

IMPOSSIBLE

MEANS I AM

POSSIBLE

Virtually nothing is impossible in this world. If you just put your mind to it and maintain a positive attitude, it will become possible.

Impossible is a word, found only in the dictionary of fools.

There are powers inside you which, when discovered and used, would make you everything you ever dreamed or imagined you would become.

Everyone on Earth has done things they really wish they hadn't. In fact, experiencing these regrets actually teaches you how important it is to overcome your present bad habits today, so that tomorrow you don't look back on your mistakes bitterly. Here are five regrets that you really don't want to feel when you come to the end of your life.

PREFACE:

I am sick of the word "IMPOSSIBLE", because of an important instance that happened to me in my life ,which made me a Chartered Accountant, I proved that 'what was said to be Impossible can be possible'. Way back in the 1970's, on completion of my graduation, I joined a multinational audit firm for article ship training, where all rank holders of different universities were taken and I with second class B.Com., with some influence could get admission in the said firm. The students who happened to see my graduation marks laughed at me and one of them had courage to say that "it is impossible for me to pass CA examination". I was a sports person had grown big in sports but I decided that I should quit every activity of mine and I should make it possible to come out successful, I came out not only successfully but also figured in all India merit list in both inter & final CA exams. I was the Chairman of Bangalore branch of Institute, I was President of Karnataka Chartered Accountants Association and latter I became the Chairman of Southern India Regional Council which controls 30000 Chartered Accountants. This book is meant for those who can take challenges and prosper in life.

I am indeed thankful to Prof. Jayashree Chetan for refining this book, Mr. Sagar for designing and m/s Omkar Printing Press for printing this book of my 39th book to be precise.

CA Dr. Vishnu Bharath Alampalli.

HOW TO DEAL WITH NEGATIVE THOUGHTS?

They say that someone who hates getting up in the morning actually hates their job, and for many of us, this sentence holds true. The workplace is a great source of stress, and although all of us have bad days here and there, what should we do if the place we work is causing stress to us? There is always the possibility of quitting and finding another job, but if you want to continue your current job and overcome the stress, and even provide yourself with tools to help you move on to more important roles, what experts have to say...

No matter how much we love our work, at some point we'll face challenging circumstances. It's all too easy to allow negative thoughts and emotions to overwhelm us. But, by employing some simple techniques, you can avoid these gloomy episodes.

1. Flag negative thoughts and acknowledge that they're not helpful.
2. Challenge negative thoughts.
3. Use the situation as motivation to improve.
4. Do something active to shift your focus.
5. Write about a recent positive experience.
6. Breathe deep and wait a few seconds before responding.
7. Practice visualization exercises to calm down.
8. Focus on your strengths.

Although the workplace can be a stressful environment, don't allow negative emotions to hinder your performance. By applying these techniques, even the most difficult working situations can be traversed with ease and even treated as an opportunity for personal growth. People very rarely find success by accident. So, why don't you set yourself up for some financial success by listening to the following pieces of advice from some of the world's most successful people? Here it is:

1. WRITE EVERYTHING DOWN



Business magnate Richard Branson has said on many occasions that he likes to make lists of all kinds. In a blog post he wrote that “I have always lived my life by making lists. These vary from lists of people to call, lists of ideas, lists of companies to set up, lists of people who can make things happen. I also have lists of topics to blog about, lists of tweets to send, and lists of upcoming plans.” He thinks everyone should write down every idea that they have, no matter how small or big it is, and then challenge them to follow through. Lists are a fantastic way to set financial priorities.

2. BE PASSIONATE

For many people, finding exactly what they love and monetizing it is one of life’s biggest challenges. Warren Buffet says “being successful in almost anything means having a lot of passion for it. If you see someone with even reasonable intelligence and a terrific passion for what they do, and they get people around them to march even when those people can’t see over the top of the next hill, things are going to happen.”

3. BE DISCIPLINED : Shark Tank’s Mark Cuban has a good test: Can you cut up all your credit cards? In a blog he wrote that “if you use a credit card, you don’t want to be rich. The first step to getting rich requires discipline. If you really want to be rich, you need to find the discipline – can you?” He then goes on to explain that if you’re looking to make money, you always need cash available. “You aren’t saving for retirement. You are saving for the moment you need cash. Buy and hold is a sucker’s game.” Ultimately, the first step to becoming rich is being a smart shopper.

4. DON'T GET COCKY



Microsoft founder Bill Gates says that “success is a lousy teacher. It seduces smart people into thinking that they cannot lose.” You must never stop learning in life as success doesn’t ensure future success. Even the smartest and most connected people can lose.

5. KNOW THAT IT ISN'T GOING TO BE EASY

Amazon CEO Jeff Bezos recounted a time when a good friend of his hired a handstand coach: “In the very first lesson, the coach gave her some wonderful advice. Most people think that if they work hard, they should be able to master a handstand in about two weeks. The reality is that it takes about six months of daily practice. If you think you’re going to be able to do it in two weeks, you’re just going to end up quitting.” This ties in with his belief that people underestimate how hard following through with goals will be. If you want to make a big purchase, such as a house, don’t be discouraged by the long road ahead.

6. YOU DON'T NEED MONEY TO MAKE MONEY

Daymond John told CNN that he realized that “almost every single time I have had some level of success, money was never ever a part of it [...] and if anybody out there knows entrepreneurship, they know that entrepreneurs don’t just go succeed, succeed, succeed, succeed. They do succeed, succeed, fail, succeed.

7. BE REAL ABOUT THE FACTS

Know the facts and pay close attention to them. Entrepreneur Jeff Busgang says that “a fatal mistake that some people make is either to ignore data or actually deny what the facts are presenting. You should always strive to be very data-driven and know the truth. Now, you may still decide to do something with a low-probability outcome because the risks are low and the end result is so incredibly nirvana-like, but at least do the math and think it through before you leap into that situation.” When it comes to your bank accounts and credit cards you should always make sure you know how much you have and how much you’re in debt.



8. FIND ONLINE RESOURCES

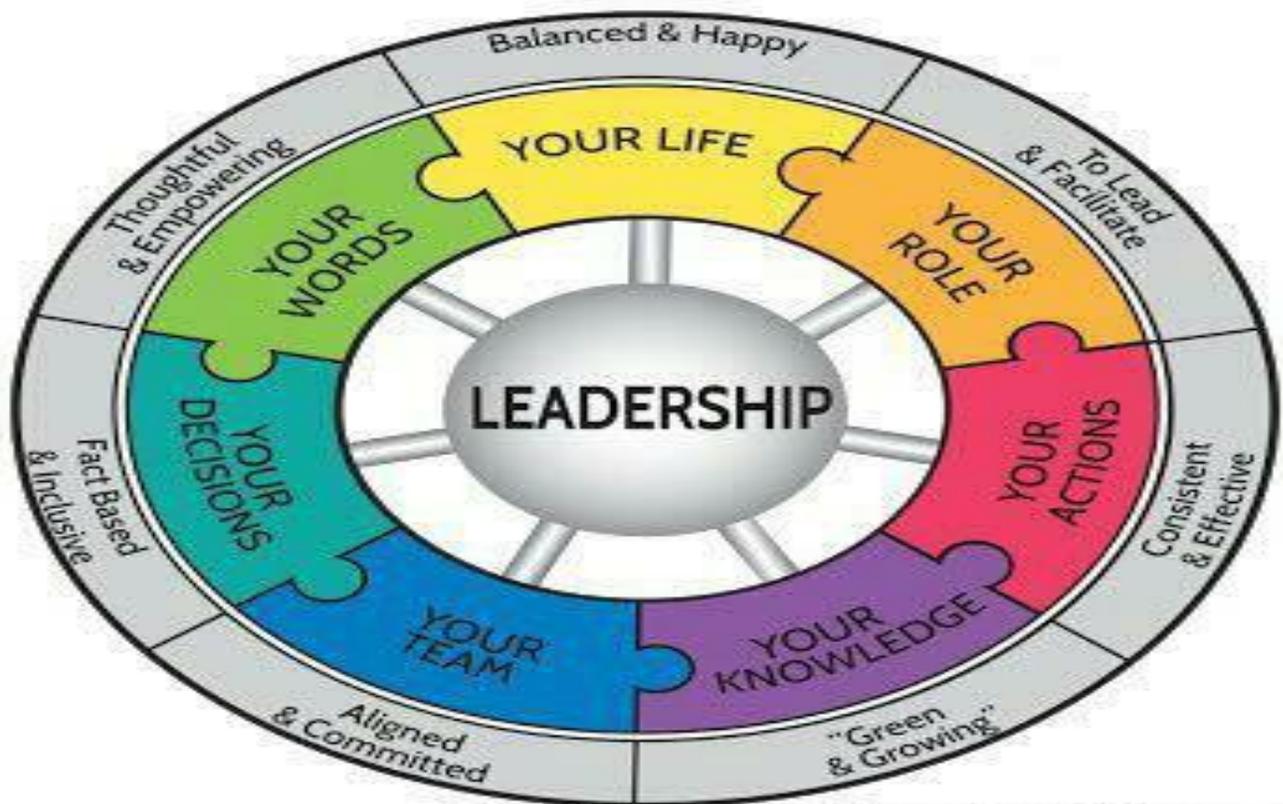
Suze Orman once told Oprah that her money tips include going through your monthly budgets, highlighting all the expenses that are non-essentials, and cutting those costs by 10% until you get an extra \$100. She also suggested checking for discounts before making purchases. She says that “sites like couponcabin (which offer printable coupons and promo codes on everything from groceries to diapers) and apps like Pic2Shop (scan a barcode with your phone, and the app searches for online or local retailers selling it cheaper) can save you big.”

9. BE OKAY WITH FAILURE

Sara Blakely has said that embracing failure and remaining confident is what made her the youngest self-made female billionaire in the US. She says that “what you don’t know can become your greatest asset if you’ll let it and if you have the confidence to say, ‘I’m going to do it anyway even though I haven’t been taught or somebody hasn’t shown me the way.’”

10. MANAGE YOUR RISK

With big risks, there can be huge rewards, but this doesn’t mean that you have to put everything on the line to make money – especially if you want to retire early. Warby Parker founder Neil Blumenthal says that “from the start, our approach to entrepreneurship departed slightly from the norm. Rather than taking giant leaps (resulting, possibly, in catastrophic failures), we focused on having a bold vision but moving there with deliberate, small, rapid steps.”



DO NOT SURRENDER TO NEGATIVITY:

NEGATIVITY IS AN UNSEEN FORCE THAT AFFECTS US CONTINUOUSLY, EVERY DAY. Life is hard, but negativity only makes it harder. It's time to change your outlook. If someone put poison in your water, would you drink it? Definitely not. Yet, people repeatedly poison their own minds with negativity. You need to stop it before it contaminates your life. It starts with negative thinking, which casts a dark shadow over a person's life. It robs them of the chance to live up to their full potential, achieve their aims, and fulfill their desires. Negativity condemns many to a lifetime of mere survival- just making it through the drudgery of each passing day. Negative thinking results in self criticism, which leads to self-destruction. Many folks wish to change the world through an inspiring literary work, do a noble & courageous deed, or act with selfless compassion toward those in need. Yet, despite their good intentions, the phrase "I can't" shatters their dreams. Eliminate negative thoughts from your mind by monitoring yourself, if you're thinking negativity, think again! Strive to think, empowering thoughts. Monitor the words you speak. Listen to yourself carefully and beware of excuses. When you hear, yourself complaining, stop yourself - IMMEDIATELY! Shape your vocabulary into one of a positive and inspiring individual. Speak passionately and express your enthusiasm. Be aware that the words you speak are a powerful, creative force. You have so much to be positive about! Your life has untold value. And that very thought should raise your self-esteem. Express gratitude. Be grateful for everything that happens in your life, both good and bad. Any show appreciation towards others. Negativity is an anchor that's holding you back – it's time to cut yourself free. The power of positivity and praise is contagious, so make sure you became a carrier! If you've been negative about yourself in the past, turn over a new leaf now and begin influencing others' lives for the better with your positivity. Remember- what was once your weakness can be your STRENGTH.

SUCCESS:

- Success and Relation never depend on the capability of your brain. But, they always depend on the greatness of your **BEHAVIOUR & THOUGHTS.**

The difference between a successful person and others is not a lack of strength, not a lack of knowledge but rather a lack in will.

- Success does not come from what you do occasionally. It comes from what you do consistently.

• CA Dr. VISHNU BHARATH ALAMPALLI.

The most useful asset of a person is not a head full of knowledge but a heart full of love with ears open to listen and hands willing to help.

Faith makes everything possible. Hope makes everything work. Love makes everything beautiful.

Life is like Cotton. Don't make it heavier by dipping it in the water of sorrow, But make it lighter by blowing it in the air.

RULES FOR HAPPINESS:

It's only by reflecting on life that we can ever have any hope of progressing. So, I've thought a lot about how to achieve lasting joy, and this is what I've come up with: 10 golden rules of happiness.

- 1. No one can go back and make a brand new start. Anyone can start from now and make a grand new ending...**
- 2. God didn't promise days without pain, laughter without sorrow, sun without rain, but he did promise strength for the day, comfort for the tears and light for the way.**
- 3. Disappointments are like speed breakers. They slow you down a bit. You will enjoy the smooth road afterwards. Don't stay on the bumps too long, move on.**
- 4. When you feel low because you didn't get what you wanted, just sit tight and be happy, because God has thought of something better to give you...**
- 5. When something happens to you, good or bad, consider what it means.**
- 6. There's a purpose to life's events - to teach you how to laugh more.**
- 7. You can't make someone love you. All you can do is, be someone who can be loved; the rest is up to the person to realize your worth.**
- 8. It's better to lose your pride to the one you love, than to lose the one you love because of pride.**
- 9. We spend too much time looking for the right person to love or finding fault with those we already love, when instead we should be perfecting the love we give.**
- 10. Never abandon an old friend. You will never find one who can take their place. Friendship is likewise, it gets better as it grows older.**

DON'T QUIT:

The road we travel on is not always easy. And when life gets especially tough, quitting seems like an easy road to take. But let this inspiring poem, remind you. That in the darkest of moments, even failure is a necessary step toward success. Let it inspire you to realize that every discovery of what is wrong, will lead you to what is right.

And let it inspire you to see that every adversity you face, will only hide, for a short time, your ultimate path to happiness and success.

When things go wrong, as they sometimes will, when the road you're trudging seems all uphill, when the funds are low and the debts are high, and you want to smile out you have to sigh.

When care is pressing you down a bit. Rest if you must, but don't you quit. Life is queer with its twists and turns, as every one of us sometimes learns, and many a failure turns about when he might have won had he struck it out.

Don't give up through the pace seems slow, you may succeed with another blow.

Often the goal is nearer than it seems, to a faint and faltering man.

Often the struggler has given up when he might have captured the victor's cup, and he learned too late when the night slipped down, how close he was to the golden crown.

Success is failure turned inside out, the silver tint of the clouds of doubt.

And you can never tell how close you are, so stick to the fight when your hardest hits it's when things seem worst that you must not quit.

THE GROUP OF FROGS



A group of frogs were traveling through the forest when two of them fell into a deep pit. When the other frogs saw how deep the pit was, they told the two frogs that there was no hope left for them.

However, the two frogs ignored their comrades and proceeded to try to jump out of the pit. However, despite their efforts, the group of frogs at the top of the pit were still saying that they should just give up as they'd never make it out.

Eventually, one of the frogs took heed of what the others were saying and he gave up, jumping even deeper to his death. The other frog continued to jump as hard as he could. Once again, the group of frogs yelled at him to stop the pain and to just die.

He ignored them, and jumped even harder and finally made it out. When he got out, the other frogs said, "Did you not hear us?"

The frog explained to them that he was deaf, and that he thought they were encouraging him the entire time.

Moral of the story: People's words can have a huge effect on the lives of others. Therefore, you should think about what you're going to say before it comes out of your mouth – it might just be the difference between life and death.

A POUND OF BUTTER



Once, there was a farmer who regularly sold butter to a baker. One day, the baker decided to weigh the butter to see if he was getting the exact amount that he asked for. He found out that he wasn't, so he took the farmer to court.

The judge asked the farmer if he uses any measure to weigh the butter. The farmer replied, "Your Honor, I'm primitive. I don't have a proper measure, but I do have a scale."

The judge replied, "Then how do you weight the butter?"

The farmer replied; "Your Honor, long before the baker started buying butter from me, I have been buying a pound loaf of bread from him. Every day, when the baker brings the bread, I put it on the scale and give him the same weight in butter. If anyone is to be blamed, it's the baker."

Moral of the story: In life, you get what you give. Don't try to cheat others.

THE OBSTACLE IN OUR PATH



In ancient times, a king had his men place a boulder on a roadway. He then hid in the bushes, and watched to see if anyone would move the boulder out of the way. Some of the king's wealthiest merchants and courtiers passed by and simply walked around it.

Many people blamed the King for not keeping the roads clear, but none of them did anything about getting the stone removed.

One day, a peasant came along carrying vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to push the stone out of the way. After much pushing and straining, he finally managed.

After the peasant went back to pick up his vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King explaining that the gold was for the person who removed the boulder from the road.

Moral of the story: Every obstacle that we come across gives us an opportunity to improve our circumstances, and while the lazy complain, others are creating opportunities through their kind hearts, generosity, and willingness to get things done.

THE BUTTERFLY



Once upon a time, a man found a butterfly that was starting to hatch from its cocoon. He sat down and watched the butterfly for hours as it struggled to force itself through a tiny hole. Then, it suddenly stopped making progress and looked like it was stuck.

Therefore, the man decided to help the butterfly out. He took a pair of scissors and cut off the remaining bit of the cocoon. The butterfly then emerged easily, although it had a swollen body and small, shriveled wings.

The man thought nothing of it, and he sat there waiting for the wings to enlarge to support the butterfly. However, that never happened. The butterfly spent the rest of its life unable to fly, crawling around with small wings and a swollen body.

Despite the man's kind heart, he didn't understand that the restricting cocoon and the struggle needed by the butterfly to get itself through the small hole were God's way of forcing fluid from the body of the butterfly into its wings to prepare itself for flying once it was free.

Moral of the story: Our struggles in life help to develop our strengths. Without struggles, we never grow and get stronger, so it's important for us to tackle challenges on our own, and not rely on help from others all the time.

THE BLIND GIRL



There once was a blind woman who hated herself purely because she could not see. The only person she loved was her boyfriend, as he was always there for her. She said that if she could only see the world, then she would marry him.

One day, someone donated a pair of eyes to her – now she could see everything, including her boyfriend. Her loving boyfriend asked her, “now that you can see the world, will you marry me?”

The woman was shocked when she saw that her boyfriend was blind too, and refused to marry him. Her boyfriend walked away in tears, and wrote a short note to her saying: “Just take care of my eyes, dear.”

Moral of the story: When our circumstances change, so does our mind. Some people may not be able to see the way things were before, and might not be able to appreciate them.

BOX FULL OF KISSES



Some time ago, a man punished his young daughter for wasting a roll of gold wrapping paper. Money was tight and he became angry when the child tried to decorate a box to put under the Christmas tree.

Nevertheless, the girl brought the gift to her father on Christmas day and said, "This is for you, daddy."

The man became embarrassed by his over-reaction a few days before, but his rage continued when he saw that the box was empty. He yelled at her, "Don't you know, when you give someone a gift, there's supposed to be something inside?"

The little girl looked up at her dad with tears in her eyes and cried; "Oh, daddy, it's not empty at all. I blew kisses into the box. They're all for you, daddy."

The father was devastated. He put his arms around his daughter, and begged for her forgiveness.

A little while later, the girl died in an accident. Her father kept the gold box by his bed for many years and, whenever he was feeling down, he would take out an imaginary kiss and remember the love of the child who had put it there.

Moral of the story: Love is the most precious gift in the world.

ENJOY THE LIFE TO YOUR HEART'S CONTENT:

What do we live for if not to make life less difficult for each other?

Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish. Obstacles and Problems can't stop you. Most of all, other people can't stop you. Only you can stop yourself. We are created to conquer environment, solve problems, achieve goals, and we find no real satisfaction or happiness in life without obstacles to conquer and goals to achieve.

1. Extend a firm handshake.
2. Look people in the eye.
3. Sing in the shower.
4. Own a great stereo system.
5. If in a fight, hit first and hit hard.
6. Keep secrets.
7. Never give up on anybody. Miracles happen every day.
8. Always accept an outstretched hand.
9. Be brave. Even if you're not, pretend to be. No one can tell the difference.
10. Whistle.
11. Avoid sarcastic remarks.
12. Choose your life's mate carefully. From this one decision will come 90 per cent of all your happiness or misery.

13. Make it a habit to do nice things for people who will never find out.
14. Lend only those books you never care to see again.
15. Never deprive someone of hope; it might be all that they have.
16. When playing games with children, let them win.
17. Give peoples a second chance, always.
18. Be romantic.
19. Become the most positive and enthusiastic person you know.
20. Loosen up. Relax. Except for rare life-and-death matters, nothing is as important as it first seems.
21. Don't allow the phone to interrupt important moments. It's there for our convenience, not the caller's.
22. Be a good loser for your loved ones.
23. Be a good winner of Hearts.
24. Think twice before burdening a friend with a secret.
25. When someone hugs you, let them be the first to let go.
26. Be modest. A lot was accomplished before you were born.
27. Keep it simple.

28. Beware of the person who has nothing to lose.
29. Don't burn bridges. You'll be surprised how many times you have to cross the same river.
30. Live your life so that your epitaph could read, No Regrets
31. Be bold and courageous. When you look back on life, you'll regret the things you didn't do more than the ones you did.
32. Never waste an opportunity to tell someone you love them.
33. Remember no one makes it alone. Have a grateful heart and be quick to acknowledge those who helped you.
34. Take charge of your attitude. Don't let someone else choose it for you.
35. Visit friends and relatives when they are in hospital; you need only stay a few minutes.
36. Begin each day with some of your favorite music.
37. Once in a while, take the scenic route.
38. Forgive quickly. Life is short.
39. Answer the phone with enthusiasm and energy in your voice.
40. Keep a note pad and pencil on your bed-side table. Million-dollar ideas sometimes strike in the night.
41. Show respect for everyone who works for a living, regardless of how trivial their job.

42. Send your loved ones flowers. Think of a reason later.
43. Make someone's day by encouraging them.
44. Become someone's hero.
45. Marry only for love.
46. Count your blessings.
47. Compliment the meal when you're a guest in someone's home.
48. Wave at the children on a school bus.
49. Remember that 80 per cent of the success in any job is based on your ability to deal with people.
50. Don't expect life to be fair....

You have two ears and one mouth. Follow that ration. Listen more, talk less.

Discussion is an exchange of thoughts & knowledge, promote it. Argument is an exchange of ego & ignorance, avoid it.

Character, Maturity, Friendship and Love is always to be judged in worst conditions; otherwise everyone seems good at Coffee table.

Keeping someone in our hearts is very easy, but to be in someone heart is very difficult so "RESPECT" the heart which "CARES" about you.

If you are peaceful and happy, know that you are very CLOSE TO YOUR SELF.
If you are sad and stressed know that you are CLOSE TO YOUR EGO.

If you try to be something other than what you are, life become stressful. If you are yourself, it becomes effortless.

Any intelligent fool can make things bigger and more complex. It takes a touch of genius and a lot of courage to move in the opposite direction.

Without courage, the best of practices cannot shape a successful organization. Courage is, perhaps, one of the significant traits of a successful individual.

A thousand disappointments in the past cannot equal the power of one positive action right now. Go ahead and go for it.

No relationship is life long, but each relation has its life long memories. Life's good when relations live with it, but it becomes best when we live for it.

Kindness in words creates confidence, Kindness in thinking creates profoundness, and Kindness in giving creates love.

Change is always good, but all change is hard at first, messy in the middle and gorgeous at the end.

The successful people of today are people of one overmastering idea, one unwavering aim, and people of single and intense purpose.

Outstanding people have one thing in common: an absolute sense of mission.

The major reason for setting a goal is for what it makes of you to accomplish it. What it makes of you will always be the far greater value than what you get.

The only thing that stands between you and your dream is the will to try and the belief that it is actually possible.

In the game of life, sometimes people kick us as we are football, but they don't know that they themselves are sending us near the goal.

A burning desire is the greatest motivator of every human action. The desire for success implants 'success consciousness' which, in turn, creates a vigorous and ever-increasing 'habit of successes'.

If everyone happy with you then surely you have made many compromises in your life. But if you are happy with everyone, then surely you have ignored many faults of others.

Half of sorrows we earn by expecting good things from wrong people; and the other half of sorrows we earn by finding wrong things in good people.

Not all grown up's are smart, not all smart people are grown up, it's just a talent to be smart.

Relations are not an exam to pass or fail. Nor it's a competition to win or lose. It's a feeling that you care for someone more than yourself.

Imagine a race between Relationships & Friendships... Who wins? None. Because true friendship always compromises & true relationship always sacrifices.

If you have the spirit of understanding everything in a positive way, you will enjoy each and every moment of life, whether it is PRESSURE or PLEASURE.

We underestimate the power of love, healing touch, a smile, kind words, honest compliment & small act of caring, but these have potential to turn the life into happiness and towards positivity.

Life is too ironic. It takes sadness to know what happiness is, noise to appreciate silence and absence to value presence.

Doubt and Faith both are status of mind. Doubt creates the darkest moments in our finest hour while Faith brings finest moments in our darkest hour.

Always pray to have eyes that see the best, a heart that forgive the worst, a mind that forget the bad and a soul that never loses faith.

Pleasure and pain are the two sides of the coin of life. Only one side is visible at a time, but remember that the other side is also waiting for its turn.

Never try to go back and mend the past, which is IMPOSSIBLE... On the other hand, be prepared to construct the Future, which is POSSIBLE" ...!!

A person is HAPPY not because Everything is RIGHT in his Life,
He is HAPPY because his Attitude towards Everything in his Life is RIGHT.

Your life is your own. Don't waste it trying to be what others expect you to be. Don't sacrifice your happiness to make everybody happy. Don't give up on your

dreams to build other people's dreams. YOUR LIFE IS YOUR OWN BE WHO YOU WANT TO BE.

Feed a DOG for three days, it will remember for three years.

If you feed a human for three years, he will not even remember for three hours.

Always be yourself. Never try to hide who you are. The only shame is to have shame. Always stand up for what you believe in. Always question what other people tell you. Never regret the past; it's a waste of time. There's a reason for everything. Every mistake, every moment of weakness, and every terrible thing that has happened to you – Grow away from it. The only way we can ever get the respect of others is when you show them that you respect yourself and most importantly, do your thing and never apologize for being you.

Always be yourself, express yourself, have faith in yourself, do not go out and look for a successful personality and duplicate it.

Don't be afraid to be awesome. Sometimes being weird and different is good. When you think you're working hard, there is always someone else working harder, so always be yourself and know your stuff.

Friends can help each other. A true friend is someone who lets you 'be yourself' - and especially to feel. Or, not feel. Whatever happens to you, the feeling at the moment is fine with them. That's what real love amounts to - letting a person be what he really is.

"Don't limit your challenges.

Challenge your limits.

Life is all about facing new challenges.

We don't grow when things are easy ;

We grow when we face challenges.

The best challenge in life....

is to be yourself in a world, that is trying to make you like everyone else. ..."

“Someday, all the love you've given away, will find its way back to you, and it will finally stay.”

None of us know how much time we have left on this earth. What is left in the end are our actions; the memories you left behind and how you made people feel. What you want to leave behind are people to remember you with love.

CHOOSING A SUCCESSOR:

A successful business man was growing old and knew it was time to choose a successor to take over the business. Instead of choosing one of his Directors or his children, he decided to do something different. He called all the young executives in his company together. He said, "It is time for me to step down and choose the next CEO. I have decided to choose one of you.." The young executives were shocked, but the boss continued. "I am going to give each one of you a SEED today – one very special SEED... I want you to plant the seed, water it, and come back here one year from today with what you have grown from the seed I have given you. I will then judge the plants that you bring, and the one I choose will be the next CEO." One man, named Jim, was there that day and he, like the others, received a seed. He went home and excitedly, told his wife the story. She helped him get a pot, soil and compost and he planted the seed. Every day, he would water it and watch to see if it had grown. After about three weeks, some of the other executives began to talk about their seeds and the plants that were beginning to grow. Jim kept checking his seed, but nothing ever grew. Three weeks, four weeks, five weeks went by, still nothing. By now, others were talking about their plants, but Jim didn't have a plant and he felt like a failure. Six months went by — still nothing in Jim's pot. He just knew he had killed his seed. Everyone else had trees and tall plants, but he had nothing. Jim didn't say anything to his colleagues, however. He just kept watering and fertilizing the soil – He so wanted the seed to grow. A year finally went by and all the young executives of the company brought their plants to the CEO for inspection. Jim told his wife that he wasn't going to take an empty pot. But she asked him to be honest about what happened. Jim felt sick to his stomach, it was going to be the most embarrassing moment of his life, but he knew his wife was right. He took his empty pot to the board room. When Jim arrived, he was amazed at the variety of plants grown by the other executives. They were beautiful — in all shapes and sizes. Jim put his empty pot on the floor and many of his colleagues laughed, a few felt sorry for him! When the CEO arrived, he surveyed the room and greeted his young executives. Jim just tried to hide in the back. "My, what great plants, trees, and flowers you have grown," said the CEO. "Today one of you will be appointed the next CEO!" All of a sudden, the CEO spotted Jim at the back of the room with his empty pot. He ordered the Financial Director to bring him to the front. Jim was terrified. He thought, "The

CEO knows I'm a failure! Maybe he will have me fired!" When Jim got to the front, the CEO asked him what had happened to his seed – Jim told him the story. The CEO asked everyone to sit down except Jim. He looked at Jim, and then announced to the young executives, "Behold your next Chief Executive Officer! His name is Jim!" Jim couldn't believe it. Jim couldn't even grow his seed. "How could he be the new CEO?" the others said. Then the CEO said, "One year ago today, I gave everyone in this room a seed. I told you to take the seed, plant it, water it, and bring it back to me today. But I gave you all boiled seeds; they were dead – it was not possible for them to grow. All of you, except Jim, have brought me trees and plants and flowers. When you found that the seed would not grow, you substituted another seed for the one I gave you. Jim was the only one with the courage and honesty to bring me a pot with my seed in it. Therefore, he is the one who will be the new Chief Executive Officer!" *

If you plant honesty, you will reap trust *

If you plant goodness, you will reap friends *

If you plant humility, you will reap greatness *

If you plant perseverance, you will reap contentment *

If you plant consideration, you will reap perspective *

If you plant hard work, you will reap success *

If you plant forgiveness, you will reap reconciliation *

If you plant faith in God, you will reap a harvest So, be careful what you plant now; it will determine what you will reap later.

"Whatever You Give To Life, Life Gives You Back"

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence. Confidence imparts wonderful inspiration to its possessor.

No one gets a sudden Rise, Even the Sun.

No one gets a sudden fall, Even the Moon.

So stabilize your life With Positive Approach.!

IF YOU SALUTE YOUR DUTY, YOU NEED NOT SALUTE ANYBODY. BUT IF YOU POLLUTE YOUR DUTY, YOU HAVE TO SALUTE EVERYBODY, EVERYTIME.

Respect-Old age, Religion and Law;

ADMIRE-Intellect, Beauty and Music;

GOVERN-Tongue, Temper and Action;

LOVE- Honesty, Purity and Truth;
WATCH- behavior, Character & Word,
CULTIVATE- Cheerfulness, Contentment and Compassion.

SUCCESS IS A TASTY DISH:

- Success is a tasty dish. Patience, intelligence, knowledge & experience are its ingredients. But Hard Work is that little Salt that makes it Delicious.



We're not born with a manual on how to live life, which forces us to learn lessons the hard way. Life can be hard, complicated, and confusing. You'll never encounter two situations that are exactly the same, but we have to figure out the right way to react. That being said, these few rules can help you handle life and make smart decisions. You might say they're the Golden Rules for Life.

You can do anything that you set your mind. You are the author of your own life. You have unlimited potential. ! Do you realize that your life at this very moment is the result of everything that you have ever thought, done, believed, or felt up until now? You can start right now to consciously and deliberately attract whatever you desire in this lifetime.

Be natural, life is to live, as it should be, not to impress others, for them to see. To be happy in life, you must learn the difference between what you need and what you want?

A courageous person is one who acknowledges his/her mistakes & weaknesses. Effort is important, but knowing where to make an effort makes all the difference.

Life is not measured by the breaths we take, but by the moments that take breath away.

Do not take for granted anyone who is close to you. Hold that person in your heart because you might wake up one day and realize that you have lost a diamond while you were cutting stones.

Some people think that to be strong is never to feel pain. The strong is never to feel pain. The strong people are the ones who feel it, understand it, and accept it.

Never expect things to happen, put in the effort to make them happen. Never expect to be given a good value, create a value of your own. Don't handicap your children by making their lives difficult. Laugh & Smile as much as possible.

Life is mixture of sunshine and pleasure, teardrops and pain. Just keep smiling you'll find that when you smile, your day will be brighter and all your burdens will seem so much lighter. For each time you smile, you will find it is true that, somebody, somewhere, will smile back at you. And nothing on earth can make life more wonderful & worthwhile than sunshine and warmth, of a beautiful smile. Have a lovely day.

INDISPENSABLE PROVERBS FOR ALL TIME

Some of the best proverbs and sayings make you lively. These traditional words of wisdom will inspire you and provide you with a greater understanding of life, because we all need a little inspiration every now and then.

An invisible, red thread connects those who are destined to one day meet, regardless of time, place or circumstance. The thread may stretch or tangle, but it will never break.

A person who doesn't know how to have a good rest is not capable of doing good work.

The temptation to give in is always strongest, just before victory.

Don't be afraid that you do not know.

Always safeguard peace and quiet. When the time is right, the flowers will bloom.

Unhappiness enters a door that is already open.

Don't be afraid of going slowly. Only be afraid of standing still.

Times past cannot be called back again.

He who returns from a journey is not the same person who first left.

One who points out your flaws is not necessarily your enemy: the one who always compliments you is not necessarily your friend.

Once you've made a mistake, the only thing you can do is laugh at it.

If you cannot handle small things then all your grander schemes will come to nothing.

The man who moved the mountain was the one who began carrying away the smallest stones.

A good teacher opens the door for you, but you must enter the room by yourself.

There's no such thing as a friend who doesn't have any flaws. But if you try to look for all their flaws, you will remain with no friends.

Mind and Umbrella have one thing common, they are useful when they are open otherwise they increase our burden.

Most of the time we overvalue "What we are not" and undervalue "What we are"

Without crossing the worst situations, no one can touch the best corners of life. Dare to face anything in life, winners never quit, quitters never win.

Everything happens for a reason. And whatever happens is for our own good. Time is the most precious thing, so, don't dig your past and feel sad.

What is Life? They say it's from B to D. From 'Birth' to 'Death', But what's between B & D? It's a "C" So what is a "C"? It is 'choice'. Our Life is a matter of choices.

SRI SRI RAVISANKAR WAS ASKED, HOW TO BLOSSOM PERSONALITY?

He opined that one should spend five days to have these five experiences to really blossom personality in life. One has to play SINCERELY these five roles:

1. The first role which I would recommend to you is to be a *School Teacher.*
Being a nursery or primary school teacher, even for one day, you will see how you have to increase your patience.

2. Be a *Gardener* or spend a day with a Farmer.
You will value food and you will not waste food.
You know, what we do?

3. You should spend a day in the *mental hospital*
What ever people talk in the mental hospital, you don't mind.
If they scold you,
if they blame you,
if they curse you,
will you mind?
You don't mind because you are aware that this person is mentally sick.
You know that many people are outside the hospital, but that does not mean they are mentally well. So, in life, you come across people who blame you for nothing, who are jealous or angry, who say things that make no sense. Then, you know, you will have the patience to deal with them with a smile.

4. One day you must go to a *prison*. Maybe it is shocking to you.
You don't have to do a wrong thing to go to a prison.
Just go visit a prison, spend a little time with the prisoners.
You will understand what compassion is. What helplessness is. Those people did a mistake without awareness. So you will know how you must have a say on your emotions.

5. There are terminally ill people in the *hospital*
One day with them, and you will realize how precious life is.
And you will start valuing health. You will eat better, you will exercise.
You will do all that is needed to be more vibrant in your life.

I guess from these five days you will become More Vibrant, More Alive, More Loving, Compassionate and Active.

MAN O MAN !

Man O Man! When without money, eats vegetables at home;
When has money, eats the same vegetables in a fine restaurant.

When without money, rides bicycle;
When has money rides the same 'exercise machine'.

When without money walks to earn food
When has money, walks to burn fat;

Man O Man! Never fails to deceive thyself!

When without money, wishes to get married;
When has money, wishes to get divorced.

When without money, wife becomes secretary;
When has money, secretary becomes wife.

When without money, acts like a rich man;
When has money acts like a poor man.
Man O Man! Never can tell the simple truth!

When share market is bad, but keeps speculating;
ways money is evil, but keeps accumulating.

Says high Positions are lonely, but keeps wanting them.

Says gambling & drinking is bad, but keeps indulging;

Man O Man! Never means what he says and never says what he means..

Life is not about what you couldn't do so far,
it's about what you can still do.
Wait and don't ever give up.. Miracles happen every day....

Rs.20 seems too much to give a beggar but it seems okay when it's
given as tip at a fancy restaurant.

After a whole day of work, Hours at the gym seem alright but helping
your Mother out at home seems like a burden.

Praying to god for 3 min takes too much time but watching a movie for 3
hours doesn't.

Wait a whole year for Valentine's Day but we always forget Mother's day.

Two poor starving kids sitting on the pavement weren't given even a slice
of Bread but a painting of them sold for Lakhs of Rupees.

SIX EASY WAYS TO BE REMEMBERED, EVEN AFTER DEATH.

- 1) Give a smile or gift to someone.
Each time you gift or smile, it will make someone's day.....you gain.
- 2) Donate a wheelchair to a hospital. Each time sick person uses it, you gain.
- 3) Participate in building an orphanage, hospital, school or college.
Anybody uses it, you gain.
- 4) Place a water cooler in a public place. Anybody drinks water, you gain.
- 5) Plant a tree. Whenever a person or animal sits in its shade or eats from it, you gain.

HAPPINESS:

If You Are Right Then There is No Need to Get Angry...

And If You Are Wrong Then You Don't Have Any Right to Get Angry.

Patience With Family is Love

Patience With Others is Respect.

Patience With Self is Confidence And Patience With GOD is Faith.

Never Think Hard About The PAST, It Brings Tears...

Don't Think More About The FUTURE, It Brings Fear...

Live This Moment With A Smile, It Brings Cheer.

Every Test in Our Life Makes us Bitter Or Better

Every Problem Comes to make Us Or Break Us !

The Choice is ours whether we Become Victims Or Victorious.

Beautiful Things Are Not Always Good But Good Things Are Always Beautiful

Do You Know Why God Created Gaps between Fingers? So That Someone, who is Special To You, Comes And Fills Those Gaps, By Holding Your Hand Forever.

" Happiness " Keeps You Sweet but being Sweet Brings Happiness.

BE ONE TODAY:

We often think that it takes a group of people to make a difference. Rarely do we ever realize that all it really takes is one person, or one situation.

One tree can start a forest.

One smile can begin a friendship.

One hand can lift a soul.

One word can frame the goal.

One candle can wipe out darkness.

One laugh can conquer gloom.

One hope can raise your spirits.

One touch can show you care.

One life can make a difference.

Be ONE today.

WHAT YOU CAN LEARN FROM YOUR OWN PETS:

Pets may not be as rational as humans, but there's one thing I know for certain - they teach me a lot about life.

I believe having them around makes me a better person overall, because although they can't talk, their actions speak volumes about the values of a good life. The list of 10 subtle life lessons our pets are trying to give us. 10 things that you learn from Animals:

1. Relationships: Connect with others- No matter how busy you are.

2) Actions: Trust your intuition, and follow it.

3) Love: Share abundantly and love unconditionally.

4) Time: Don't worry about the past and future- Live for the present.

5) Peace: hold on grudges - Forgive and move on.

7) Life in general- make it amazing.

8) Embrace the good things- while you can.

10) Take good care of yourself and take time to relax. Nothing is unachievable.

TIME:

Here are six terrific truths about TIME:

First: Nobody can manage time. But you can manage those things that take up your time.

Second: Time is expensive. As a matter of fact, 80 percent of our day is spent on those things or those people that only bring us two percent of our results.

Third: Time is perishable. It cannot be saved for later use.

Fourth: Time is measurable. Everybody has the same amount of time...pauper or king. It is not how much time you have; it is how much you use.

Fifth: Time is irreplaceable. We never make back time once it is gone.

Sixth: Time is a priority. You have enough time for anything in the world, so long as it ranks high enough among your priorities.

Tomorrow Will Never Come

When you keep saying you are busy, then you are never free.

When you keep saying you have no time, then you will never have time.

When you keep saying that you will do it tomorrow,

Then your tomorrow will never come.

CORPORATE LIFE:

1. I learnt to operate 3 critical machines
* Scanner, * Printer * Xerox Machine
2. I learnt to use 3 High End Software:
* Microsoft Word * Microsoft Excel * Microsoft PowerPoint
3. I learnt to use 3 great short cuts:-
* Ctrl+C * Ctrl+V * Ctrl+S
4. I learnt to say three very important words for professional life:-
* Yes sir * Ok sir. * I'll Just Do That sir
5. When I really wanted to quit, I learnt to: -
* Wake Up early * Sleep late * Continue to Work
6. I learnt to: -
* Face Monday * Fight For next 5 Days * Wait For Sunday
7. I learnt to give reasons to family, friends and relatives for not making
* Phone Calls * Messages * Mails
8. I learnt to celebrate these things far away from loved ones:-
* Birthday * New Year * Festivals
9. At the end, People say:-
* You Learnt... * You Earned... * You Enjoyed...
10. But when I compare me with my self...
* I just Sustained... * I just Tolerated... * I just Survived...
11. I have survived:-
* For convenience of my Family... * To avoid blame of Society...
* To get tag of Employment...

RATTAN TATA's ADVICE

Don't educate your children to be rich. Educate them to be Happy.

So when they grow up they will know the value of things not the price.

"Eat your food as your medicines. Otherwise you have to eat medicines as your food."

The One who loves you will never leave you because even if there are 100 reasons to give up he/she will find one reason to hold on.

There is a lot of difference between _human being_ and _being human._ A Few understand it.

You are loved when you are born. You will be loved when you die.

In between You have to manage...!

If you want to Walk Fast, Walk Alone..! But if you want to Walk Far, Walk Together..!!

Six Best Doctors in the World- 1.Sunlight 2.Rest 3.Exercise 4.Diet

5. Self Confidence & 6. Friends maintain them in all stages of Life and enjoy healthy life

If you see the moon You see the beauty of God

If you see the Sun..... You see the power of God

And If you see the Mirror You see the best Creation of GOD

So Believe in YOURSELF.....

We all are tourists & God is our travel agent who already fixed all our Routes Reservations & Destinations. *So Trust him & Enjoy the "Trip" called LIFE...*

STUDENTS FAILED:

An economics professor at a local college made a statement that he had never failed a single student before, but had recently failed an entire class.

That class had insisted that socialism worked and that no one would be poor and no one would be rich, a great equalizer

The professor then said, "OK, we will have an experiment in this class on this plan : All grades will be averaged and everyone will receive the same grade !

After the first test, the grades were averaged and everyone got a B.

The students who studied hard were upset and the students who studied little were happy.

As the second test rolled around, the students who studied little had studied even less and the ones who studied hard decided they wanted a free ride too so they studied little.

The second test average was a D! No one was happy.

When the 3rd test rolled around, the average was an F.

As the tests proceeded, the scores never increased as bickering, blame and name-calling all resulted in hard feelings and no one would study for the benefit of anyone else.

To their great surprise, ALL FAILED and the professor told them that communism would also ultimately fail because when the reward is great, the effort to succeed is great, but when government takes all the reward away, no one will try or want to succeed.

These are possibly the 5 best sentences you'll ever read and all applicable to this experiment:

1. You cannot legislate the poor into prosperity by legislating the wealthy out of prosperity.

2. What one person receives without working for, another person must work for without receiving.
3. The government cannot give to anybody anything that the government does not first take from somebody else.
4. You cannot multiply wealth by dividing it!
5. When half of the people get the idea that they do not have to work because the other half is going to take care of them and when the other half gets the idea that it does no good to work because somebody else is going to get what they work for, that is the beginning of the end of any nation!

DON'T RUIN YOUR LIFE

We all develop negative and toxic attitudes at times and none of us are vulnerable to mood swings or thoughts that dampen our happiness. That doesn't mean you should surrender to them. Whether your negative attitude appears often or is a rare occurrence, it is important for your long-term happiness that you manage to identify the thoughts that create it, together with what will change how you think.

The 12 toxic and negative thoughts presented here pass through most of our minds, and it's best to know how to handle them, freeing ourselves to live a truly happy life.



1. "I may not be happy right now, but I know I'll be happy in the future."

Instead of being thankful for having two working legs, a body that can do so many things and a brain that works all the time, many people complain about their weight and their looks. Instead of being thankful for the roof over our heads, many people pray for a shiny new car. Don't be one of those people. You may not have everything now, but you have plenty. To see that, just make a list of things to be thankful. The world is full of people who would trade places with you in a heartbeat. Don't wait for happiness later when you can have it now. It's all about appreciating what you DO have.

2. "Happiness depends on great moments and specific circumstances."

For some, chasing happiness is not the same as being happy. For those who chase, happiness is always just out of reach, and only occurs during special, specific moments. There's nothing wrong with enjoying some sunshine or the chirping of birds, but one must separate happy moments being a happy person. Happy moments pass because time always passes and it's inevitable that they do. We expect to be happy 24 hours a day, seven days a week, wanting a life where every action is rewarded. However, this kind of attitude only leads to disappointment and changing moods.

If you're serious about being happy, then chasing it is a bit more complicated. It's not always about momentary thrills and instant gratification. This isn't a game of tag - it's more "hide and seek". The goal is to live a life that is meaningful to YOU. It starts with asking yourself: "Why do I do what I do every day?" When that answer gives you meaning and joy, then you will have found your happiness.

3. "Every step I take, for myself and for others, must be logical."

If we only ever listened to our logic, we'd lose our passion, our sense of romance and probably some of the long-standing friendships we have with others. We'd be stuck thinking we're going to fail at everything we do, that we will end up getting hurt. But that is nonsense, because if we truly lived our lives that way, we wouldn't be living at all!

If you shape your every action so it seems logical to you or to others, you may feel 100% safe from acting like a fool, but will spend your whole life waiting for something to happen. Sometimes you just need to try new things and take risks. Sometimes you just need to get up and do what feels right to you. A man did not invent the plane because flying made sense, he invented it because he had a

passion; because he wanted to do something that seemingly defied logic and make it come true.



4. "I'm not good enough to do this."

When you find yourself in a circle of self-hate, you must remember that you were not born this way. At some point in your past, someone or something sent you the message that something is wrong with you, and you've internalized that lie and accepted it as the truth. But it isn't a lie you should carry on your back, and those that judge you are not you, so what do they know about what you can or cannot do?

In the same way that you learned to see yourself in a negative light, you can also learn to see yourself in a positive one. Every time you feel this inadequacy, see it as a challenge and prove to yourself and to others that you have self-respect and that no one has control over what you can and cannot do. It won't be easy, and it won't happen overnight, but it's possible with enough practice. It starts when you give yourself a break, and consider the possibility that you CAN do anything.

5. "Everyone should love me."

People who are constantly on the hunt for other people's approval eventually wear others out. They are stuck with the desperate need to prove their worth, time after time, always trying to get positive attention from the people around them. Ironically, they often get the opposite result, because they suck the energy of others trying to get their attention, and end up annoying them. Even worse, they exhaust themselves in the process, and eventually become frustrated and angry because they couldn't get what they wanted.

There is a much bigger picture to look at in life, and there's much more for which to strive than other people's approval. Imagine yourself living completely alone, without seeing anyone. What would make you happy then? What would you do?

If you want people to love you, help them. Give them the love you wish to receive. They may not always give it back, but it will help you find happiness in giving rather than receiving.

6. "I've seen and heard it all."

No matter how much you know, how much you've learned or how many experiences you've been through, this life is much too complex for anyone to be able to say that. Every day is a chance for a surprise, and you should never think that you're done learning. We learn every day, from the moment we're born, to the moment we close our eyes for the last time. Keep an open mind, because very often, the things we thought we knew end up giving us some valuable new lessons.



7. "I need to be in control."

Imagine you are driving your car and get stuck in traffic. There's nothing you can do but to be patient. Yet, that doesn't stop most of us from changing lanes, trying to bypass other cars or even, in desperate cases, driving on the other side of the road. These are all attempts to regain control over a situation that we simply cannot change. This leads to frustration, and when we finally do get to where we were going, we already feel negative and frustrated, which may cause us to take it out on others, or just make ourselves feel worse.

Accept the fact that sometimes we have no control over what happens to us, but remember that no matter what happens and no matter what the result is, it will always work out in the end. Don't sacrifice your present for a future you fear. Let

go and let life happen, invest your energy in the good things you can control, like spending time with your loved ones.

8. "I've been hurt so bad that I'll never recover."

Pain and loss is a big part of life, and keeping them fresh in our memory only causes them to last longer. One of the hardest things to do in this world is to let go of the pain that we both hate and jealously keep, whether that pain comes from guilt, anger or tragic loss. Sometimes forgetting and letting go is the only choice that can cure us and release us emotionally from memories we use to haunt ourselves.

It's not easy letting go - it takes hard work and focus, but it's worth the effort when you feel that weight lifting from your shoulders. Stop reading old chapters in your book of life and start making some new ones. Learn from your past mistakes and move forward. Sure, there will be new mistakes to make, but that is part of living a meaningful life.

9. "Everything that happens is personally connected to me."

It's easy to believe that everything that happens around us is somehow connected to us personally. It's easy to believe you are unloved or unwanted when people seem angry or unfriendly. But the truth is most people make their choices based on what they're going through themselves, and it rarely has anything to do with you personally. Someone might have a bad day, and we all have our own problems and struggles to overcome. Don't take things personally, understand that every person around you is just trying to find their own way through good and bad days alike.



10. "I'm better than other people."

Be humble. Admit your mistakes and know when to ask for forgiveness. Ask others for their help and remember those to whom you owe your success. This constant act of comparing yourself to others will only bring you frustration and anger. It's a thought that we use as a shield to prove to ourselves we have worth. You DO have worth, and so does every other person. Realize that and compare yourselves only to the person you see in the mirror.

Remember, climb a mountain not so people can look at you, but so you can look at the world.

11. "What they don't know won't hurt them."

We all tell little white lies now and again. But even the simplest little lie can cause us stress and anxiety in the long run. In fact, it's quite terrifying to think that most people are more surprised by honesty than they are by lies. The one thing that unites people the most is being open and honest with one another; helping others see the world the way it is instead of selling them illusions.

Most importantly, don't lie for the sake of your own mental health. It's such an easier life when you're simply being honest and have nothing to hide.

12. "I just don't have time for my family and friends."

Neglect is almost as bad as abuse to some people. You may feel a little regret now, but you'll feel a lot more of it later in life, when most people wished they had worked less and made more time for their loved ones. And when we lose one of our dear friends or a family member, we feel as if we would give anything for just one more hour, even a few minutes, with them again. Think about that when you look at them, every moment is precious. Spend it well.

Take the time to have a really good conversation with a member of your family every once in a while. Share with them, be honest with them and above all - give them your attention. Life is too short not to spend it with those we love. Make the right choices so you don't regret them later.

A few more words... If you notice some of these behaviors and thoughts in yourself, remember that you're not alone. We all have a negative side buried deep within us, and it has the potential of bubbling up to the surface when we least expect it. The key is your own awareness, so identify the toxic thoughts and behaviors when they happen and stop them in time. Remember these tips and live your life the way you're supposed to - happy.

YOU ARE STILL ALIVE..... Worries at the start of the day means you are still alive...

- * Clothes that don't fit means you have a good appetite...
- * Tears in your eyes means there is somebody you care for...
- * The mess to clean after party means you have friends around you...
- * Roof that needs fixing means you have got a house...
- * Taxes to pay means you are not unemployed...
- * Message on your mobile means there is somebody who remembers you...

Let's be optimistic in life because everything around you happens for a reason..



Keep Smiling....Life's too short to worry and waste

FACTS OF LIFE

A professor stood before his Philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar.

He shook the jar lightly. The pebbles rolled into the open areas between the golf balls.

He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous “yes.”

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

“Now,” said the professor, as the laughter subsided, “I want you to recognize that this jar represents your life.”

The golf balls are the important things-your family, your children, your health, your friends, and your favorite passions-things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else—the small stuff.

“If you put the sand into the jar first,” he continued, “there is no room for the pebbles or the golf balls”.

The same goes for life.

If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness.

Play with your children.

Take time to get medical checkups.

Take your partner out to dinner.

Play another 18.

There will always be time to clean the house and fix the disposal.

Take care of the golf balls first, the things that really matter.

Set your priorities. The rest is just sand.

One of the students raised her hand and inquired what the coffee represented.

The professor smiled. “I’m glad you asked”.

“It just goes to show you that no matter how full your life may seem, there’s always room for a cup of coffee with a friend.”

10 PEOPLE WHO CHANGED THE WORLD:

1. Bill Gates :

Bill Gates created his first computer program while still at high school, co-founded Microsoft in 1977, and by 1993 was the richest man on Earth. In 2000 Gates and his wife formed the Bill & Melinda Gates foundation, which is the largest charity in the world. One of its aim is to exempt the Third World of polio and other deadly diseases.

2. Martin Luther King :

Martin Luther King was a Baptist minister who campaigned against the segregation of blacks in the Southern states of the United States. He was influenced by Gandhi and believed in peaceful protest. He won the Nobel Peace Prize in 1964. King was assassinated in 1968, but will always be remembered for his dignified, passive resistance to an unjust society.

3. Nelson Mandela :

Nelson Mandela dedicated his life to the fight against apartheid – a policy which kept black and white South Africans apart and denied black citizens the vote. He was imprisoned in 1964 for his aggressive opposition to South Africa’s racist government and was held for 26 years. In 1990, after his

release, Mandela was elected President of the African National Congress. In 1993 he won the Nobel Peace Prize for his work to end apartheid

4. Adolf Hitler :

Adolf Hitler was Germany's leader from 1933 – 1945, during this time which he led the world into the most devastating war in history. Hitler's hatred of Jewish people and his desire for a blue-eyed, blond-haired master race led to the murder of six million people during World War II; most died in concentration camp in Eastern Europe.

5. Albert Einstein :

Albert Einstein was one of the greatest of all physicists and his name has become a symbol of genius. When his most famous work, the General Theory Of Relativity was proven in 1919, Einstein became the most celebrated scientist in the world and he won the Nobel Prize for Physics in 1921. Einstein was a firm believer in pacifism but his scientific theories helped his adopted country, the USA, to develop the atomic bomb. A week before he died Einstein wrote to Bertrand Russell, a British Philosopher and leading antinuclear campaigner, asking to put his name to a manifesto urging all countries to give up their nuclear weapons.

6. Mahatma Gandhi :

Gandhi began his career as a lawyer but became a great political and spiritual leader. He led the peaceful civil disobedience of Indians against British rule in India and negotiated with the British Government until 1947, when India was granted independence. Gandhi became the first icon of a people's struggle against oppression. His simple lifestyle and his belief in religious tolerance have made him a symbol of decency and peace ever since.

7. Karl Marx's :

Karl Marx's ideas on economic history and sociology changed the world. Marx was a social philosopher who attacked the state and predicted a future in which everyone was equal. He explained his theories in the Communist Manifesto (compiled with Friedrich Engels and published in 1848) and Das Kapital (1867 – 94). His ideas eventually led to the Russian Revolution and communism. By 1950 almost half of the world's people lived under communist regimes.

8. Charles Darwin :

Naturalist Charles Darwin established the theory of evolution. He began forming his ideas when he served as official naturalist on a world voyage on HMS Beagle (1831 – 36) and spent the rest of his life back in England

developing them. When his famous book *The Origin of Species by Means of Natural Selections* was published in 1859, there were violent reactions against it. Darwin challenged the Bible's account of creation and explained that human beings are descended from an ape-like ancestor. Another English naturalist, Alfred Russell Wallace, independently developed very similar ideas at the same time as Darwin.

9. William Shakespeare :

William Shakespeare is generally agreed to be the greatest play writer in the English language. He began as an actor and wrote at least 154 love poems and 37 plays, including *Hamlet*, *King Lear*, *Romeo and Juliet* and *Macbeth*. Shakespeare also probably introduced more than 1,700 new words to the English Language.

10. Christopher Columbus :

Christopher Columbus is one of the most famous of all explorers. He believed he could reach Asia by sailing west across the Atlantic Ocean and in 1492 he set sail in the *Santa Maria* to prove his theory. Instead, he landed on the islands now known as the West Indies. His discoveries led to the European explorations and settlement of the Americas.

LESSONS LEARNT ALONG LIFE:

As I walk along the path of life, as I contemplate each step, each lesson, I become more and more myself, the self I always knew I was, the self that has learned what is truly important in this life. here are some of the lessons I've learned along the way.

- 1. Never lost yourself while trying to hold on to someone who doesn't care about losing you.**
- 2. Every accomplishment starts with the decision to try.**
- 3. Smile, it's the key that fits the lock on everyone's heart.**
- 4. We don't meet people by accident. They are meant to cross our path for a reason.**
- 5. Silence & Smile, are two powerful tools. Smile is the way to solve many problems & Silence is the way to avoid many problems.**
- 6. Never let the things you want make you forget the things you have. Don't chase people. Be yourself,**
- 7. Do your own thing and work hard. The right people, the ones who really belong in your life, will come to you and stay.**

8. Sometimes people have to cry out all their tears to make room for a heart full of smiles.

SPIRITUALITY IMPROVES YOUR LIFE:

If you're local pastor has not been able to persuade you to pursue a spiritual path, you might just be missing out on some truly great benefits of having spirituality in you. Far from being something completely intangible, spirituality can be attained through good practice and making a commitment to reach the essence of who you truly are as a person. Here are 5 ways that spirituality can improve your life:

- 1. Concentration & Focus: A spiritual practice helps you focus on realizing your true essence. This typically requires intense concentration on observing your mind or focusing on understanding your soul. While pursuing these practices, you practice your ability to focus and concentrate, which leads to be more productive life. A good spiritual practice allows you to discover your true nature and self.**
- 2. Awareness and Insight: While spiritual practices are a journey with in to : Study" yourself, you'll also get into the habit of studying situations and people better. You will become more observant to those around you and be more aware of situations that present themselves to you.**
- 3. More Creativity & Ideas: Focusing on your mind and soul, will make you burst with creativity and new ideas. Artists are inspired to create magnificent art. Entrepreneurs are inspired by new products and ventures. The rest of us are inspired to solve old problems in new ways, or add value to the world.**
- 4. Synchronicity: When you feel in tune with the world around you, problems and situations in your life become "in Sync" with you. You'll start noticing coincidences, serendipity and favorable events in your life. Being spiritually centered feels like the world around you is suddenly working for you and in your favor.**

5. Peace of Mind: Spirituality helps you realize true peace of mind is within yourself. Instead of finding happiness in professional pursuits or material objects, you come to realize that peace of mind is an internal, not external journey.

MOTIVATION GOES A LONGWAY:

A little motivation goes a long way. It gives you the desire to get things done. It help us attain goals, in fact, research shows that you can influence your own levels of motivation and self-control. Figure out what you want, then power through the difficult period and start being who you want to be. We climb to the top to realize what we enjoy is the climb, not sitting at the top. You don't always need a logical reason for doing everything in your life. Do it because you want to; because it's fun; because it makes you happy. You're always one decision away from a totally different life. Shout out to all the silent achievers crushing their goals but staying low key about it. Keep doing your thing. If we're growing, we're always going to be out of our comfort zone. Be confident, too many days are wasted comparing ourselves to others and wishing to others and wishing to be something we aren't. Everybody has their won strengths and weakness. And it is only when you accept everything you are and aren't that you will truly succeed.

My life isn't perfect but I'm thankful for everything I have. If somebody offers you an amazing opportunity but you are not sure you can do it, say yes -then learn how to do it later! Every champion was once a contender that refused to give up. I can & I will. There is nothing outside of yourself that can ever enable you to get better, stronger, richer, quicker, or smarter. Everything is within, everything exists, seek nothing outside of yourself. LUCK is the last dying wish of those who won't believe that winning can happen by accident, sweat on the other hand is for those who know its a choice so decide now because destiny waits for no man. Many people die at 25 and aren't buried until they are 75. Nothing is particularly hard if you divide it into small jobs. If you absolutely can't tolerate critics, then don't do anything new or interesting.

MIND BOGGLING FACTS WORTH KNOWING:

Most of us live in a world full of people, be they our family, our friends or our co-workers. Studies show that if you announce your GOALS to others, you are less likely to make them happen because you lose Motivation. There is a GENE that can cause you to be negative most of the time your mind rewrites Monotonous speech of boring people, to make it more interesting. Your favorite song is probably your favorite..because you associate it with an EMOTIONAL event in your life the type of Music you listen to affects the way you PERCEIVE the world. A study concluded that spending MONEY on others...yields more Happiness than spending it on yourself.

According to studies, the key to HAPPINESS is.. spending your money on EXPERIENCES rather than possessions. PHOBIAS may be memories passed down through generations in DNA according to new research The BRAIN treats rejection like physical pain, according to scientists 68% of the people suffer from Phantom vibrations Syndrome the feeling that one's phone is vibrating when it's not. These are Mind Boggling Facts: Psychology is the science of studying the individual and the things that make us, as humans, tick. That is why knowing important psychological facts is very beneficial in today's world when dealing with others, and also makes for some fascinating listening! So prepare to learn 10 psychological facts you never heard before and that may just surprise you!

GIVE UP / LET GO

There is a big difference between giving up and letting go. Letting go means freeing yourself from something that is no longer serving you. It means removing toxic people and belief systems from your life so that you can make room for relationships and ideas that are conducive to your wellbeing and happiness.

Giving up reduces your life. Letting go expands it.

Giving up is imprisoning. Letting go is liberation.

Giving up is self-defeat. Letting go is self-care.

So the next time you make the decision to release something or someone that is stifling your happiness and growth, and a person has the audacity to accuse you of giving up or being weak, remind yourself of the difference. Remind yourself that you don't need anyone's permission or approval to live your life in the way that feels right. No one has the authority to tell you who to be or how to live. -

FLOWERY THOUGHTS ON POSITIVITY:

Flowers are beautiful, just as comforting thoughts are also beautiful. Imagine what happens when you bring the two together. We need to feel better in life is the sight and smell of a beautiful flower, in combination with the positive sentiments brought on by a positive thought.

Living on Earth is expensive, but it includes a free trip around the sun every year. Happiness comes through doors you didn't even know you left open.

Ever notice that the people who are late are often much jollier than the people who have to wait for them? Most of us go to our grave without music still inside of us.

You may be just one person to the world, but you may also be the world to one person. Some mistakes are too much fun to make only once.

Don't cry because it's over- smile because it happened. We can learn a lot from crayons. Some are sharp, some are pretty, some are dull, some have weird names. All are different colors, but they all exist in the same box very nicely.

A truly happy person is one who can enjoy the scenery on a detour. Have an awesome day, and know that someone who thinks you're great has thought about you today!

Working for God on earth doesn't pay much, but his retirement plan is out of this world. A smile is a sign of joy. A hug is a sign of love. a laugh is a sign of happiness.

CHANGE FOR BETTER:

1. Cry, But for the Right Reasons



“There are three things we cry for in life: things that are lost, things that are found, and things that are magnificent.”

This is what it means to be a human being. To feel overcome with emotion when we have to say goodbye, when we experience discovery, and when we look at the world and are struck by how amazing it is. When we cry for these things, we are truly alive.

Don't be too proud to cry. Crying is good. Crying is healthy. Cry when the reason is right!

2. You Have to Participate

“There are no passengers on spaceship Earth. We are all crew.”

In life, you can't just sit down and expect the rest of humanity to keep their eyes open for you. A life that is spent as a passenger, rather than someone contributing to making the world function, is a life wasted.

3. Dreams Are Good, But Living Is Just as Important

“It does not do to dwell on dreams and forget to live.”

You have to have dreams as they're what keeps you going when things look bleak. They're what motivates and drives you to keep your feet firm and pace steady. However, spending too much time dreaming may lead you to forget to live in the present.

4. Take Care of Each Other



“We're all just walking each other home.”

We have to look after one another. It's so easy to forget to be human, and we unfortunately do it all the time. We hurt people. We ignore people. We betray people. This is certainly no way to live.

You have to attempt to reach out and touch the rest of the world. The best thing about this is that you can do it online; you don't even have to leave your home. Find somebody, and walk them home.

5. Let Yourself Believe

“Fantasy is escapist, and that is its glory. If a soldier is imprisoned by the enemy, don't we consider it his duty to escape? If we value the freedom of mind and soul, if we're partisans of liberty, then it's our plain duty to escape, and to take as many people with us as we can.”

Fiction, wonder, and awe all have a place in this world. It's not all about money and work. We need to stick our heads in the clouds for a few moments every day. After all, not every idea ever conceived has come from autobiographies and reports. A lot of fantastic ideas come from pure imagination, which is totally awesome. Don't discount it, let yourself believe.

6. Don't Over think do It “Sometimes the questions are complicated and the answers are simple.”

Most of the time, you don't need to worry, stress, over think, or analyze. You need to take one step at a time and let go of the bigger picture. It's too complex to try to solve everything all at once, so what you really need to do is come up with the simplest answer for the simplest part of the problem.

Sometimes, the questions are complicated, but that's only because we allow them to be, only because we don't learn how to examine those questions at their smallest level.

7. Think About the Consequences



“The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom.”

Just because we can do things, doesn't mean that we should. You need to think carefully about the consequences of your actions, and how they might hurt both yourself and others. You need to take a close look at the reasons you've chosen to drop a stone in the water, and try to understand what the ripples will be like.

8. Let the Days Come and Go

“Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.”

Some days are bad. Some days are awful. Some days you just want to hide away from the world. But these days don't last forever, and they finish when you go to bed at night. Your problems obviously won't go away overnight, but your stress and pain, well they could.

Don't hold onto the bad. You have to let it go as quickly as you let go of the good things in life when you tire of them, or when the excitement of the moment slips away.

GREAT WORDS TO CHEER UP YOU:

Words aren't just letters and spaces - they have significance and power that can punch through our mind and lead us to great thoughts and revelations. Words make us think, open us up to new philosophies of life, and leave us better for the experience. Below are some great words that you'd do well to heed:

Be thankful for what you have and you will end up having more. If you concentrate on what you don't have, you'll never, ever have enough.

Blowing out another person's candle will not make yours shine brighter. Faith is taking the first step even when you don't see the whole staircase.

Happiness is having a large, loving, caring, close-knit family in another city. I have always been of the opinion that unpopularity earned by doing what is right is not unpopularity at all, but glory.

If you understood everything I said, you'd be me. Don't do something permanently stupid, just because you are temporarily upset.

STRESS RELIEF:

From time to time, we all get a little overwhelmed by the stress that builds up in our lives. However, while it's perfectly normal to occasionally feel a little stressed, dealing with overwhelming amounts of stress on a daily basis can really end up having a negative influence on all parts of your life.

BREATHING EXERCISES: Deep breathing is an easy stress reliever that has numerous benefits for the body, including relaxing muscles and quieting the mind. Breathing exercises are especially helpful because you can practice them anywhere. Perhaps more importantly, they work quickly so you can de-stress in a flash.

2 MEDITATION: Meditation builds on deep breathing and takes stress relief a step further. When you meditate, your brain enters an area of functioning that's similar to sleep. but gives some added benefits that you can't achieve as well in any other state, and meditation actually allows you to build greater resilience toward stress over time.

- 1. MUSIC:** Music therapy has been shown to have numerous health benefits for people with conditions ranging from stress to cancer.

When dealing with stress, the right music can actually lower your blood pressure, relax your body and calm your mind.

4. VISUALIZATIONS: Try to imagine yourself achieving goals like becoming healthier and more relaxed, doing well at tasks, and handling conflict in better ways. Visualizing yourself doing well with tasks you're trying to master actually functions like physical practice, so you can improve your performance just by visualizing them.

5: YOGA: Yoga is one of the oldest self-improvement practices around, dating back over 5000 years! It combines the practices of several other stress management techniques such as breathing, meditation, visualization and movement, giving you a lot of benefits considering the amount of time and energy you put in to perform it.

HOW TO LIVE LIFE AHEAD:

Nowadays people know the price of everything and the value of nothing. You have not lived today until you have done something for someone who can never repay you.

Only put off until tomorrow what you are willing to die having left undone.

Many of life's failures are people who did not realize how close they were to success when they gave up.

Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist.

Be curious,. And however difficult life may seem, there is always something you can do and succeed at. It matters that you don't just give up.

The difference between winning and losing is most often not quitting. Learning is the only thing the mind never exhausts. Never fears and never regrets.

Keep your face always toward the sunshine - and shadows will fall behind you.

Live as if you were to die tomorrow. Learn as if you were to live forever. The two most important days in your life are the day you are born and the day you find out why.

Everything has beauty, but not everyone sees it.

There is only one way to avoid criticism: do nothing, say nothing, and be nothing.

I am thankful for all of those who said no to me. It's because of them I'm doing it myself. Do not go where the path may lead, go instead where there is no path and leave a trail.

QUESTIONS TO BE ASKED TO OURSELVES!

Questions, even more than answers, have immense power, because they can supply us with an endless amount of answers, while an answer only gives us one. The new ways of thinking about your life, who you are and what you want. We highly recommend giving these some thought - you may be surprised at the answers you find!

- 1. What is the difference between Living & Existing?**
- 2. How short would your life have to be before you start living differently today?**
- 3. Are you holding on to something that you need to let go of?**
- 4. If you had a friend who spoke to you in the same way that you sometimes speak to yourself, How long would you allow that person to be your friend?**
- 5. Are you happy with yourself?**
- 6. If we learn from our mistakes, why are we always so afraid to make them?**
- 7. What is the one fear that you know is holding you back?**
- 8. What impact do you want to leave on the world?**
- 9. In the haste of our daily lives, what are we not seeing?**
- 10. If life is so short, then why do we do so many things we don't like, and like so many things we don't do?**
- 11. If you looked into the heart of your enemy, What do you think you would find that is different from what is in your own heart?**
- 12. How many of your friends would you trust with your life?**

Friendships are priceless, and time is invaluable...

Health is wealth and love is a treasure so...create a nest egg of beautiful memories that you can dip into from time to time to ease any sorrows. Have the kind of remembrances that raise you up with their worth and keep you there with their wonder.

Always have a secret supply of hopes on hand to help you plan your tomorrows.

Remember that when you invest in your dreams, it is impossible to overpay.

Give away smile and watch them come back to you a hundred times more.

Stuff your pockets with kindness and optimism... There is nothing more precious in the world.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth.

TODAY:

Every morning, life offers us a multitude of possibilities. We can choose to face the day in a positive way and use the full potential we are given, or we can decide to see life from a different angle, making us less motivated to complete tasks. Today, you get to make a number of choices, which will all shape your life in some way or another. This is your day - make it beautiful!

Today, I can gamble about my health or I can rejoice that I am alive.

Today, I can complain about the rain, or thankful that the grass is getting greener.

Today, I can mourn my lack of friends, or I can excitedly embark on a quest, to discover new relationships.

Today, I can whine because I have to go to work, or I can shout for joy, because I have a job to do.

Today, I can murmur dejectedly because I have housework to do because life has provided shelter for my mind, body and soul.

Today, the day stretches ahead of me waiting to be shaped and here I am the sculptor who gets to do the shaping I am going to have a beautiful day, because I am blessed with many gifts in my life.

LUCK WILL COME IN SEARCH OF YOU

The luck you need in life can be waiting for you anywhere - in a pile of old items you forgot you had, at a flea market, while redecorating your house, in your backyard, or even in the middle of a random field. Luck comes unexpectedly and in the most unusual of forms, as you're about to see:

1. A Wall of Coins



There was an old house in the city of Windber, Pennsylvania that had been abandoned for more than two decades. One day, some local kids entered the house while playing and found several old coins near on the walls. The kids went and told their parents about their find, so the parents decided to break apart the wall, exposing hundreds of coins.

According to their calculations, there were \$8,500 worth ordinary coins. This wasn't all though! Among these ordinary coins, there were some rare ones that were issued between the years 1793-1857 – they were valued at \$200,000.

2. Gold

In Ballarat, Australia, a local farmer was walking with a metal detector on desert land around his house. When the device detected something, he started digging. He immediately found tiny pieces of gold. He continued to dig and eventually found a huge piece of gold that weighed 5.5 kg and was worth \$315,000.

3. The Declaration of Independence

A man from Pennsylvania bought a \$4 painting at a garage sale. He wanted to use it to decorate his house, but when he went to change the frame, he found a document attached to the back of the painting. It turned out to be one of the 25 official copies of the Declaration of Independence made in 1776. Later, this document was sold at auction for \$2.4 million.

4. A Royal Opal



Another lucky guy from Australia found the world's rarest opal. During one of his workdays, he found a big sparkling opal at the bottom of a bucket filled with ordinary stones. The man decided to keep it as a souvenir, and when he showed it to a specialist, 14 years later, he was told that he had found an incredibly rare black opal.

The stone was named "Royal One," and according to experts, its original cost at auction was \$3 million.

5. A Lost Hammer

In 1992, a British farmer by the name of Peter Whatling lost his hammer. In order to try and find it, he asked his friend to use his hand-made metal detector. In the first few minutes of searching, Lawes found a big silver coin. He started digging in the spot where he found the coin and then found a wooden box with jewelry, and hundreds of coins.

Archeologists named this find “Hoxne Hoard.” Its original worth is estimated at \$15 million. All the artifacts were given to the British Museum. Eric was rewarded \$2.3 million, which he shared with his friend. However, Whatling never did find his hammer.

6. Envelopes with Money



In 2009, a builder from Cleveland (Bob Kitts) was redecorating the house of an old school friend (Amanda Reece). He was dismantling the tiles in the bathroom when he found two metal medicine chests stuffed with envelopes full of money. They contained \$182,000.

The two friends were happy about their find but couldn't agree on how to share the money. Amanda offered Bob 10%, but he wanted 40%. They couldn't agree and were forced to go to court. P. Dunne also found out about the process and, as a result, the court shared the money equally between all parties.

7. The Gold of British Lords: Terry Herbert, an amateur archeologist, once asked his friend to let him search through his field with his metal detector. He had hoped to find a few coins, but during the first day of the search, they found 4,000 artifacts that weighed 4.5 kg in total.

Archeologists figured that the treasure belonged to the British Lords, commanders, and religious figures of the XII century and were most likely sacrifices to the gods. The treasure was estimated at \$5.3 million.

BEAUTIFUL THOUGHTS ABOUT THE LIFE:

It doesn't matter who you are, sometimes it can be hard to stay positive about the world. That's why it's important to fill your heart with beautiful (and true!) sayings that are sure to lift your spirits...

The path to a beautiful life is paved with beautiful outlooks and thoughts that spread happiness to others.

Four beautiful thoughts on life are:

- 1. Look back & get experience!**
- 2. Look forward & see hope!**
- 3. Look around & find reality!**
- 4. Look within & find yourself.**

The best lesson of life is to listen to everyone and learn from everyone, because nobody knows everything and everyone knows something.

A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow.

When you are looking for a friend don't look for protection, just look for friendship.

No one is born happy but everyone is born with the ability to create happiness.

Nobody can hurt you without your permission.

Kind words can be short and easy to speak but their echoes are truly endless.

Amazing truth about human tongue: It takes three years to learn how to use it... But, it takes a lifetime to learn when & where to use it.

DO YOU KNOW?

1. People born in the 90s have lived through three decades, 2 centuries, and 2 millennia, and they're not even 30 yet!
2. An average cloud is as heavy as 100 elephants, while an average storm cloud weighs as much as around 200,000 elephants!
3. Your age is simply the number of circles you've made around the sun.
4. In your lifetime, you'll meet around 16 murderers without even realizing it.



5. You can work out how many days each month has by using your knuckles. Simply make a fist, and count the months by using your knuckles and the gaps in between them. Each knuckle is a month with 31 days, and each gap contains 30 or less. Once you reach the last knuckle of one fist, move on to the first knuckle of the other one, so that July and August are both counted on knuckles.
6. In a single day, your heart makes enough energy for a 19-mile truck trip.
7. Your sense of smell deactivates while you sleep.
8. Two 30cm pizzas are still smaller than one 43cm pizza.

9. There is a painkiller in our saliva, called opiorphin, which is 6 times more powerful than morphine.

10. The person sitting closest to you on the left is actually the furthest from you on the right.

11. We need oxygen to live, yet it is also responsible for our aging, and ultimately our death.

12. Every year, 98% of you changes, since your atoms end up getting renewed.

13. If a pregnant woman damages her internal organs, her baby will send over some stem cells to help speed up the healing process.

14. In a day, our brain makes enough energy to power a 10-watt light bulb.



15. New babies typically cost their parents around 750 hours of sleep in their first year.

16. By the time you reach 60, you will have lost around half of your taste buds.

17. The carbon all of us, and indeed, all living things, are made of - was created inside stars, because only the fierce furnace of the sun could create this heavier element out of the lighter elements like hydrogen.

18. Every time you shuffle a deck of playing cards, you are most likely the first person ever to have created such a sequence.

BE A HAPPY PERSON:

For the majority of us, it can be difficult to properly express ourselves. We tend to keep everything bottled up, but this can lead to anxiety and stress. Therefore, it's better for you in the long run if you find a way to express yourself through a daily practice.

1. **PLAY WITH MUSIC:** Singing, song-writing, playing an instrument and listening to music are all forms of self expression.

2. **CREATE ART:** Creating art doesn't have to be limited to painting, drawing or making a scrapbook - cooking or baking can be art too. In fact, anything can be a form of artistic expression if you allow it to be. Get Creative!

3. **SPEND SOME TIME WITH NATURE:** Your presence in nature is enough for it to heal you. Take a walk in the countryside, head to the beach to watch a sunset, or hop on a boat and go fishing. The beauty of nature is therapeutic.

4. **MEDITATE:** Inner stillness and silence can be achieved if you devote a little time to meditating each day. It can be done anywhere, so take 10 minutes during your lunch break or try doing it before you go to sleep.

5. **GET PHYSICAL:** Physical activity is a great daily practice, and can lead to higher levels of self-awareness. Go out for a run, take a swim or go hiking. The important thing is that you enjoy the physical activity you take up.

6. **WRITE:** You don't have to be a literary genius to express yourself in words. Write poems, create short stories, keep a journal or even just write whatever comes to your mind. See where your words take you.

7. **FOLLOW A HOBBY:** This can be anything you like. You can even have fun with something from your past that you used to enjoy doing.

HOW TO BRING HAPPINESS:

Many of us feel that in the not so distant past everything in our lives was going well; we had a great job, a good income, functioning family, time to enjoy things, and life, in general, was satisfying and happy. Then, out of the blue, our company started laying people off, our relationships hit hardship, someone close to us has passed away, or we entered retirement and suddenly feel an emptiness - in each and every one of these situations, the happiness we felt might suddenly turn into sadness, frustration, and anger.

These may seem familiar to you, but you'll be surprised to hear that it's not foreign to anyone who's had a personal crisis of any kind. So how do you bring happiness back to your life? How do you get out of the darkness that prevails in your world and return the light that was there before? To answer these important questions, you have to follow nine life tips that you can apply to bring the happiness back to your life.

1. Do things that are meaningful to you

- **Start working on a project that requires your skills and abilities**- don't wait for an opportunity to come on its own, rather, initiate it yourself - whether it's in your workplace or in your immediate surroundings.
- **Experience life to the fullest** – Share your thoughts and events that you experience with people who love you in an authentic and nonjudgmental way. In these conversations, you can discover and strengthen the hidden meaning in the things you do every day.
- **Develop a comforting approach to your difficulties** - meaning comes to our lives only when we change our perspectives on the difficulties we face, and develop the understanding that they can strengthen us and improve our lives and not necessarily just bring us down.

2. Start to explore your options and develop a clear understanding of what you want to achieve

“Keep your options open.” You’ve probably heard this piece of advice more than once, but know that keeping your options too open will often make you nervous, stressed, and exhausted by trying to decide between too many things. When too many choices are at hand, your decisions may become less and less favorable. The most important and significant thing you can do to restore happiness to your life is to gradually and efficiently reduce the number of insignificant decisions that you need to make each day. How do you do that? Adopt a routine like this:

- Make your most important decisions at the beginning of the day, when your thoughts are still clear and fresh.
- Try to plan what the next day will look like the night before, if possible.
- Plan your meals in advance and what you are going to eat during the day.
- If you need to make important decisions but you’re hungry, eat first.
- When you have too many options, do not rush to pick one, rather try to reduce them as quickly as possible to the best choices, from which you will choose one.



3. Don't be ashamed of being embarrassed

The average person is exposed daily to dozens of messages, visible and subconscious, that dictate how they should look and what they should do to be happy and integrate into society. What is sad here is that in most cases, even when we follow these messages, instead of integrating, we find ourselves feeling even more disconnected. When we don't feel loved and understood for who we are, we can never feel happy.

Therefore, being able to learn how to remain true to oneself is one of the key points of restoring happiness to life. You will only be able to adopt this ability if you realize that moments of vulnerability are the points in time when we are most exposed to embarrassment and if you learn how to deal with them and accept them in the right way, you'll be able to brush off and get up that much quicker and correctly. Start in the simplest way, get up in the morning, look at yourself in the mirror and say to yourself, "I may not be perfect, but that's perfectly normal, okay, and acceptable" and continue your day with this approach.

4. Adopt your curiosity to achieve personal growth: Human curiosity has almost no limit, and in each and every one of us lies its seeds. Satisfying our curiosity – which is expressed by us being captivated by a thriller or constantly checking our e-mails - causes the release of the hormone dopamine in our brain, which causes vitality and elation. But while the small examples we mentioned are responsible for brief moments of happiness, Dr. Todd Kashdan, a psychologist, lecturer, and author of several books on curiosity, argues that in order to stay happy for a long time, we need to develop "inquisitive curiosity." "Instead of trying desperately to explain and control our world, we embrace uncertainty, and see our lives as an enjoyable quest to discover, learn and grow." So how do you become "curiosity researchers", as Kashdan defines it? Begin by adopting the following habits:

- Try to pay attention to the small details in your daily life that you hadn't noticed before.
- When you talk to people, try to stay open to things that are revealed to you, without over-judgment or counter-reaction.
- Let new things just happen in your life, and resist the desire to control it.
- Allow your attention to be guided by sights, sounds and smells that appeal and delight you.



5. Help yourself by helping others

It may sound like a cliché, but it has been proven correct time after time: the happiest people are those who have a positive influence on others. Denis Waitley, a lecturer, and author of motivational books, once said: "No man or woman is an island. To exist just for your self is meaningless. You can achieve the most satisfaction when you feel related to some greater purpose in life, something greater than yourself", and he is absolutely right.

Each of us has a talent that we can contribute to the world, the hard part is not the sharing itself, but only finding out what it is that we can share with others to help them and ourselves. Think carefully about what your personal ability is, or better yet - just go out, do and contribute wherever you can, and there is certainly a chance that you'll find what you do best. Quite a few studies show that giving is a powerful tool for achieving happiness and restoring it to our lives, and doing so can certainly give us the energy boost that we so desperately need.

6. Learn what can make you happy from others!

There are quite a few cases in life that things don't go as expected and things we thought would be good and pleasant are proving to be quite a difficulty. For example you always wanted a new car, but from the second you bought it you were worried about scratching it; you always wanted to retire, but from the moment you reached retirement age – you suddenly found yourself without employment, looking for meaning in life; and there are other examples as well. Daniel Gilbert, a professor at Harvard University, says one of the reasons for this dissatisfaction is that we misjudge the results we'll produce from taking certain steps and the kinds of things that make us happy.

To avoid this mistake and to predict more accurately what will make him happy, Gilbert says "If I wonder what it's like to become a lawyer or marry a busy executive or eat at a particular restaurant my best bet is to find people who have actually done these things and see how happy they are." This is the way to predict happiness more precisely - to find in your surroundings people who already have the lifestyle you want to adopt, hear their experiences and understand how they perceive happiness.



7. Get out of your comfort zone to rewire your brain.

Getting into your daily routine is one of the most common causes of dissatisfaction, and you are more likely to suffer from it. Simply put, you are a bit bored, but at the same time, you may be hesitating to experience something new. For example, you may not really like the job you have now, but on the other hand worry that if you leave, then your economic situation will deteriorate and nothing better will pop up.

Whether it's the situation you're suffering from or another issue that makes you feel that you have no way out of this vicious cycle - leaving your comfort zone can eventually turn out to be the most appropriate step to lead your life to a much more satisfying place. How can this be done despite all the hesitations and fears? Here are two ways to strengthen your desire to get out of your routine and experiment with things that are not in your "comfort zone":

- **Travel more** - brain researchers have shown that new experiences can create new nerve paths in our brains, and when that happens our mental health only gets stronger. The joy of travel and discovery is a good reason to break out of our comfort zone, so it is important that you take occasional trips (not "all-inclusive" recreation - but something a bit more challenging).
- **Set big goals for yourself** - Think about the things you want to achieve, set realistic goals you have to conquer, and force yourself to do everything you can to reach them, including getting out of your comfort zone.

8. Create better habits

One of the most significant differences between happy and unhappy people is the habitual routines that we, as human beings, feel we can't do without. Charles Duhigg, an expert in science and technology, argued in his book "The Power of Habit" that all habits consist of three parts: the cue (the catalyst), the habit itself, and the reward. We will explain this argument in an example of a very common habit of smoking: the stress and tension that a person feels in their life may be the catalyst that causes them to perform the act itself - cigarette smoking, and the reward is nicotine, which allows the body to relax somewhat, but it is clearly not healthy in any way.

If your habits and hobbies don't make you healthier and happier, the result may be that you spend more than half your day doing things that will not really benefit your long-term satisfaction. If this is true for you, try to change your habits and make them better and more useful to you. For example, if stress is the cause of your smoking, try taking a walk or engaging in activities like yoga and meditation which will relieve stress, replace your body's demand for nicotine, and lead you to a healthier and happier lifestyle.



9. Let yourself be sad

We've become accustomed to suppressing emotions perceived as negative such as sorrow and pain. Whether we've lost our jobs, loved ones, or any other case that has caused us a heavy feeling – we can often feel expected to recover from the heartbreak and return to our normal lives quickly. The mistake is that we make ourselves meet these impossible expectations and prevent the tears or the sense of pain from breaking out. That feeling continues to exist in you and only becomes worse and more harmful if you try to lock it within you.

Therefore, it is important that you express your feelings fully, whether positive or negative, and even give yourself a period of time to sink into and experience them in their entirety. Turn emotional recognition into a habit, so that once you begin to feel sad, you'll be able to clearly tell yourself, "I feel sad" and from then on you will be able to give into this feeling and freedom to experience it in all of you. Remember, however, that the most important thing is not to get sucked into depression and turn yourself into a victim, but to feel the sensation within you, to give it room to seep in, and let it go when the time is right.



POWERFUL REGRET AT THE END OF LIFE:

We have all regrets in life. Yet, many of the regrets we have while living (Career, money, decisions about where to live) are not the same ones we have when we're at the end of the road. Here are the 5 most common regrets held by people who are nearing the end of their lives.

I never pursued my dreams and aspirations. The number one regret that people have on their death beds is that they were never brave enough to pursue their dreams. When they look back at their lives, they tend to recall all their unreached goals and aspirations. While you still have years to life, be sure to dedicate some time to living your dreams. Start working toward your goals now. Don't keep putting them off until it's too late.

I worked too much and never made time for my loved ones. Exclusive dedication to work causes a person to spend less time with their loved ones. Parents can even miss out on their children growing up because they spent so much time pursuing careers and making money. Do away with unnecessary expenses and things that only crown your life - This will make room for improved relationships and better lifestyle choices.

I should have said I LOVE YOU a lot more. The importance of love becomes more pronounced towards end of life. at this time, unreturned love will be more painful. It can be hard to tell someone that you love them, especially if you fear rejection. However, if you're afraid of getting hurt, remember that it's better to make your love known to see what happens rather than spending the rest of your life wondering what might have been.

I wish I'd had children: As people age, they often feel lonely and long for the company of their children. Those who never had children often have regrets about having no one to comfort them or inherit their legacy. With today's modern thinking, kids may be viewed as hindrances toward pursuing your goals.

I should have saved more money for my Retirement: Failing to plan for life after retirement can leave people destitute and miserable during their final years on earth. It is important to make a plan for yourself. Be careful not to **SPEND TOO MUCH ON THINGS YOU DON'T NEED. THINK ABOUT PROVIDING A COMFORTABLE LIFE FOR YOURSELF IN THE FUTURE.**
