were once subjected to the deadly disease called rejection . Here is the ultimate truth about rejection

**For every rejection you face , you are presented with an opportunity to create history**

Looking back , some of the famous people in the world including the ones mentioned above ,wouldn't have made it without those rejections . If Sachin had not been rejected , he would have been yet another fast bowler and not the legendary batsmen who scored hundred hundreds .

***If you are ever rejected by a boy / girl / university / anything , here is the first thing that you should do : bounce back***

**The girl who rejected you - make sure that one day her son / daughter comes to you one day for getting autograph**

**The university or college that rejected you - make sure you come to such a position that one day the same college or university comes to you begging you to be the chief guest for their graduation day**

If somebody says you cannot do it , show them how it is done - because ***rejecting you is their choice.. but what you do with that rejection is completely up to you !***

The objective is not to go around seeking revenge with your face burning red but to grow larger than them and one day you reject them !

**Rejection is not the end of life . Rather , it is a beginning - a new beginning which will fire you up and carve out a new path in the world that will leave the rejector regretting his decision of having rejected you !**

***To all those who have been rejected - don't worry ..you are not alone ! now quit feeling sorry for yourself and get back up - decide within yourself to make this your turning point -realize that this is a chance for you to do something big - don't give into smallness - you are born to create a impact on the world - bounce back big - the world needs you ! history needs to be rewritten with great things - and the pen is waiting for you !***

until next time ,

with immense gratitude ,

and a great attitude ,

TRADING THE C FOR THE C

All of us have a champion within us . A few of them have managed to bring out the champion in them and that is the reason why we have the likes of Bill Gates , Steve Jobs , Michel Jordan etc ...

In fact , there is a Bill gates and a Steve Jobs within us as well - but due to the excessive commonness around us , many of us do not realize the champion who lies within us

- We even call ourselves a common man and not a champion man

But here's the thing - ***you can bring out the champion in you***... you can make a transition from common man to a champion man - because ***champions are just normal people who do normal things in a different manner*** .

The purpose of this article is to tell you the #1 thing that will take you from common to a champion and here it is :

***To become a C ( Champion ) , you will have to let go of another C which most of us try to have - Control***

We have predefined notion of things - we expect things to go in a certain way and when it doesn't turn out the way we anticipate , we sink into disappointment . In other words , we seek control over things which we literally don't have control

 - you can't control how your boss treats you

- you can't control the umpire's mind

- you can't control the mind of people and make them like you

- you can't control how your competitors perform

***The only thing that you can control is you - you can control your performance .. you can control how you respond to a situation..***

***Champions are common people who understand this . Champions never let things which they cant control , control them .***

***Champions define their own success . They are not affected by the outside events . They do their duty irrespective of whether they are subjected to praise or abuse .***

***Sachin Tendulkar does not become great when the world praises him . Neither does he become a poor player when the world speaks low of him . Sachin's greatness is  only because of his practice and hard work . Regardless of whether the world spoke high of him or low of him , he continued doing his work - and that is the reason why Sachin is a champion today***

So here is the step #1 to move from a common to a champion :***Stop trying to control everything***

***Your success does not depend on whether others recognize you or not  . Your success is not decided by that appraisal .Your value is not decided by that single person liking or not liking you . When you win , you are the same person who you were the last time lost - the only thing that changed was the world's perspective of you - and that will keep changing .***

**So stop waiting for the world to declare you a champion . You are a champion - as long as your performance gives you happiness . Stop trying to control the outer world . You can never control it anyways . The only thing that you can control is yourself . so place your success on yourself - be your own judge . Only you know your true self . Stop waiting for things to be perfect - they will never be and there is no use of waiting because other things are never under your control. You are your biggest asset and as long as you believe in you , you are a champion !**

WHY WINNERS WIN

Today I'm going to talk about the ultimate weapon of a champion . It is a weapon that has been repeatedly used by the best of the best in the world to get to where they are today ..It is a weapon shunned by the common man but deeply embraced by the champions ..

Care to take a guess ? .. Let me give you a few clues..

On the day of his last match , god of cricket Sachin Tendulkar who slammed hundred hundreds and broke thousands of records in the history of cricket - some of which can never be broken ,was spotted at 7:00 am at the stadium with full gears on including a helmet and practicing strokes against local bowlers .

In every match , Michel Jordan - the legend of basketball comes a hour early before his teammates and takes exactly 200 direct shots on the basket even before the rest of the players come for a pre-match warm up

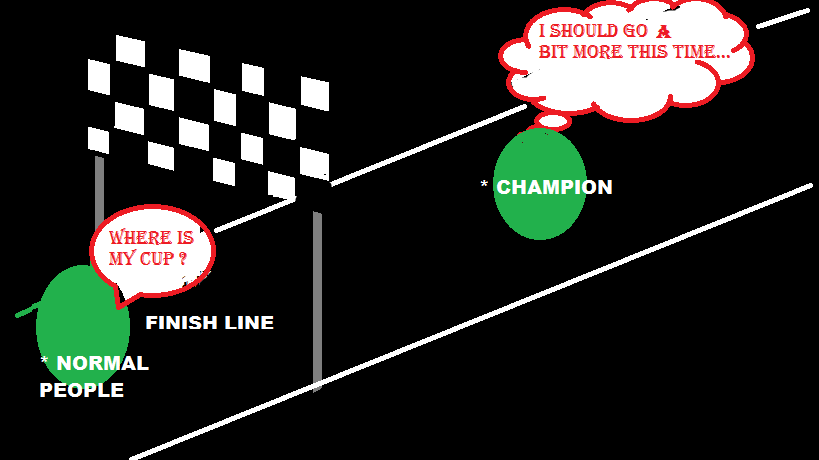
After every win , while his teammates are celebrating and partying hard , Lionel Messi hits the gym for 2 hours - irrespective of whether the match was won or lost , Messi makes it a point to directly hit the gym the moment he comes out of the stadium .

From the day he started Microsoft , its founder Bill Gates admitted that he hasn't taken a days vacation .

When asked how many pushups he does per day , the legendary actor Bruce Lee confessed that he never counts his push ups ..He also added " I only count when it starts to pain - that when it matters "..

              So any guesses ? I guess you would have found it by now .. In case you didn't , here it is... The ultimate weapon of the champions is called

**RUNNING THE EXTRA MILE**



Champions are willing to put 40-50 hour work per week while most of us don't reach that count even in a fortnight

Champions don't see any difference between weekdays and week ends while we - lets admit it , start Mondays praying god for the weekend to arrive... some of us even wish for all 7days to be Sundays ( sometimes i do too ! ) - but for a champion , everyday is a grind day.

Champions sleep last and wake up earlier than everyone around them

While the world is pressing the snooze button on their alarm instead of waking up , champions wake their alarm up.

A normal man complains about how tiring it is do his job is while a champion starts counting the number of hours from the moment he gets tired.

Normal people dream about vacations on their job . Champions dream about their job on their vacations .

Now you may ask me ... Is such a relentless effort even necessary ? I mean...can't you find any shortcuts - that's what motivational speakers do right ? you know stuff like - 'how to make money while dreaming' , 'think your way to success' ..

The answer is NO . This is the only proven way to success . While there are people who thought their way to success and dreamed their way to glory ,do understand that there were a few things that went their way ..they got lucky and most importantly , they don't reveal the entire deal about it - like the part where you will have a 1 in a billion chance of winning the lottery .

They only tell the easy part of it and that's because that's what sells . I must tell you that such stories are half truth - They are business... I mean - who doesn't want to sleep their way to a billion dollars ? And even if I say that Bill from California fulfilled his destiny - brought a house , got his dream job and 'manifestated' his dream life by dreaming , how will you know its true ? where will you search for ' Bill who mainfested his dreams , California ' ? - Believe me , all such things are crap ..they were created to make use of your ultimate weakness - laziness and make billions out of it .

And I'm not doing business here - I'm here to tell you secrets that you need to know to make it to the top. You might not like a few of them..but you must do them nevertheless..Here goes one such 'secrets'

**If you want to have what only 0.1% of the world has , you have to be willing to do what only 0.1% of the world is willing to do**

So start grinding . And if you are wondering whether at the mountain of effort that you need to put and feel like quitting now itself , just imagine how it would feel when you achieve your dreams ..Isn't the effort worth it ? I know it is !

YOU WANT TO SUCCEED ? GIVE UP THEN

**You want success ? then give up !**

I know you are checking those words again but i assure you ,You read the it right and it was not a typo

Earth is a planet with 8 billion 6 sensed chunks of meat fighting their way to something . As time progressed ,that something came to be commonly known as success .We all want to be successful – and we all are looking for quickfire ways to it . some of us attain success , some of us don’t – but the race towards that ‘something’ has been going on and on .

Now , the people who don’t get that something that they are looking for – the majority of the 6 sensed chunks of meat , they begin to wonder why things aren’t happening . they begin to wonder why they aren’t getting rich , why they aren’t getting the boy/girl of their choice , why they aren’t getting  into that elite university despite putting all the hard work while Sharma ji ka beta managed it without even hitting the books or burning the midnight oil

If that made some tingling sense in you , if you are a part of the majority ,I’m sure you would be curious to know too – ‘where am i going wrong ? ‘ you wonder – and i heard you screaming that inside your mind each time you failed to reach the so called success .

The problem , as a large portion of people think , is not in the approach – the approach is fine . you set yourself a dream – be it a job or a school or a person or a thing , you find out what that ‘dream’ requires for you to get it  , you study the competition and try to make ways to beat them – all those are right ways and if you are wondering if some subtle changes in the approach could get you the dream , check once again !  The actual problem , as i said , is not in the approach to the dream , but in the dream itself .

What ?

Yeah and i repeat it once again – the problem is not with the approach to the dream but the dream itself .

Lets look at the dreams that you set for yourself and how you define success .

Lets take a simple case –

 you wish to get into a particular university . what happens ? you work hard , put in 36 hours in a 24 hour day , you study all day and night . the university results come out and you find that you find that you had just missed the mark .what do you do ? you get all low .. you get depressed , you are like no other university is going to accept me , my life is doomed , all my plans are gone and you act like as if the planet has just been swallowed by a massive black hole !

 Another example that you can relate to – you like that particular boy / girl .. you want to ‘get’ them – either as a friend / your other half  / whatever-the-name-you-give-for-that . you try hard .. you ask about them through your friends , get to know their likes and dislikes , you google for advice ( admit it – we all have done this ) , you study your ‘competitors’ and try to impress that person .It was a perfect 10/10 for effort.But unfortunately that person isn’t interested in you .Lets say he/she rejects you . what happens now ?your years of stalking , forcing yourself to like what they like , thinking of ways to impress them – all have gone into the drains and you feel dejected. You wonder whats wrong . why didn’t they like me ? what could i have done better ? i know of cases where the rejected even took their lives away .

The same pattern goes for your exams and dream job too . you set the target , you work hard as if your life is dependent on it and when you don’t get it , your world looks like a 2012 movie – only , you are not in the plane but you are the very earth crashing and not sure if a new dawn will ever come up.

Have you noticed something common above ?

Yes . As i said , the problem –you are allowing the events to define you . your success is not based on the effort you put but on the score that you get . you don’t care about effort that you put in . all you think is you are a failure because you didn’t get it .

Your success is based on the approval of that boy / girl . you forget that he/she is a normal human who couldn’t see your value . It was not about you – it was about them ! .but you don’t care . according to you , her rejection means the end of the world for you . as if he/she is the only other Homo-sapien the universe will ever have !you don’t care to realize that she was a undeserving person . its over ! you cry .

 your success is based on the likability of others . when others don’t like you  , you consider yourself a failure .

but here is the ultimate truth about that ( college , your crush , your dream company) that rejected you -  They aren’t geniuses . they don’t always make the perfect choices . sometimes they make choices that they will regret and this time that choice was rejecting you .

The problem with your dream is that there is a bit of exaggeration – you modelize the college/job/person to be an embodiment of perfection – which they aren’t  and not getting them does not make you a unworthy person . there are better colleges , better companies with a much better working environment , better people much more beautiful and worthier than the ones that rejected you – trust me . its not some over the cloud motivation .. google it and you will find colleges , companies and people  that are much much better than the ones that just now royally screwed themselves by rejecting you .

Now that I have stated the problem , let me tell you how to correct it .. **Your dream( the success ) isn’t about them – its about you . Success isn’t about pleasing someone else . its about making yourself happy without needing anyone else.Its not about that boy/girl liking you – its about you staring at the mirror and liking the person who stares back at you . Its not about getting into that college / job . its about making yourself a better person**

You get to run this race called life only once. Don’t run towards the wrong finish line and call yourself a loser because someone else got the medal . you did not even run towards the line that you were supposed to cross . so stop , change the direction ,start running towards the line you actually need to ..and when you do so , you will find that you had the medal with yourself all along !

QUALITY STANDARDS CHART

MY QUALITY STANDARDS

( ‘S *DEFINITION OF SUCCESS IS )*

|  |  |
| --- | --- |
| ***AREA*** | ***MY DEFINITON*** |
| ***PHYSICAL HEALTH*** | ***WHAT IS THE LEVEL OF HEALTH AND FITNESS THAT I SHOULD MAINTAIN :***  ANS: |
| ***EDUCATIONAL/PROFESSIONAL LIFE*** | ***WHAT WILL BE THE MINIMUM QUALITY OF WORK DONE BY ME ? WHAT ARE THE STANDARDS THAT I SET WHICH WILL IDENTIFY ME UNIQUELY IN MY PROFESSIONAL AREA ?*** |
| ***RELATIONSHIPS*** | ***WHAT ARE THE POSITIVE THINGS THAT I WILL BE DOING TO MAKE MY RELATIONSHIPS GROW ? HOW SHOULD I WORK TOWARDS DEVELOPING AND MAINTAING MY PERSONAL CIRCLE ?*** |
| ***SOCIETY*** | ***WHAT SHOULD BE MY CONTRIBUTION TO THE POOR AND NEEDY ? WHAT ARE THE NON PROFIT ACTIVITIES THAT I CAN DO TO HELP MY SOCIETY ?*** |
| ***GENERAL IMPACT*** | ***HOW DO I WISH TO BE KNOWN AFTER MY LIFETIME ? WHAT KIND OF EXAMPLE DO I WISH THAT I SHOULD SET FOR THOSE AROUND ME ?*** |

***DECLARATION : I HEREBY PROMISE MYSELF THAT THE ABOVE MENTIONED ARE MY DEFINITON OF SUCCESS AND I WILL STRIVE CONTINUOUSLY TO ACHIEVE AND MAINTAIN THE STANDARDS THAT I HAVE MENTIONED ABOVE***

(CEO of my life )