

Leading Self @ School



Leadingself.net is about...

Learning how to lead your “self” at school

Learning how to enjoy your schooling like a sport or music you love the most

Learning about the power of creative thinking & self-belief

Learning about the mental viruses which can harm your life

Building antivirus for the mind

Learning about one’s true potential

Finally, it’s about learning how to be successful and happy in life.

Before getting started let's once again thank our parents and teachers for laying the foundation for our lives. Without foundations, no building can stand therefore we are ever indebted to them. Always remember the sacrifices and have highest regards for your parents and teachers. Those who do not respect parents and teachers can never be happy in life.

Let me repeat, sun gives you light during day time and moon and electric lights during the nights but "knowledge" alone has the power in this world to give us light for life, be it day or night. Without education and knowledge our lives would be filled with darkness even in the brightest of sun and greatest of lighting.

Leadingself.net is a place for those who don't give up and have the will to win with pride and sincerity. Remember, your "SELF" and EFFORTS are the two biggest determining factors in creating your path to success and happiness.

There can be many contributors to your success but the "I" in you is the only roadblock hence the premise that the path to success, happiness and leading others begins with leading "Self". Let me begin by asking you this question.....

What is the most important thing in your life? That which is at the center of your life all the time, that which is with you everywhere you go & everything you do?

Some of the answers (from the "leading self" sessions): Family, Money, Power, Education, Values, Country, Patriotism, Relationships, Friends, Dedication, Hard work, Mind, Heart, Self, Honesty, Integrity etc.

Where do all these elements reside? Your "Self".... Your "Self" is at the center of your life, driving you all the time, wherever you go and whatever you do that is why "Leading Self" is so important. Good thing about leading self is that it is easy to relate and understand since everybody is doing this in one way or the other.

Purpose of this hand guide: Is to help you realize your true potential.

Author's promise: I promise to shed all your inhibitions and doubts about human potential. When you finish reading this hand guide, you will take away the belief, that you have infinite potential to be successful at anything and everything you chose for yourself.

This hand guide takes a simple 3 step approach

- a. Help you Identify your strengths
- b. Help you Identify opportunities' for growth
- c. Help you get on the path of conscious & continuous learning

The path to conscious and continuous learning is the only way to realize one's true potential. Remember, it's not just getting on the path of conscious & continuous learning but also staying course all thru. The moment you think you have learnt it all; you move on to the path of devolution from evolution. It's a thin line and we keep crossing it often. Unless one is aware of the positives & weaknesses all the time, one may not realize when you cross the line.

This hand guide is an attempt to make you think & reflect on your "Self".

It's important to know where you are, to be able to get to where you want to. From a known you can reach the unknown, never the other way round.

Carve it in your mind & heart: The path of conscious & continuous learning combined with actions guided with right motives is the only way for growth. Remember, all your actions must be guided with good intentions.

- Goal should to get better from current state, even if it's 0.1% every day. The effort is to bring the focus on to you, the "I" in everyone.

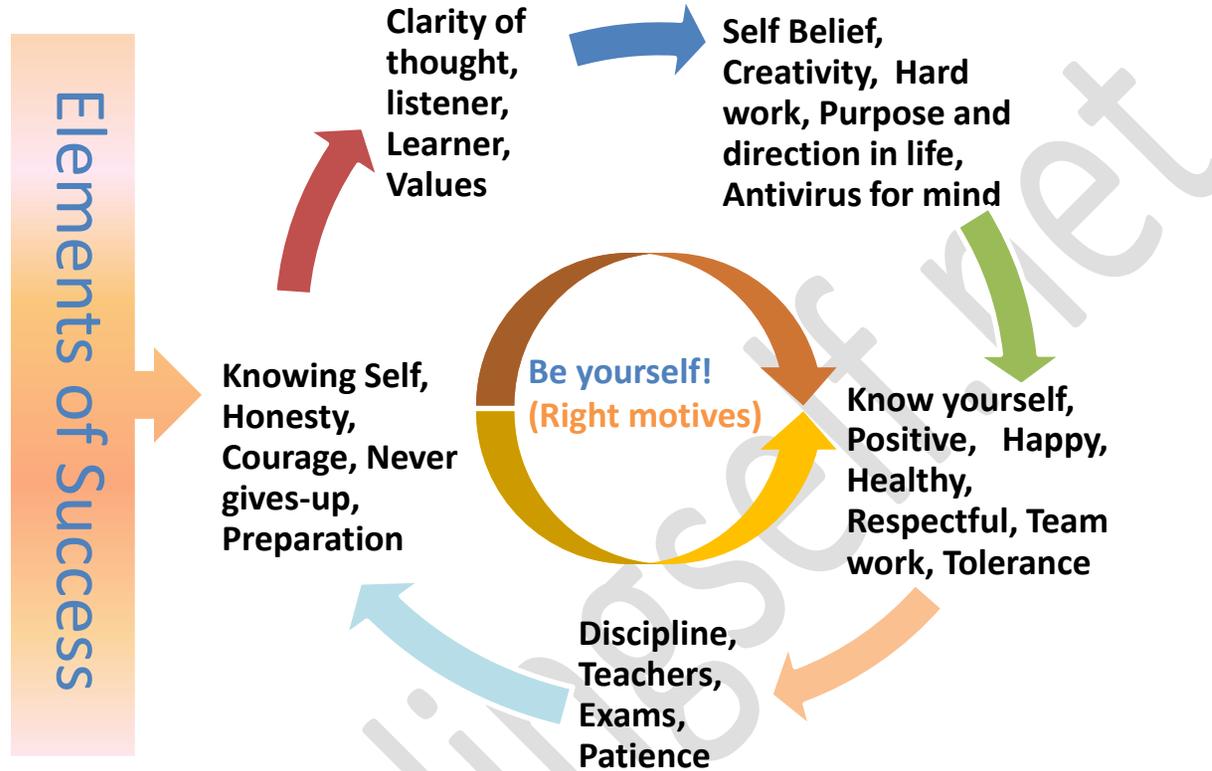
*Objective of this hand guide is to make you think & reflect on your "Self" as to where you stand on the elements of success. You are the best judge for knowing your strengths, interests, likes and weaknesses. Discuss & take suggestions from your parents and people you trust but always decide considering on your interests, likes and priorities in life because the "choices you make, makes your life.

*Remember, good qualities, values and elements can be learnt from any being, form, entity, living or non-living which is part of the creation and not just human beings. Keep your eyes, ears open and take your own decision based on what you feel is right. Put yourself at the center and analyze where you stand on the elements of success & leadership you want to cultivate.

Let's take a look at the list of examples below and see what stands out in these famous personalities who yielded considerable influence one way or the other. The list below is not in any particular order or consideration nor the intention of the author is to rate them based on their influence. Also you do not have to confine your selection to the list below. You can choose any person;

famous or otherwise, for their qualities (e.g. mother, father, teachers, siblings, uncles, friends, personally known and unknown to you and masses who you think are worth learning from). It's not about the name but about the good qualities and values you want to cultivate in yourself.

Examples: Gautama Buddha, Mahavir Jain, Ramakrishna Paramhansa, Swamy Vivekananda, Dalai Lama, Emperor Ashoka, Chanakya, Jhansi Lakshmi Bhai, Bhagat Singh, Mahatma Gandhi, Sardar Vallabh Bhai Patel (He made India what it is today; Integrated India), Rabindranath Tagore, Lal Bahadur Shastri, Dr. Rajendra Prasad, Dr. Sarvepalli Radhakrishna, Mother Teresa, C V Raman, Abdul Kalam, Anna Hazare, Jawaharlal Nehru, Indira Gandhi, Atal Behari Vajpayee, Sonia Gandhi, A K Anthony, Dr. Manmohan Singh, L K Advani, Narendra Modi, Rahul Gandhi, JRD Tata, Ratan Tata, Azim Premji, T N Seshan, Dhyani Chand, Oscar Pistorius, Usain Bolt, Asafa Powell, Carl Lewis, Vishwanathan Anand, Marion Jones, Sachin Tendulkar, Mahinder Singh Dhoni, Pele, Diego Maradona, Zinedine Zidane, Ronaldo, Michael Jordan, Magic Johnson, Michael Phelps (18 gold medals in Swimming), Tiger Woods, David Beckham, Bjorn Borg, Martina Navratilova, Roger Federer, Steffi Graf, Serena Williams, Nikolai Andrianov (Russian gymnast who won 15 Olympic gold medals highest till date); Nadia Comaneci (Romanian Gymnast; scored perfect 10 in Olympics at the age of 14), A R Rahman, Aamir Khan, Shahrukh Khan, Warren Buffet, Bill Gates, Steve Jobs, Martin Luther King Jr., Che Guevara, Abraham Lincoln, George Washington, Mao Zedong, Winston Churchill, Napoleon Bonaparte, Nelson Mandela, Adolf Hitler (known for wrong reasons), Thomas Edison (Invented, light bulb, electricity, GE), Bill Gates (Gave "Windows" to the world, Jack Welch (One of the most influential CEO's of this generation), Michael Dell (Made computers more affordable, challenged status quo), David Maxwell (Fannie Mae), James Burke (Johnson & Johnson), David Packard (Hewlett Packard), George Merck (Merck & Co), Sam Walton (Wal-Mart), Charles Coffin (GE), Sam Goldwyn (First Hollywood Mogul; Movie producer for 4 decades), George Eastman (Kodak Founder), Walter Lippmann (Last man who could swing an election with a newspaper column), Horace Mann (Known as "The Father of American Education" for initiating universal public schooling system), Susan B Anthony (American activist who fought for women's equality under the law), J.P. Morgan (Financier & Banker), Jonas Salk (Invented vaccine for polio which eradicated one of the world's worst plagues.), Albert Einstein (Law of conservation of energy), Walt Disney (influenced children world over - Entertainer & an entrepreneur), Alexander (Greek Emperor), Akbar (Mogul Emperor), Alexander Graham Bell (invented telephone, shrunk the world), Orville & Wilbur Wright (Inventors of modern day Airplane; they made world the world go places faster), Andrew Carnegie (the original steel man of America and one of the country's greatest philanthropists), Henry Ford (Invented car), James Madison (Father of US Constitution and wrote the famous Bill of Rights.), John D Rockefeller (The energy man of US and one of Americas' greatest philanthropists.), Thomas Jefferson (Famous American author who told west: "All men are created equal."), George Washington, Sir Isaac Newton (Law of Gravity), Aristotle, Plato (Philosopher), Leonardo Da Vinci (Painter), William Shakespeare (Poet), Charlie Chaplin, Alexander (Greek Emperor), Mark Zuckerberg, Pablo Picasso, John Locke (Father of Liberalism), Epicurus, Avicenna, Confucius, Lata Mangeshkar, Asha Bhosle, Mohd. Rafi, Kishore Kumar, Raj Kapoor, Dilip Kumar, Amitabh Bachchan, Kamal Hassan, Ranjithan, Mani Ratnam, Tom Hanks, Steven Spielberg....



Success and Leadership is a package, not just a few traits.

Let's talk about some of the elements of success and leadership. Take a look at the picture above for a minute. Let's start from what forms the core of successful people and great leaders.

Heart of success: Be yourself (Right motives)

Question: What in your view is the most fascinating aspect of this world?

World has produced so many leaders and successful people but not a single duplicate. Hence never ever try to be like somebody. Do not try to ape somebody / copy somebody. Always, be yourself. Every person is unique and this very uniqueness & variety is the essence of this creation.

Always, learn from everyone, every incident and experience but be your-self. Being self and conducting with right motives forms the core of great leadership.

Carve it in your mind and heart: Always be yourself and conduct with right motives. As long as all your actions are guided with right motives, you will be on the path of ascent and growth. The moment you deviate, you get on the path of descent /degradation. You may still become famous while you deviate but you will be known for wrong reasons e.g. Hitler. It is better not to become famous for wrong reasons than to become famous for the sake of it. It's ok not to guide people instead of misguiding and setting a wrong example.

*Remember, the choices you make, makes your life (good or bad).

Let's now talk about some of the other elements of success and leadership. I will use success & leadership as synonyms during the course of this hand guide. There are many elements to success and leadership and the % of these elements varies from person to person, leader to leader.

1. **Self-Belief** - Unless you believe in yourself, nobody else will believe you. Self-belief is the quintessence of all successful people. Leaders and successful people never doubt their abilities no matter what situation they pass through. Look at any successful person you will see this element in an overwhelming percentage. Not having the skill / competency to deliver something is different from doubting one's potential. Any skill and subject can be learned by training. Doubting one's potential and thinking I may not be able to do something is two different things because of lack of subject knowledge.

Question: Did you ever face a situation where you doubted your potential? A situation where you doubted your ability to deliver something? If yes, how often do you get into situations where you start doubting your potential? What do you do in such situations of self-doubt?

Carve it in your mind & heart: If you want to be successful, never ever doubt you're potential. Remember, "Every human being is blessed with infinite potential; it's a matter of realizing and believing in that".

2. Creativity -



How we think?

- What we think!
- What we believe!

The ability to think different is a critical element to be successful in life. All successful people / leaders' thin think different and act on what they believe, even if it's a 360 degrees opposite view to a vast majority of people around them.

Life is all about what we think and what we believe. What we think & how we think determines what we believe. Creativity in simple words is the ability to think differently. Let's see if creativity / thinking different works!!

Question time: How many of you think you can prove $1=10$? (*By not bringing math into this; using only creativity)

$1=100$?

$1=\text{Infinity}$ using creativity?

Answers or Audience poll: Normally 10- 20% people in any audience feel they can prove $1=10$, less than 5% feel they can prove $1=100$, less than 1% feel they can prove finite = infinite

Question time:

How many of you think you have potential of 10 people?

How many of you think you have potential of 100 people?

How many of you think you have infinite potential?

Normally less than 15% people of the audience in the sessions feel they have potential equal to 10 people, less than 5% feel they have potential equal to 100 people, less than 1% feel they have infinite potential.

Let's take the example of a fruit seed (Apple / Orange / Grape). Sow the seed and cultivate it. After 6-12 months the apple seed will grow into a tiny little plant. Continue to cultivate the plant and that same plant potentially can grow into a tree in 3-5 years. Take good care of the tree; give it all nourishment, water, resources it needs to grow.

1st year the apple tree can give you 10 apples (everybody must have seen a plant with 10 fruits), which is $1=10$;
2nd / 3rd year the same apple tree can give you 100 apples which is $1=100$;
Take all the seeds from those apples and cultivate them. The cycle can go on forever which is $1=\text{Infinite}$.



*That is the potential of a tiny seed which is less than $1/100^{\text{th}}$ of human beings.

On top of that potential, humans are blessed with something called mind, which has infinite potential. Human mind can generate countless thoughts and ideas ($1=10$, $1=100$, $1=\text{infinity}$). It's the ideas which rule the world. It's the same resource available with all the successful people and great leaders. A super computer can be used for playing games, chatting, browsing and the same computer can be used for high-tech engineering, medical inventions, rocket science etc.

Carve it in your mind & heart: Every human being is blessed with infinite potential; it's a matter of realizing and believing in that. Every human being has 24 hours & infinite potential every day.

Again it's not "what you have in life but what you do with what you have". Our life is all about what we think & what we believe and how we think is a determining factor. Remember, the world is no different when we feel good or otherwise. What matters is what you think & believe. *The single biggest difference between successful people and others is how they use the resources available to them.

*Remember, "Resources are limited; creativity is unlimited"; if you make creativity a resource, you will always have unlimited resources at your discretion all the time.

3. **Mental virus** - What is mental virus and how do you protect your mind from various viruses?

Any negative thought entering your mind is a virus and can potentially destroy your life for good. A bad thought is like a seed which can grow into a tree and before you even start realizing you will be in the middle of eating the bad fruits which gets into your blood and system. You got to be ever alert with your thoughts. Unlike computers, you cannot buy an antivirus for your mind. We all need to develop our own antivirus which is strong and ever alert 24/7. The virus could come from any quarters i.e. people known and unknown, TV, posters, news, commercials, voice from inside, outside for various known and unknown reasons. It's not from where it comes but how you deal with it!

Examples of viruses are >>Confusion, Indecision, Laziness, Inaction, Procrastination, Indiscipline, Wrong motives, Temptations, Shortcuts, Greed, Anger, Impatience, Lack of concentration & focus etc.



Your mind is your greatest asset and only you can guard it. If you don't protect, it will become your greatest liability.

*Exceptions are ok once a while but they should not become a norm. You must always be alert. As soon as such thoughts come to your mind, **kick it or block it vigilantly**. They keep coming at you stronger and you got to keep blocking and kicking harder. There are no two things in life, either you control virus or let virus control you. It's a continuous tussle in your head and you got to play football with those negative thoughts. If you miss one of those balls it will be a self-goal for you. Even one thought penetrating your antivirus will cause harm to you. It's like one bad fish which can spoil the entire lake. *Unless you develop a robust and strong antivirus the chances of you staying success are slim. Your mind is your greatest asset and only you can guard it. If you don't protect, it will become your greatest liability.

Thoughts which have the seeds of potential virus>>Thoughts of unhappiness, sorrow, fear, disbelief, frustration, lack of confidence, lack of self-belief, lack of self-esteem, lack of direction and purpose, not now, not today, maybe tomorrow, have a lot of time, it's ok to break it once, not in the mood, let me sleep, exercise is no priority, I'm in good health; it's ok to eat & drink junk, studies is no big deal for a few days etc. contain inherent seeds of virus and act as decelerating agents so be mindful of these all the time.

*There are no two drivers in life; either you drive out virus or let virus drive you.

Antivirus for mind:

At a given time mind can hold only one thought; that is how the mind works. Just say to yourself "**no virus please**" when such thoughts happen to you or alternatively replace a virus thought with a good thought, a positive thought. You got understand and watch how the mind works and play the sport by the rules. When people hurl de-motivating comments at you; your antivirus must be alert to detect and block them right there at the entrance. Just make it habit to not accept unnecessary and junk gifts from people with a smile. Remember, getting angry and losing your balance is also virus (negative) hence a "**No thank you**" must be handy in your mind to such thoughts. Replacing negative with positive thought(s) is the simple remedy if you fail to detect some virus but a little hard to implement in the beginning. It's more or less same like learning to ride a bicycle. Initial few times it seems so tough to ride the bicycle but eventually with

practice you learn. It's the same with blocking and replacing virus as well. Play it as your favorite sport because that is the only way you can play it all your life.

*Remember, it's either you or virus which is in control of your life. Without antivirus protection, your life will get corrupt and lose direction and purpose.

Building antivirus for mind is a like marathon run or 24/7 football match, play it like your favorite sport and enjoy; health, happiness and success will follow.

4. **Guru or Teachers** - Guru is a Sanskrit word and is formed by the syllables gu and ru. Gu indicates darkness, and ru indicates destruction, guru means "dispeller of darkness". Without guru's, our lives will be filled with darkness even in the brightest of sun. Always, have the greatest of gratitude and respect for parents and teachers.



Creator cannot teach everyone, everything hence he created teachers.

5. **Respect people** - Respect people for what they are if you want people to respect you for what you are. Bear in mind what we think is a variable and hence changes with a change in thought process or mindset but the constant in all of us never changes. Remember, you can discount people's thoughts and mindset but you must always learn to respect the constant which exists in each one of us. Do not equate the thoughts of the person with the constant in the person. If you

do that, you are comparing a variable with a constant which is illogical and irrational. Always be logical and rational in your thinking. Respect gender, communities, religions, faith etc. else you will lose the very essence of humanity in you. It's always give and take. Give respect and take. Give tolerance and take.

Carve it in your mind & heart: If you do not respect people for what they are, people will never respect you for what you are. Most atrocities in the society are a result of disrespect and intolerance towards fellow citizens.

6. Examinations -



- Prepare for your exams as you practice for your favorite sport
- Take your exams as you play your favorite sports match
- Don't play while you study and don't study while you play

7. **Tolerance** - Learn to tolerate others like you tolerate yourself if you want people to tolerate your imperfections. It's give tolerance and get tolerance like give respect and take respect. Intolerance of others imperfections or so called imperfections is the root cause of all bad relations. Progressive and healthy societies and relationships always thrive on tolerance, respect and moderation.

Carve it in your mind & heart: Learn to be comfortable with others imperfections if you want to enhance the human essence in you.

8. **Purpose and direction in life** - Find a purpose and direction for your life. It is fine to take extra time to make this decision but be clear in your mind about the purpose and direction you want to head for the rest of your life. It will be one of the biggest and best decisions you would ever make in your life. Know what you want in life and where you want to see yourself. Knowing what your interests, priorities are and what you love to do the most in life is fundamental to success.



- *Knowing ones interests, likes and priorities early in life is fundamental to success and happiness.*

*The irony about human beings is; everyone knows where they are going and why when they step out of their homes everyday but when it comes to knowing where one wants to go in life, most people are unclear and have no answers. When it comes to journey of life, most people are just hopping from one road to another with no clear vision and direction in their mind. They are taking the road which is convenient and easy to pick without giving it any serious thoughts. This is one of the biggest reasons why most people are unhappy in their lives.

“Our prime purpose in this life is to help others, And if you can’t help them, at least don’t hurt them” - **Dalai Lama**

9. **Staying Positive, Healthy & Happy** - Successful people always have a positive outlook of life and are happy doing what they do. They learn to enjoy the journey irrespective of what challenges life throws at them. We can never control 100% what happens outside of us, but we can always control 100% what happens inside us.

If something is worth doing it, it's worth giving the best. In any and every situation, always give their best because that is the best they can do and keep moving. Focus all energies on doing the right things and not worry much about the outcomes. Always link your happiness to giving your best not results or what others think. It's the law of nature, "As we sow, so we reap". It's all about how we cultivate our self. The quality of the fruit is only as good as the quality of the cultivation.

There are two aspects to being healthy i.e. mental & physical health. Life is all about give & take. Give respect & take respect. For physical health we need to exercise, spend time and efforts to stay healthy. When it comes to mental health, we must learn to be happy by choice.



We get what we deserve not what we desire; work on becoming deserving.

Carve it in your mind & heart: Remember, no matter what happens in life, you always have a choice to be positive & happy. Being healthy & positive is not everything but fundamental to everything we do in life.

- 10. Hard-work** - There is no substitute for hard-work. Take example of any successful person, they all are hardworking people. There is no substitute for self-effort. No matter how smart one is, no matter how creative one is, it must be complemented with hard work to be successful. You can substitute one creative idea with another but not hard-work. Hard-work always pays in the long run. No matter what you use and how many times you sharpen the axe, you still need to cut, to have the wood.

Carve it in your mind & heart: Your smartness and creativity should complement your hard work not replace.

11. Team players & Collaborative - All successful people understand the importance of team work. Life is an orchestra and every instrument has a role to play in the orchestra. Successful people understand that even if they are very good at playing all the instruments, they cannot play them all at the same time. Learning from friends and class mates is great way to quicken your learning. Your friends maybe good at one subject and you maybe in another one. You teach your friend what you are good at and learn from your friends what they are good at in that way your team effort will quicken each other's learning.



It's all about getting ahead by taking people along.

12. Trust, Honesty & Integrity - Nobody wants to be friends with or work for people who are not truthful or reliable. Haven't heard anyone say that in my life, he or she wants to be friends with someone who is not honest. People will see through your creativity if you try to substitute it in place of honesty. It's is one of those rare priceless things in this world. Trust is a glass built over a long period of time and can be broken in a few seconds.



Honesty & integrity is a rare commodity and one must cultivate this trait consciously. Like all precious things, honesty comes with a heavy price. You need a lot of courage to be honest. You can fool some people many times, all the people sometimes, but you cannot fool all the people, all the time.

Carve it in your mind & heart: No amount of creativity and smartness can replace honesty. Always remember, honesty is the only policy if you want to live with self-respect and dignity, no matter what you do in life.

13. Discipline - If you want to speed away on the roads and be safe at the same time you got to follow the lane system. No matter how hard you work, it's got to be complimented with discipline & smart thinking else you will not achieve desired results. To be in good health, you got to have the discipline in food & life style habits. No matter how many hours you spend in the gym, you still got to eat good food to stay healthy.

Carve it in your mind & heart: If you eat junk food all the time & don't rest well, no amount of time spent in gym / health care will give you good health.

14. Clarity of thought, Knowing-Self - Knowing your "Self", i.e. your priorities and what you like to do, your strengths and weaknesses is the first step towards success. Knowing in your mind as to what you want to do, and how, is the second biggest thing. You are the best judge for yourself since nobody knows you better than yourself. Being aware all the time of what you want to be and how is the hall mark of a leader. All successful people and great leaders are very clear in their minds as to what they want to do and to a good extent how. When you know yourself, know where you want to go and how then it's all about walking towards the goal with all the focus, dedication, patience and perseverance.

15. Sports and Games - All successful people are fond of sports and games because it teaches the all essential sports spirit. All people must play or follow at least one sport to be able to stay aligned with sportsman's spirit. When you play sports and games you get good mental and physical health as an outcome. Health is the biggest wealth. No amount of wealth will matter to a person suffering illness on the bed.

16. Listener and Learner - Unless you learn to listen to others; nobody will listen to you. Unless you have learnt to follow some higher values or principles; people will not follow you. Unless you learn to support others, people will not support you. Unless you learn to respect others for what they are; people will not respect you for what you are. It's all about give and take in life. Unless you show the willingness to learn from others; people will not learn from you. Leadership is not just about people following, it's about following the right ideals, motives and values.

Learning is a continuous process. Learn not just from one's own experiences but also from everyone and everything which has a positive to offer. The greater the leader & success, the greater is the appetite for learning.

Carve it in your mind & heart: Unless you learn to follow right motives, high ideals, higher purpose; people will never follow though they may be with you.

Let's look at some of the leaders we all know and see what qualities they are well-known for

Inspirational Leaders - Mahatma Gandhi is known as someone who has inspired millions of people to fight for independence; Martin Luther King inspired a generation of Americans to fight for equality. They come across as inspirational leaders.

Creative / Innovative Leaders - Steve Jobs comes across as an innovative / creative leader. Steven Spielberg comes across as a creative film maker.

Higher purpose - If you look at Mother Theresa, she is known for serving humanity, known for universal love & a higher purpose in life. She is remembered as someone who has worked selflessly for the betterment of the deprived section of the society.

Commitment and Dedication - Sachin Tendulkar is embodiment of dedication and commitment to his profession and field of choice. For Sachin, cricket was life and life was cricket for 40 years till he retired from cricket. His unmatched success is a testimony to what dedication and commitment can bring to a person.

Self-Belief, Poise, Reliability - Ever think of Dhoni in cricket, people widely acknowledge him as someone who can deliver during tough situations. He comes across as someone who is always calm and composed during pressure situations. His personality, body language resonates self-belief and confidence in the greatest of testing times. He is someone who never doubts his abilities no matter what situation he is in.

Determination: Rahul Dravid in field cricket was known for strong will. Determination was written all over his face every time he went into bat. His ability to give 100% was the hall mark of his carrier and personality.

Honesty & Integrity - Lal Bahadur Shastri (2nd prime minister of India) in politics comes across as a very honest man and a person of great integrity. Similarly, Ratan Tata of the Tata group comes across as a man of values, integrity and righteousness of highest stature in business fraternity.

Concluding remarks -Success is a package not just a few qualities hence start cultivating your “Self”.

Quotes:

1. *Knowing and believing in self is the first step to the path of success.*
2. *I equals to Infinite in potential.*
3. *Know your areas of inherent interests, likes and priorities.*
4. *Choices we make, makes us (good or bad).*
5. *There are no short cuts to success but many to failures.*
6. *Everything comes with a price, to grow; you must labor and cultivate self.*
7. *All your actions must be guided with right motives to be on the path of growth.*
8. *Path of conscious and continuous learning is the way to realize one's true potential.*

9. *If you don't believe in yourself nobody else will.*
10. *All negatives thoughts in mind are viruses which can potentially destroy your life.*
11. *Your mind is your greatest asset; protect it else it will become your greatest liability.*
12. *Without antivirus protection, your life will get corrupt and lose direction and purpose.*
13. *Building antivirus for mind is a like marathon run or 24/7 football match, play it like your favorite sport and enjoy; health, happiness and success will follow.*
14. *It's not what we have but what we do with what we have.*
15. *No substitute for self-effort, smart work & creativity should complement hard work.*
16. *A life without purpose and direction is a life without a meaning.*
17. *Happiness is a choice; learn to be happy and positive by choice.*
18. *Being healthy, happy & positive is fundamental to everything we do in life.*
19. *Not just the end goal but the path you chose is equally important.*
20. *Resources are limited creativity is unlimited.*