

YASH MALIK  
Personal Leadership Brand

2014, The year Matthew McConaughey won the Academy Award for Best Actor, was the year I answered one of the most important questions a person asks in his lifetime, "Whom do I want to become?" and learnt a life lesson; the happiness of your family is the most crucial thing in this whole wide world.

I was in high school when Mr McConaughey gave a 4-minute speech after winning his prize. Those four minutes brought a revelation to the younger Yash Malik, who now walks with his chin up through the streets of the college he always dreamt of. "Who is your hero?" is the question Matthew was asked, to which he replied, "It's me in 10 years". And later goes on to say that in his life journey, he understood that he would never be the hero he always dreamt of, but that gives him something to chase forever. I resonate with his words; as a young kid who saw his family struggle for food, it gave me the mindset to pursue the Yash Malik, which would be successful one day and be financially independent so that neither he nor his family had to relive those days ever again.

This chase has instilled in me the desire to be 1% better than the previous day, I used to compete with the kids my age, one up each other and see who lands where, but over time I've realised that it's not about anyone else, I am the main character of my life, not anybody else. Hence, it's always me vs me. The me that I want to be tomorrow has to be stronger and better than I am today.

India is a land of culture and values; we have been taught inclusivity and diversity since childhood. Now coming to the US and seeing how inclusivity is emphasised, I can perfectly handle it in a personal and professional setting.

The Coronavirus pandemic has taught us to be more humane. The last two years have been a roller coaster for so many reasons, be it positive or negative, but with every adversity comes a seed of an equivalent or greater benefit; for me, that seed is Humanity. The pandemic taught us to be human again; it showed us the importance of helping and being present for each other, and empathy will open roadblocks that we thought were never possible. The day I arrived in Durham, I went grocery shopping at an Indian store. This store is the only Indian store in the vicinity, and we can get all kinds of spices and other 'desi'(local) food items we want. I was the only customer there; during my billing procedure, I made small talk with the shop owner. A very jolly person who would talk to you like you've known each other forever. During our chat, he said, "Always remember, Attitude will take you far in life, but Gratitude will take you to places you've never even thought of".

And as an International student, who travelled thousands of miles from his home, family, and comfort zone, I felt those words. Then I remembered Matthew's speech from 2014, and he said the exact similar thing; it only took me eight years to truly understand what that meant.

A person who values privileges more than his principles soon loses both. I started my powerlifting journey back in 2018, got a herniated disc(disc bulge), and I was out for two and a half years. Starting powerlifting back in 2021 after the pandemic was challenging, but my father always said, "The tough things in our life will make us strong, mentally and physically." I was employed full time and preparing for my college applications, but every day for two hours, I would divulge in the beautiful world of lifting weights. Through hard work, consistency and the spirit of never giving up, I won the National Powerlifting Championship.

Personal development is essential for me. I believe a person will never grow into an individual they want to be whilst staying in their comfort zone, and I am already chasing the Yash Malik that is doing better than the present me.

### **Executive Summary:-**

Progress in a personal and professional setting is not a straight graph; it is full of ups and downs, but one will be way ahead of where one started. I offer progress and growth—creating a productive and inclusive environment for everyone to work, where one feels safe and confident in their work. My peers will feel motivated by my actions and will be driven to give their absolute best, 1% better every time, whilst not forgetting that gratitude will outdistance attitude every day of the week and twice on the weekends.

My Values, Behavior Principles, and Purpose have been defined and structured by multiple events and individuals. I believe every story that you hear, every experience that you have, and every stranger you meet always have a learning lesson for me; I have to keep my ears open and seriously listen. Matthew McConaughey taught me to chase the one man I look up to and one I've always wanted since I was a kid. The Gym taught me the power of never giving up, staying consistent and that the graph of progress is never a straight line. My parents taught me the value of Hard work, and giving my best, no matter the circumstances. Aim for the moon; even if you miss, you'll land amongst the stars.