

Examine your life

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How is your life?

1) Difficult

2) Stressful

3) Boring

4) Joyful

Who is the Creator of Your Life?

1) Destiny

2) Cosmos

3) You

4) God

Which category are you in?

- ❖ Just as there are 3 classes in a flight our lives have 3 classes as well.



- ❖ **First Class-Daily Samayik**
- ❖ **Business Class-Daily Mala**
- ❖ **Economy Class-none**

Journey Towards Successful Life

1) Live with purpose-use SMART formula

S- Specific

M- Measurable

A- Attainable

R- Relevant

T- Time Bound

2) Live with three E's- Energy, Efficiency, Empathy

1) Mind Power

2) Speech Power

3) Body Power

To Increase Efficiency follow these steps:

- Harmony between thinking decision and action
- Meditation on the center of purity
- Self confidence
- Good memory power
- Control of emotions

- 3) Live with three F's- Faith, Family, Friends
- **Faith** - is like electricity, you can't see it, but you can see the light.
- **Family** - is the place where you can care and share together
- Friends
 - F- Full of love
 - R- Road for joy
 - I- 'I' after 'You'
 - E- End of sorrow
 - N- Name of hope
 - D- Door of understanding

Journey Towards Successful Life -cont'd

- 4) Begin the day with optimism, hope, and enthusiasm
- 5) Cultivate positive thoughts- A thought bring three reactions:
 - a) physical
 - b) emotional
 - c) Intuitive
- ❖ "There is nothing either good or bad, but thinking makes it so"
- Shakespeare
- ❖ Two men look out through the same bars - one sees the mud, and the other sees the stars
- 6) Surround yourself with positive people

Journey Towards Successful Life-Cont'd

- 7) Take good care of yourself
 - ❖ Get enough sleep
 - ❖ Eat right
 - ❖ Drink plenty of water
 - ❖ Have a good attitude
 - ❖ Exercise to release stress and lift your mood
 - ❖ Get a dose of sunlight everyday.
- 8) manage your time in a good way

Time management is Life Management

Time management test

Question #1. When you are invited to a social gathering, you;

a) always show up at least 10 minutes after the appointed time

b) Sometimes show up at least 10 minutes after the appointed time

c) Always show up at least 10 minutes before the appointed time

d) Sometimes show up at least 10 minutes before the appointed time

e) Always show up at the appointed time

- Question #2.** When you attend meetings or conferences or other work related events, you;
- a) Always show up at least 10 minutes after the appointed time
 - b) Sometimes show up at least 10 minutes after the appointed time
 - c) Always show up at least 10 minutes before the appointed time
 - d) Sometimes show up at least 10 minutes before the appointed time
 - e) Always show up at the appointed time

Question #3. On the weekends, you spend 10 minutes of your time for meditation;

- a) Always
- b) Never
- c) Sometimes

Question #4. In 24 hours, do you want to achieve more than you can?

- a) Yes
- b) No

Question #5. You often say, "I don't have time"

- a) Yes
- b) No

Question #6. Generally, you would call your daily schedule;

- a) Jam Packed
- b) Balanced
- c) Easy going

Question #7. When you have to stand in line, you typically;

- a) Make friends with the people around you
- b) Look at your watch several times
- c) Leave the line and go somewhere else

Question #8. When the clock says 10:36am and your appointment is at 11:00am, you;

- a) Think you have 15 mins to get there
- b) Think you have 30 mins to get there

Question #9. You consider yourself a multi-tasker;

- a) Always
- b) Sometimes
- c) Never

Question #10. On your time off, you'd rather;

- a) Reduce your activity level
- b) Increase your activity level
- c) Stay the same

Time management test Answer Key

Add your points together using the answer key below to calculate your final score:

- | | |
|----------------------------|-------------------|
| 1) a-0, b-1, c-5, d-4, e-3 | 6) a-3, b-2, c-1 |
| 2) a-0, b-1, c-5, d-4, e-3 | 7) a-1, b-2, c-3 |
| 3) a-1, b-3, c-2 | 8) a-3, b-1 |
| 4) a-2, b-1 | 9) a-3, b-2, c-1 |
| 5) a-2, b-1 | 10) a-1, b-2, c-3 |

Results:

- **Easy Going - 10-17**
- **Balanced - 18-25**
- **Well Managed- 26+**

Some Tips to utilize your time in a proper way

- A. Sleep management
- B. Mental clock
- C. Mini nap
- D. Concentration technique
- E. Deep breathing

The secret of achieving stillness

1. Turn off your machines
2. Turn off your thoughts
3. Forgive and forget

For forgiveness use these points:

- ❖ Let go of resentment
- ❖ Think of all of the good things the person did for you.
- ❖ See if you have ever wronged the person.
- ❖ Know that forgiving actually relieves the stress.
- ❖ Show compassion

The secret of achieving stillness



4. Start the day in prayer

A) Morning prayers allow you to plan your day.

B) Midday prayers give you a running assessment of how things are going

C) Night prayers allow you to reflect on what you have done right and wrong and to think about how you might do better tomorrow.

5. Know your value

Do you think like a

 *Champion*

- This is a short quiz to see how your thoughts measure up against the best champion's mind. There are only two possible answers- yes or no. Answer them honestly, don't worry about right or wrong answers. Don't worry if you get a low score.

Yes or No:

- 1 -I have a vision for my life_____
- 2- I make positive adjustments in tough situation_____
- 3-When I come home to my family I leave my work at office_____
- 4- I can focus for a long period of time when I am working_____
- 5-I have supreme confidence in everything I do_____

Continued

6-I make people comfortable and relaxed when I am around _____

7-I make people smile _____

8-I enjoy solving problems _____

9-I seldom think about the past _____

10- I love to perform in competitive situations _____

Results

- If you have answered No to 3 or more of these statements, you do not think like a champion. If you answered yes to all of them, you are there

The three As

- Three "A" formula for a harmonious family life.
- Accept
- Adjust
- Appreciate

3 degrees of life

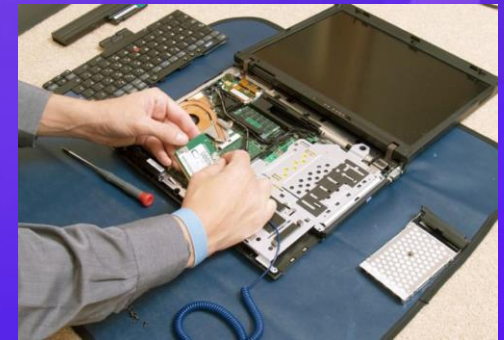
- 1- B.S



B.S

II-C.S

III.-M.S



C.S



M.S

3 degrees of life

- B- Be grateful for what you have
- S- Start your day with new vision
- C-create a habit of thank you, please, and sorry
- S-Share the praise
- M-Make a habit of doing it now
- S- Success is always in my hand

To know more about life watch this video

- <http://www.youtube.com/watch?v=uCZ2VzNJTPg>

“Always remember”

Be luxurious in smile

Be cautious in criticism

Be positive in attitude

Be polite in behaviour

Be compassionate in action

Be loving in nature

**Thank you for attending
camp**

2014