

# METAMORPHOSIS

TO A NEW BEGINNING



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# *Dedication*

**T**his book is dedicated to the lotus feet of my Guru who has guided me at every phase of my life, to my teachers, mentor and my coach who have been instrumental in the writing of this book. My gratitude to my family, my parents and everyone who has contributed to my life!



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# *Abstract*

**W**hen does transformation happen? When people turn inward and start the healing process the transformation happens. Metamorphosis is the transformation from an immature form to a mature adult in distinctive stages. Changing ourselves into a better version of ourselves by going through the different stages of internalization like self-awareness, self-regulation, structuring, solidifying, and final transformation takes a lot of commitment, persistence, and perseverance. The end result is simply magical.

*Jyoti Upadhyayula*



# *Preface*

I used to think I knew how some caterpillars become butterflies. I assumed they weave cocoons, then sit inside growing six long legs, four wings, and so on. I figured if I were to cut open a cocoon, I'd find a butterfly-ish caterpillar, or a caterpillar-ish butterfly, depending on how far things had progressed. I was wrong. In fact, the first thing caterpillars do in their cocoons is shed their skin, leaving a soft, rubbery chrysalis. If you were to look inside the cocoon early on, you'd find nothing but a puddle of glop.

But within that glop lie certain cells called imago cells, that contain the DNA-coded instructions for turning bug soup into a delicate, winged creature—the angel of the dead caterpillar.

If you've ever been through a major life transition, this may sound familiar. Humans do it too—not physically but psychologically. All of us will experience metamorphosis several times during our lives, exchanging one identity for another. You've probably already changed from a baby to

a child to an adolescent to an adult—these are obvious, well-recognized stages in the human life cycle. But even after you're all grown up, your identity isn't fixed. You may change your marital status, embrace parenthood, switch careers, get sick, win the lottery..

.And, any of the above major life altering events, could have a majorly shift your perception of yourself. Sometimes that perception shift completes you and makes you a happy and a whole-hearted person. While, there will be other times which shatter your identity and make you question even the most basic of your natures. However, even during the darkest of phases, no matter how shattered one's identity gets, gradually, through pain and mistakes, arises the opportunities to forge a new identity out of the ashes of the shattered one. These opportunities require extraordinary efforts and inconceivable sacrifices, akin to the pain and sacrifice undertaken by the caterpillar during its transformation.

Thus any transition serious enough to alter your definition of self will require not just small adjustments in your way of living and thinking but a full-on metamorphosis. I don't know if this is emotionally stressful for caterpillars, but for humans, it can be hell on wheels. The best way to minimize the trauma is to understand the process.

All my life I have been engaged with self-transformative processes without knowing or understanding what I was doing. Perhaps the best way to understand this process

is to think of the transformation of a caterpillar to a butterfly. Can you connect the dots? A caterpillar reaches the point of pausing all its daily activities, retires from the world, and gets into the process of self-transformation. It constructs a cocoon to shelter itself and structure the change. It liquifies itself and reforms inside the cocoon and then solidifies and breaks from that new shelter transforming into a beautiful butterfly. The life of a human being can be compared to it. It is when the human being realizes and looks within and understands what defines him then the real transformation takes place and leads to a new beginning.

It has a lot of similarities to my life. My life has been a roller coaster ride going through the different stages leading to my transformation and changing me into a much more confident and beautiful individual aspiring to see the world with new eyes, live to the fullest and achieve all the success in life. Throughout this journey my children have stood like rock pillars, motivating me and inspiring me to act.

This book is an effort to transport you into my life and take you through the process of my transformation and my experiences and learnings. With this book, I want to make people understand that we pass through different stages in life that pose challenges to us but with the right attitude and outlook and the right tools we can overcome them and turn it into a full circle. Nothing is impossible. The only thing which we must work on is our mindset

and our values and learn what stops us from achieving them.

The book will also give a system and steps to overcome fears, failures, and setbacks to bounce back and inspire you to work on your transformation.

## *About the Author*

Jyoti Upadhyayaula, a teacher by heart, is a counselor and a coach. Amidst a lot of ups and downs in life, the struggle to find a niche, facing failure in different aspects of life, she moved ahead to find the true meaning of life and immersed herself in the quest to know the truth of life and find her true potential to become the best version of herself. She considers herself a commoner, from a middle-class family, with average intelligence and the ability to adjust to whatever life has in store for her.

Her passion, always learning attitude, commitment, perseverance, loving, and caring nature brought out a true leader who is committed to her job in helping and inspiring people in finding their true passion and unlocking their maximum potential.

Jyoti is a Commerce graduate from Delhi University. She got married at an early age and was a homemaker for almost fifteen years till her children were ready to embark on their own journeys. She later realized that her passion lied in teaching children and took up a career in teaching

and taught children for 15 years from KG to PG. It was during this course that it became evident to her that just academics is not enough to build a holistic child who is aware of their strengths, able to manage their emotions, able to solve their problems, make the right decisions and communicate effectively. This is missing in the current education system. She joined hands with the organization Learning Curve Life Skill Foundation where she is heading a team of program managers and conducting development workshops to teachers so that they in turn help students develop social and emotional skills.

Jyoti lives in Hyderabad. She loves traveling, cooking, talking to young people, music and gardening. Her life mission is to help people find their passion in life and impact their lives. She has helped thousands of people in finding their purpose and passion in life.

***For more updates, you can follow her on***

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**Twitter:** @Jyotiupadhyayu1



“

*You must be your  
own person. You can't  
let people's opinions determine  
how you think about yourself.  
There's a difference between  
identity and self-identity.*

*—Amy Tan*

”





CHAPTER  
*One*

*A Deep Dive Inside Me*



## **Who are you?**

This question always intrigued me, who am I? I used to ponder about it. I read many scriptures to find the answer to it. During that time, I came across a story that answered my question.

So, one day the Shah of Iran gathered his finest horsemen to go hunting in the forest. On the way, they came across an old man who was just sitting and minding his own business without noticing the Shah of Iran and his men. As the procession was passing by everyone saluted the Shah of Iran but this old man didn't bother to get up and salute to him. The Shah noticed this and stopped beside the old man, who was still seated and asked him, "Who are you?" The old man replied, "Nobody". The Shah then asked him, "Do you know who I am?" The old man said, "You are the Shah of Iran." The Shah said, "One last question before I have your head cut off. Who is higher than me?" And the old man said, "Nobody. And I am that Nobody who is higher than you."

The Shah of Iran immediately got off his horse, bowed before him, and ordered his horsemen to dismount and let the old man ride the horse. The Shah took the old man back to the palace and appointed him as his top advisor, the Vazir.

What stood out to me in this story was that our identity is not defined by our name, position, or fame but how we see, think and value ourselves

If I ask you the question “Who are you?” What will be your answer? Are you aware of the kind of person you really are? It is very important to ask yourself these questions.

1. What is my purpose in life?
2. What do I want to achieve in the next 10 years?
3. How do I want my life to be?
4. What is my WHY?
5. What am I grateful for?
6. What are my values? What is my personality like?
7. What are my likes and dislikes?
8. What am I passionate about in my life?

Answering these questions will give you an idea of who you are.

How many of us know the answer to these questions? That is because we are never asked or taught or encouraged to think about ourselves. Had we known the answers, we would have chosen our profession accordingly based on our skills, passions and have been successful.

I remember I had a keen interest in music and wanted to be a great singer like Lata Mangeshkar. What stopped me from becoming one? I did not believe myself.

My dad said no, and I did not even try to persuade him. Why? What stopped me from persuading and convincing him? I didn't have the courage to argue with him and I probably did not believe in my capabilities. Today when I reflect, I never tried to persuade him? I lacked the courage to stand in front of him and tell him strongly that I want to pursue a career in singing. Honestly, I was confused about what I wanted in my life. I did not have any purpose in my life or realise what I wanted from life. Let us understand why knowing who you are is important.

## **What is my identity?**

Our identity is not defined by our bodies, athletic ability, our personal style, or overall appearance. It's not defined by our thoughts, feelings, or dreams.

The self-identity I am talking about has to do with our deep core beliefs and values. The things we know about ourselves (or maybe not yet) at a core level. Those things that truly make us who we are when we are stripped of the outward trappings of the world. Your values, beliefs make the true you and not your profession, gender, caste, religion. We need to understand who we are, as individuals. What is our true self?

## **Why am I the way I am?**

Knowing thyself is the process of Self-awareness where you detach yourself from the outer world, connect with the real you and try to understand you.

## **Why is self-identity important?**

Knowing who we really are plays an important role in our lives because it tells us how we feel and how we think and work in our day to day lives. Not knowing our identity is like a ship without a rudder, aimlessly drifting in the ocean subject to the whims of the tides and waves. To have a direction in our lives knowing our self-identity is extremely important.

The ability to know oneself is the beginning and end of all misery. It is rightly said that people who know their identity are happier, successful, content and more loving first to themselves and then to others. If you don't know who you are and your identity how can you love yourself? Is being the daughter of someone or the mother of someone your identity? Or is it what the irate person on the road thinks about you? What is it? If you don't know your identity, then you are open to the negative opinions of others. then there is no way you can love yourself. Who will you be loving? Others' opinions about you or yourself? If you can't love yourself then you can never love anyone.

It was the year 2014. I consider this year as the turning point in my life when I realized that only the self matters. All these years I thought everything is perfect in my life and this is it. I have everything in my life, loving children, a loving husband and a perfect family. But life had something else in store for me and took a U-turn leaving me totally shattered and helpless.



Then it struck me that “whatever happens, happens for good”. All these years I have not even once thought about myself, my qualities, what I am good at, what are my likes and dislikes. Anything about me. I think I got a second chance to work upon myself. To start working on myself from scratch. When you truly want to change you are ready to go through all steps that lead to your transformation. When things were all going well you did not have the need to improve or work on yourself.

It is only when you reach a plateau in your life or some tragedy strikes that you get the sense to improve further the way you are, relook at the purpose of your life. When you hit the ceiling and you can't improve any further on who you are, you are going to need a more significant transformation.

Without knowing your identity, you can never be content. If you have no idea who you are at the core, a part of you will always feel broken as if a part is missing. So our sense of wholeness depends on knowing our true identity. Without the knowledge of who we are, we feel unhealed, lonely and alone. This made me realize why all these years I felt unfulfilled, lost and lonely. Unloved, as I had no identity of my own. I was just pleasing people and was thriving in their opinion about myself and tried to satisfy and change according to their needs. This left me dissatisfied, unhappy and lonely.

If you feel like you are living a life full of stress, frustration and disappointment then you are probably

living a life that is inconsistent with your true and authentic identity. And it becomes even more important to know who we are. If we do not know our true identity, we cannot be consistent with our true nature and values. This will lead to frustration and we will not be able to live in harmony with our true identity and will not be able to live out to our true potential. So it is especially important to introspect and understand the importance of knowing who you are.

So now you know how important our identity is. It consists of our gifts, talents and capabilities. If we know our identity we don't have to go on existing as something less than who we really are. We will be content and happy in our lives, healthy, healed and whole inside.

## **Know thyself**

If we want to be successful at whatever you want, we must know your own true and authentic identity. Our success depends solely upon us. But without the knowledge of who we are, we won't have the power and energy to see the goal through to successful completion, we won't see ourselves as we truly are which is successful and powerful according to our gifts and talents (important parts of our true identity). Our personal performance in achieving a goal successfully (if it is aligned with our identity) is going to rest on our ability to fall back on the strength of knowing who we are at our core. If we don't have a good solid foundation, then we will crumble when the tough times appear.

“

*Identity is not inherent.  
It is shaped by circumstances  
and sensitivity and resistance  
to self-pity*

*—Dorothy West*

”





CHAPTER  
*Two*

*Paying Attention to the Roots*



I often struggled to understand why some things happened the way they did and what motivated me to make certain decisions and choices. Whether they were good choices or bad choices. What motivated me? What led me to take actions? From where did I get the strength after so much pain? All these questions boggled me until I came across a book that was talking about the values that shape you and influence your life. This intrigued me a lot and I started my research on it.

- What started this journey of change?
- What have been my learnings?

Even though it happened six years ago, it changed my view the most. It changed my perspective on life. At one point, I was under the impression that everything was so beautiful and perfect in my life and the next moment it took a nasty turn changing the relationship between me and my husband, between me and my children. It never remained the same. It keeps changing and there is every need to change along with it because change keeps you alive.

Once you make the resolution to change, you need to delve deep and separate yourself from the mundane day to day existence. The people you have given importance to, all your life, your habits and places reinforce your current way of being. Just like the caterpillar separates itself

completely from its normal way of life, you also need to think about the change you need to make. Your retirement need not be to that extreme but it is better to lead you to success and transformation than laxness and failure.

This happened with my life too. I was caught unaware, and I did not understand why such a thing happened and that too at the point of my life when I was supposed to retire and enjoy my life? When caught with such adversity, I sat down to think. Why did it happen in the first place? What went wrong? Where did I go wrong? All these questions were tormenting me, and I was losing my sleep over them.

It was such a great jolt that it took me six months to come out of it. There was a ray of hope too amidst all the chaos, my grandson was born. He brought sunshine into my life, gave me the courage to live and embrace the second innings with more positivity. So, let us understand what gives us hope and courage and help us stand tall in the times of adversity.

Your values come to your rescue!



“

*It's in time of adversity that we come  
to know who we truly are,  
It's In times of despair that we tap  
into our inner strengths,  
It's in times of struggle that we use  
our capabilities,  
And it's in time of hopelessness  
that we look towards the light*

*—The Flower Child*

”





CHAPTER  
*Three*

*How Do Values Help You?*



Let us understand this with this small story.

One day a small gap appeared in the cocoon, through which the butterfly had to appear. A boy, who accidentally passed by, stopped and watched how the butterfly was trying to get out of the cocoon. It took a lot of time, the butterfly was trying very hard, and the gap was as little as before. It seemed that the power would leave the butterfly soon.

The boy decided to help the butterfly. He took a penknife and cut the cocoon. The butterfly immediately got out, but its body was weak and feeble, and the wings were barely moving.

The boy continued to watch the butterfly, thinking that now its wings would spread and it would fly. However, that did not happen.

The rest of its life the butterfly had to drag its weak body and its wings that weren't spreading. It was unable to fly because the boy did not realize that an effort to enter through the narrow gap of the cocoon was necessary for the butterfly, so that the life-giving fluid would move from the body to the butterfly's wings so that the butterfly could fly. Life forced the butterfly to leave its shell in such a tough manner so that it would become stronger and would be able to grow and develop.

We understand from this story that life is full of challenges and If we were allowed to live without facing difficulties, we would not be viable. Life gives us challenges to make us stronger. In times of adversities our values only help us to steer through the challenges.

Values exist, whether you recognize them or not. Life can be much easier when you acknowledge your values – and when you make plans and decisions that honor them.

Understanding your values can really help. When you know your own values, you can use them to make decisions about how to live your life.

Values are usually stable, yet they don't have strict limits or boundaries. Also, as you move through life, your values may change. For example, when you start your career, success – measured by money and status – might be a top priority. But after you have a family, work-life balance may be what you value more.

As your definition of success changes, so do your personal values. Therefore, keeping in touch with your values is a lifelong exercise. You should continuously revisit this, especially if you start to feel unbalanced... and you can't quite figure out WHY.

## **Defining Your Values**

When you define your personal values, you discover what's truly important to you. A good way of starting to do this is

to look back on your life – to identify when you felt good and confident that you were making good choices.

There are some steps that will help you to find your personal values and find whether they are in congruence and alignment with your life. If they are aligned, you will lead a successful life both personally and career-wise. If not, you'd face failures, conflicts and misery.

Here are a few simple steps to identify your values.

1. Identify the times when you were happiest
2. Identify the times when you were most proud
3. Identify the times when you were most fulfilled and satisfied
4. Determine your top values, based on your experiences of happiness, pride, and fulfillment
5. Prioritize your top values
6. Reaffirm your values

## **What values have shaped my life?**

Your values are important to you so you should naturally live by them. The values which have shaped my life are empathy, resilience, achievement, success, courage, integrity and peace.

These values have made me the way I am now and whenever these values were aligned, I lived a happy life. When these were not aligned, I suffered setbacks and

failures in life. It is especially important to identify your values, prioritize them and align your life with them to lead a successful life.

## **How to live values with integrity to lead a successful life.?**

Identifying your values and prioritizing them and making a list of them does not do much. You must start living these values to bring about a change in your life.

## **Values help to make decisions**

So how can you use your values to live your life and make decisions? For this you must look at the big picture.

## **Ask yourself these questions**

- Are you living according to the values in your life as a whole?
- Does your career choice reflect your values?
- Do your activities outside your work reflect your values?
- Are you spending your time on the things that matter to you?

If not, then how to get things back on track? Set goals and ask yourself whether they align with your values. If not reset your goals and focus on aligning them and then



write down what actions you will take to achieve them. Use your personal values to make decisions. Think if you react in a way that is aligned to your values. Are you making decisions aligned with your values?

I realized this a little late in my life when I started my transformation journey and tried to understand what my values are. I then realized that the gray area of my life where I suffered humiliation, injustice, all negative emotions was a result of my values not being aligned to my life.

For example, I valued empathy, Did I show empathy towards people around me, Did I understand them?

If my values are success and achievement, then what actions did I take to achieve them? When I dive deep down, I realized that my values were not at all aligned and that was the reason for my suffering. This process is not so easy. It takes a lot of self-control and discipline.

So, let us see what are the barriers that you must overcome in order to reach your goals. Many of us still struggle to live according to our values.

Sometimes it's about lack of clarity or not knowing what your values really are. Sometimes your personal values come into conflict with those of your family or the wider society.

For example, you may value tolerance, but the society you live in may stand quite strongly against tolerance, at least of certain groups. Or perhaps you're facing a conflict

between your personal values and the practical situation you find yourself in. You may value creativity, but you've got family members to take care of, so you can't take the risk of embarking on an artistic career. Or you may value honesty but feel that there are certain lies you need to tell in order to preserve important relationships, to keep your job, or whatever else.

These are important barriers, and they are worth reflecting on seriously. But it is also worth remembering that there are many ways to live your values, and you don't have to reject all compromises and ignore practical considerations.

If your values come into conflict with those of others or the wider society, you may face some difficulties, but you can still live with integrity in your own life. If your circumstances allow, you can also fight to change society according to your own beliefs. Look at many of the heroes of history like Susan B. Anthony or Martin Luther King, Jr., and you'll find people whose personal values came into conflict with those of their time.

But if you don't feel ready for that kind of struggle, then you could choose to focus on your own actions and on living according to your own values, without challenging those around you who live differently.

So how can you adapt and change values when needed?

Your personal values are not set in stone. Your core values might remain the same but personal values

might change according to the circumstances. It is very important to keep revisiting them as and when you feel things are not aligned or if you have a different view of what is important. For example, my family was my top priority so the values of security and financial stability were higher than achievement and success. But at the time success and achievement for me lied in bringing up my children and my career took second place.

It was only when they were well-settled that I thought of my career, success and self-discovery. So it's worth checking in regularly to see if your values have changed. Repeat the process of brainstorming, listing and prioritizing, and see if your results are different.

It is important to be aware of all the changes happening in your life and be mindful of visiting your values, goals and take required actions and decisions.

“

*Believe that life is worth  
living and your belief will help  
create the fact*

—*William James*

”



CHAPTER  
*Four*

*Your Personal Belief System  
and The Conflict*



There are beliefs for every part of life be it religious beliefs, financial beliefs, or even health beliefs. These beliefs are formed due to a variety of factors. Your parents' behaviour with you and with the society at large, your education, your social milieu, your own experiences with life and so on. Almost all of these factors are out of our hands. We can hardly do anything about them.

It's difficult to do anything in life contrary to the belief we hold in that field. So if you have a belief that "Money is the root of all evil", you will probably never be rich because you will never undertake any action that makes you rich.

If your parents had ridiculed you often when you were a kid, you will have damaged self-esteem. You will never believe in yourself, constantly feel unworthy of anything and consequently will find success eluding you.

If you had a school teacher who praised you, especially in front of your class, about some activity, say your elocution, and in subsequent years others reinforced that belief in you that you speak well then, as a grown-up you will undoubtedly become an excellent public speaker and success will follow you. Thus, the beliefs we hold in our minds about ourselves dictate our life.

Hence, if you want to change your life, change your beliefs. You can change your beliefs by changing your thoughts. You can change your thoughts in a variety of

ways. Affirmations, visualization, hypnosis are some ways in which you can do that.

Let us understand what beliefs are and how are they formed?

Beliefs are your past experiences and early childhood situations which can influence the way you think about yourself and others and how you make the sense of the world in your present life. These experiences tend to form your core belief system which is generally global and absolute in nature. From the day we are born, our parents' culture and environment heavily influence our thinking and beliefs. It is the belief system that creates perception, emotions, values habits and reactions to stimuli. We form beliefs based on some defining moment which leads to a belief.

Negative beliefs about yourself can cause many problems in your life. They make you prone to developing anxiety and depression, they keep you from taking on new challenges, and they harm your relationships. They may keep you mired in depression, anxiety, or addiction if you believe there's no way you can get better.

In my case, there were many such defining moments that created my belief system and impacted my life and made me who I am. I developed an aversion and fear towards studies and completely lost interest and confidence in myself. My self-esteem was low. No matter what I did I could not become my normal self and could not excel at anything, and it had its impact even until



now. I decided to work on myself, structure myself the way the caterpillar retires from its caterpillar life and the outside world, and shelters itself in a cocoon to structure the upcoming changes.

I was in my fourth standard and I was a good student though not very studious. Everything was going well. My teachers loved me and I was very happy. I changed schools after my fourth standard. A new school meant new friends, new subjects, new teachers. I was just a nobody in the school. I was confused and I could not handle it, and I was always in a state of fear.

This created my fear of studies, but I was not able to tell anyone what is going inside my mind. On top of it, my parents had a lot of expectations from me. This led to a lot of stress in my mind and it affected my studies and I could not get good grades in one of the subjects. My mom was terribly upset and scolded me and tore my report card in anger in front of my siblings. I felt, hurt, humiliated and unloved. After that, I could never get a good grade and my parents were disappointed with me and I formed a belief that:

I am good for nothing.

I am worthless

I am not good at anything.

No one loves me

And what happened due to this is low confidence, low self-esteem, no interest in studies, and life. A happy go

lucky child became very self-conscious, scared of talking to people and confused about the purpose of life.

How does having negative beliefs affect your life?

These strong defining moments either work in your favour or totally against it. If it is working for you then your self-worth is high. You are able to find happiness inside yourself. You don't feel entitled to everything. Love is not a requirement for your happiness or self-worth.

Negative beliefs are like protective mothers. They do not allow you to go out of your comfort zone. They do not allow you to take risks and be creative and almost stop you from being successful. To bring a change in yourself you must bring a system and structure in your life. If I had to change and transform my life and change my negative beliefs into positive beliefs, it would have looked like this:

- I can achieve anything.
- I am the best.
- I am powerful
- Everyone loves me
- I love learning new things

It is not an easy process. It needs a lot of systemic change in yourself.

Just like the caterpillar shelters itself in a cocoon to structure the coming changes. We too need to structure a similar change. We need to create a space for change to

occur and a structure to keep ourselves alive while we go through the process.

So, if you want to change your circumstances, improve the situation, you must alter your current perception of “reality” by changing your belief system. Our belief system must be changed in order to change the course of our life

Take a minute to reflect: Are these beliefs holding you back from success? if yes, it’s time to think about what beliefs are holding you back.

1. Fear of failure
2. Listening to negative voices
3. Striving for perfection
4. Your past haunting you

The only way to stop holding yourself back from achieving your life goals is to start. Stop making excuses. Stop self-handicapping. Just start. When you build a structure of routine and ritual, we create for ourselves. We start reforming our liquefied sense of self. A new outlook, a new body of practice are forged.

“

*Never be bullied into  
silence. Never allow yourself  
to be made a victim.  
Accept no one's definition  
of your life, but define yourself.*

*—Harvey Fierstein*

”



CHAPTER  
*Five*

*Be The Better Version of  
Yourself*



**I**t is believed that everybody has a unique talent. It is not just mere luck that lands some people on a bed of roses and some on the streets. Now, there could be some genuine reason for you not being able to do what you dearly wished to at some point in your life. But if that is the case with your entire life, you are surely doing something wrong.

There will always be someone better than you in every aspect of life so try and figure out what exactly is your special talent. It could sound like a stupid talent to many because for them that talent has not yet evolved or been spotted in many people. So you see, if no human is the same, then we are all unique. So, how can one's talents be the same as the others?

Similarly, do you think that more than half of the graduates in India really want to become engineers, doctors, or lawyers? Clearly, they don't, but they are still struggling in a field they are not naturally meant to be in. This causes a lot of problems and leads to various insecurities.

I have always been concerned about what people think about me. I wanted to do well in the world. I had a deep need for outer acceptance because I wasn't embracing myself on the inside. I thought that if I stayed out of trouble -If I just avoided controversy and did my best to please the people around me – I'd feel safe in the world. The society said that good girls kept themselves quiet and

small, and I tried to emulate that. So I became a sweet person. I let other people come first. I put my own needs aside. I sacrificed my own wellbeing. But was I happy? I was miserable.

However, as is the case when we try to be someone we're not, this worked for a while but, eventually, I was doing more harm than good to myself. The 30 years of my married life was on rocks. A lot of misunderstanding, It took just 30 seconds for him to shatter everything, my self-worth, self-esteem, everything. I was resentful, hurt and depressed. Everything changed after that. Relationships changed, priorities changed, beliefs changed. I decided that enough is enough. Enough of pleasing everyone at the cost of my happiness.

I decided to put myself up on my priority list. It's not that I stopped caring. I am still someone who feels and empathizes deeply with others, but I decided to stop operating out of fear and guilt. I have realized that as much as it sounds cliché, you must cultivate happiness within instead of expecting the world to hand over the trophy for your good behaviour.

I had to decide between the two - keep trying to be adorable or step up and own my power. When I stepped up, something miraculous happened. By embracing my most powerful self, I grew from a jealous, scared girl into a woman who helped others, believed there was enough for everyone and was happy. I was a powerful woman and there were no handbags required.



Just like a caterpillar when it secures itself in the cocoon and structures itself by secreting an enzyme that liquefies its body, once we decide to restructure ourselves we change within and dissolve our sense of self and get connected to self. While working on my depression, I used several methods to dissolve myself so that a new self can be born.

I just asked myself one question. Am I the powerful version of myself? The answer was a no, and thus began my journey of becoming and transforming into a powerful version of myself.

So how can you become a more powerful version of yourself?

Once you decide to be the better version of yourself, focus on the end goal i.e., your ideal self and work towards it. Take concrete steps towards it. The steps leading to your ideal self are:

## **1. Be willing to shed your old identity**

When you determine to find your ideal self, you have decided to raise your bar to yourself as well as to the people around you. Your old self will resist due to feelings of insecurity and fear of the unknown. Your old self will resist the change, it will push you to familiar situations, to your old identity. To overcome that, you must embrace the 'I can do' attitude.

## **2. Tame your fears**

Fear is the worst enemy that robs us of our courage and distracts us from the present moment. Taming your fears is very important to better yourself. Whenever you feel insecure or anxious, write down what you are fearing and what it is about. Then write down an alternative explanation that is realistic but less scary. Gradually, your mind will start registering the rationale. In time, the process of checking your fears and creating a plan will help you overcome your fears.

## **3. Amplify your strengths**

As you learn to be a better version of yourself you will find a road of exhaustion where your current skill set is inadequate. You need to build additional skills. Do not get discouraged, be positive, and believe in yourself and cultivate creative thinking rather than getting bogged down by self-defeating views.

## **4. Manage yourself effectively**

Be your own boss with effective self-management. Effective time management sets you free from stress, steers you toward your ideal self, and relieves you of others' expectations. It also helps you stay accountable and in control of your resources,

## **5. Prioritize outcomes**

Set a goal. Pick something plain and achievable, like getting organized or reading more fiction. Making a measurable goal is one of the most effective ways to get out of your head and build confidence.

With these simple yet powerful techniques, you can work towards becoming a better version of yourself. So take charge and step up.

“

*If you want to change  
your life you have to raise  
your standards.*

**—Tony Robbins**

”



CHAPTER  
*Six*

*Upgrade Yourself,  
Change Your Life!*



**I**t takes a lot of courage to reflect and take a decision to leave all your ego and look for complete transformation.

I decided to give myself a chance to change and become a better version of myself. This thought and decision brought much relief into my being. I felt as if I had liberated myself from the clutches of dependency on the people around me. I now have a choice of who I want to be, with whom I want to be associated with, and with whom I want to be surrounded by.

I now sensed a new hope for my future, while all other aspects of my life seemed the same. I wanted to shed my old identity of self-doubt, low self-esteem, low self-confidence and emerge as my most confident, courageous, and beautiful self. I am now in the process of reforming myself from my old beliefs and upgrading in all aspects of my life. The caterpillar liquifies itself in its cocoon and reforms into its new shape of a butterfly. Similarly, the structure of ritual and routine that I created for myself enables me to reform my liquified sense of self.

We must tell ourselves a new story of who we are and what we are capable of. Affirmations and mantras can be very useful at this point to set a new pattern.

I am excited about this new me. I am on the road to transformation

As Tony Robbins said, "if you want to change your life you have to raise your standards." it's true that as long as you are okay with whatever you are doing with no intention of improving yourself you will be stuck in your life. The quality of your life is a reflection of your standards.

You could make millions but still, stay poor. And here being poor doesn't mean making less money. Being poor is about your mentality. 55 years of my life I chose to be a nobody, with no purpose in my life, no passion, no goal, I was just living life like the flow of a river and I was stuck in all aspects of my life. When I decided to step up and give a new meaning to my life, the only thing I could understand was to change my mindset about things, about my relationship with success, failure and people

You can raise your standards regardless of how much money you make. It's not about money, it's about mindset.

Different people have different values. We can have high standards in some areas of our lives while we may avoid other areas.

Here are five major areas of life where you can raise your standards:

## **Health:**

Smoking, excessive drinking, eating unhealthy foods and a sedentary lifestyle are the major reasons for the global health epidemic. It has become quite common these days.



Your health and fitness must rise above an average person if you want to live well and feel good in your body.

Raise your standards by eating healthy foods, training your body, sleeping well and relaxing on purpose.

## **Wealth:**

If you want to raise your wealth standards, learn to manage your finances. Spend money wisely, track your expenses, save for the rainy day, negotiate and invest.

Being invaluable means doing extraordinary work. Constantly seek opportunities to learn and improve your work. Keep making progress and don't settle for average work.

When you raise your work standards, you get a better outcome. As a result, you love your work. Average work leads to lousy results, and that's when we hate our work.

*“We only get what we believe that we deserve.  
Raise the bar, raise your standards and you will  
receive a better outcome.”*

**—Joel Brown**

Develop a strong work ethic, keep your commitments and over-deliver to stand out from the crowd. Find your strengths and develop upon them to provide value to the world.

Average work will be replaced by machines. Develop creative thinking skills to secure your place in the future workforce.

## **Relationship:**

Surround yourself with people who accept you, respect you and inspire you to become better.

Raising your relationship standards also means connecting with each other by giving your full attention, love, and effort. It involves making sacrifices, caring for others needs, making others feel loved, and not taking others for granted.

Watch out for the people who show jealousy, selfishness, passive aggression, dishonesty, or narcissism. They drain out your energy and spread negativity around you.

## **Self-discipline**

You raise your standards every time when you —ignore the lizard brain, say no to distractions, delay gratification or choose voluntary discomfort.

Making small choices every day sets the foundation for your standards.

Stop reacting to temptations. The urge to open social media, check notifications, eat unhealthy foods, skip workouts, buy unnecessary stuff, dwell on the past, or waste time will always be there. It is your duty to recognize them and kill them before they kill you.

When you're faced with urges, acknowledge them and do the right thing anyway. You will feel proud and your self-confidence will become unshakable.

You don't have to give up all the pleasures in life. You can enjoy pleasurable experiences in moderation. Find a healthy balance for yourself but don't indulge beyond your allowance.

Your thoughts determine your actions.

If you want to put quality thoughts in your mind, you must build your environment in a way that most thoughts in your mind are useful or helpful.

Destructive thought patterns lead to depression, worry or anxiety. Your internal self-talk is how you speak with your subconscious. Make sure you talk to yourself from a higher perspective.

Become your own life coach. Use the power of self-affirmation to feel powerful and inspired to become great.

## **What beliefs do you hold for yourself?**

Most people never recognize what they are capable of because they think too small and lack self-efficacy.

If you raise the standard of your mindset, you will not be shattered by the failures or setbacks. You will see obstacles as an opportunity to learn and grow. You will get inspired instead of getting jealous. You will participate in healthy competition instead of comparing yourself with others.

*“What changes people is when their  
shoulds become musts.”*

**—Tony Robbins**

Identify where your standards are lacking and commit to raising the bar. Think about the cost and consequences of not raising your standards. Change your limiting beliefs and act on silencing self-doubt.

Raising your standards is not about being an egomaniac. It's about having a healthy level of self-respect.

Take inspiration from the mentors who are the best in your field and then craft your course of action. Your work would only improve when you set high expectations for yourself. In this course, you might find that your current standards are lower than what you wish to achieve. It's okay as long as you understand the gap and work to fill the gap

Run your own race and continually create, learn, reflect and improve. Eliminate all the excuses and take full responsibility for your life.

*“Let your actions prove that you're committed to living  
life on a new level. Get rid of the people and thoughts that  
confine you to an average existence. Raise your  
standards and aim for greatness.”*

**—Tony Robbins**

“

*Shoot for the moon.  
Even if you miss, you'll  
land among the stars.*

*—Les Brown*

”





CHAPTER  
*Seven*

*The Most Powerful Self*





**A**fter the caterpillar turns into a butterfly it is not ready to rejoin the world yet, it needs to dry out and solidify. Similarly, once we make ourselves strong by understanding our values, and aligning our thoughts, beliefs, emotions and our goals accordingly, it is now time to solidify our new selves. We need to give time for these habits to become strong or else there is a chance we could get back to our old selves.

To function at the highest level with maximum wellbeing you need to feel empowered and valuable.

## **What is personal power?**

Personal power is the internal state that allows you to stay aligned in the long term to your best interests in all circumstances. To feel powerful, people try to control and manipulate others but to be powerful is to strengthen the sense of self and consistently act in the interest of the long term.

After enduring all the humiliation and insult and with no one to support me, I was very depressed and shut myself in a cocoon to punish and torture myself. Then I turned inwards and started thinking about who I was punishing and why. What was my mistake? Was it that I had kept quiet? Was my mistake that I followed righteousness? Was it my mistake that I cared for the people around me? It

struck me that these were my strengths and I need not fear anyone. And I should work on making myself powerful not powerless. I learned about the laws of personal power.

Usually, people suffer and fail because they feel powerless in some areas of life. When they learn to observe the laws of personal power and internalize there starts the process of self-power. This empowers them to become unstoppable.

## **What do Personal Powers mean?**

Personal power means a sense of empowerment. It is an inner strength that carries you forward through the toughest of times. Having personal power means developing abilities to handle problems with courage. It means breaking free from inertia and from anything that holds you back. It is a kind of mental toughness that we bring to every situation. It is the ability to take a decisive action towards a desired goal or down an optimal path that helps you accomplish that goal.

It is about living life intentionally with a sense of purpose and optimism. It's about effectively managing your boundaries, your critical voice, and the unhelpful thoughts, that often sabotage your progress.

Likewise, personal power is about overcoming the limiting beliefs and beliefs that often hold us back from the things we want to accomplish.

And, yes, of course, personal power is also about influence. It's about positively influencing and impacting the lives of those around us in optimal ways. It's about becoming a force that's driven to make a difference to those we regularly interact with.

Personal power can be a tremendous source of mental and emotional strength that can help us work through challenges, obstacles, setbacks, problems, and adversity in more effective ways. In fact, it's something that separates winners and losers in all fields of endeavor.

Let us investigate these laws of power:

**1. Power of ownership:**

Some people feel powerless when they do not own something and react strongly to someone's attitude and behavior. They blame others for their misfortune, take themselves on the guilt trip, feel powerless most of the time and keep trying to prevent others from making them feel bad.

Empowered people believe that their environment or the triggers do not own or control them. They use their emotions to align it with their values and act accordingly. For example: On feeling guilty or doubting themselves or wallowing in self-pity, they regulate these triggered emotions, replacing the self-focus of guilt to compassion and kindness towards themselves.

**2. Power of Focus:**

Powerless people focus on what they cannot do. They often think of the things that are not in their control, try changing them, get disappointed and keep blaming their circumstances and the people around them. For example, if they are stuck in traffic, they will focus on how the traffic lights have to be synchronized. or how everyone drives, have problems with everything around them and are incapable of taking actions and decisions.

Empowered people focus on how to improve their situation and their experience. When stuck in traffic they make a phone call, reorganize their time to make up for being late, or relax and listen to music or a book on tape.

**3. Power of Self-Awareness:**

Powerless people are not aware of their emotions and impulses and have no understanding of their impact on their desires, goals, and values. They are unaware of their physical and mental resources which strongly influence their experiences. Lack of awareness leads to setbacks and failures with no clarity in their goal.

Due to the inability to understand who we are, what we are doing, why we feel the way we do we are not able to see things clearly. We aimlessly drift away from our goals and blame everyone around us for

our misfortune, wallowing in self-pity which does not let us step up.

Empowering yourself helps you understand your psychological, emotional, and intellectual resources and responses that you need to give at the right time. We know for instance, that when angry, we're less likely to act in our best interest. So choose to regulate the anger before acting. We understand that our anger is most likely a response to being hurt or being undervalued. Accept it and take actions to heal, improve, become more valuable, and not more powerful.

Getting in tune with these dimensions of yourself helps you act more authentically, consciously, from a place of kindness and love, and creates an understanding of the world and your unique place in it. Harvard Business Review even wrote an article recently saying, "When we see ourselves clearly, we are more confident and more creative. We make sounder decisions, build stronger relationships, and communicate more effectively."

Realizing that being self-aware does not just mean doing and saying the 'right' things all the time was a game-changer for me. It means understanding what I love about myself and how to give more of that while being in tune with things that I want to improve with ways to act.

With my 54th birthday at the end of June and the start of my 55<sup>th</sup> year, I've been seeing this as an opportunity to hit refresh; to reflect and cultivate a deeper sense of awareness because just like my year changes, so do my needs, wants and desires.

**4. Power of Self-Regulation:**

Those who master the skill of regulating weak modes with power modes are less resentful and get angry less frequently, simply because those typical reactions to feelings of powerlessness are far less necessary. They can take the perspectives of loved ones when they disagree, be less reactive, and more patient with everyone they encounter. They can learn from their mistakes and take joy in a sunset or sleeping child's face. They can still feel helpless, dependent, depressed, or destructive but can regulate those transient states to become more competent, growth-oriented, creative, nurturing, cooperative, and compassionate when necessary. In short, they have a stable and powerful self. In all, there are two modes: competent mode or helpless mode.

Empowered people can regulate mental states or "modes of self," which are organizations or styles of thinking, feeling, and behaving. Modes of self make the world around us mean something specific and present a certain selection of thoughts, emotions, and behaviour at any given moment. For instance, we will experience a situation one way in

the “competent” mode of self and quite differently in the “helpless” mode.

The major modalities of self fall into two broad categories:

Power modes - Competent, creative, growth-oriented, healing, nurturing, cooperative, and compassionate

Weak modes - Helpless, dependent, depressive, destructive.

However stressful a situation, it will be negotiated more efficiently and more pleasantly in the power mode. Encountering any situation in the weak mode guarantees confusion or pain.

Signs that you have depleted your personal power:

- You regularly succumb to other people’s expectations from you.
- You blame things around you and complain but make no positive changes to your life.
- You don’t trust yourself to make decisions and depend on others to make decisions.
- You regularly seek approval from other people to your own detriment.
- You feel worthless, lacking confidence and incompetent.
- You are easily hurt and scared of rejection, judgement and criticism.

- You don't feel comfortable around conflict and will go out of your way to avoid it.
- You have a pessimistic nature and think that you have been wronged by others.
- You carry a lot of anger, guilt, frustration and resentment inside.

## **How to reverse these to gain back your personal power?**

Flip them into positives and keep repeating them . That signals your brain and conditions it to accept them thereby empowering your personal power.

- You are decisive and deliberate in your actions and follow your own gut feelings and intuition.
- You take full responsibility for your life, problems, and circumstances and do what you can to improve the situation.
- You trust yourself to make the right decision at the right time. But if by chance you don't, then you trust yourself to correct any mistake you make.
- You are extremely independent in thought and action. Yes, you take other people's opinions into consideration, but the decisions you make are ultimately your own.
- You feel confident in social situations and in your ability to influence the opinions, perception, and behavior of other people.



- You feel confident in your ability to get the very best out of yourself in every situation.
- When things don't pan out as expected, you're not easily discouraged. You instead dig deep and use setbacks and adversity as motivation to help push you forward.
- Circumstances that lead to conflict bring out the best in you. You thrive as a mediator and negotiator in situations where there is a difference in opinion.
- You have a very optimistic nature that's grounded in reality. You view circumstances rationally and then take appropriate action to make the best of your predicament.
- You're emotionally intelligent and understand that value of maintaining your composure in emotionally charged situations.
- You wholeheartedly give of yourself, of your time and energy to others, but you're also very vigilant to look after your own needs.

Along with the above mentioned exercises it is very important to have the following list of requirements to wield your personal power completely.

Having clear written goals. When you have clear set goals it propels you to take action and move forward through the toughest of times. You will develop the necessary skills and relevant knowledge needed to accomplish that goal.

Personal power comes from certainty and certainty comes from clarity. And when you are clear and certain, you feel empowered and confident.

Adapting from changing situations-It requires being proactive and staying mindful of your thoughts, choices, and actions. When you have personal power, you work through your problems with a deep sense of confidence and self-assurance. This self-confidence transforms how you see your world. It transforms how you perceive and interpret all the problems, challenges and obstacles you face.

Redirecting disruptive emotions and impulses- It also requires overcoming unhelpful habits that hold you back from being your best self in every situation.

Developing drive and focus -Personal power consistently pushes you forward towards your outcomes. It isn't easy . It requires a lot of self belief, trusting yourself to make the right decision at the right time.It requires energy,enthusiasm,a positive outlook and ambition to get you through the toughest times.

Expressing your desires and needs-Personal power is about having the confidence to be yourself, to express how you feel, and to share your beliefs and opinions without fear of judgment, rejection or criticism

Committing yourself to self development -it requires committing yourself to lifelong learning— to progressively and consistently acquiring the necessary knowledge,

experience, and skills that can help propel you forward toward your goals. It is also about mindset. It is growing and developing your mind and your emotional resilience.

These are the things that turn you into a superhero of your life.

“

*An abundance mentality  
springs from internal security,  
not from external rankings, comparisons,  
opinions, possessions, or associations.*

*—Stephen Covey*

”



CHAPTER  
*Eight*

*Scarcity and Abundance  
Mindset*



## **The Enlightenment**

In the seventh stage of metamorphosis, the butterfly solidifies and is ready to return to the world in its new and strong avatar. It breaks out of its cocoon, unfolds its wings and returns to the world. Similarly, when you have formed new habits and stabilized in forming and sustaining them, it is time for you to return as well. Sometimes, we may find it difficult to rejoin the world as we got used to staying separate but we always have to return to see whether with all the distractions are we still able to manage ourselves well.

So, we break apart the discipline that sheltered us and go out into the world with new habits and attitudes. We go out and flap our wings. You should go out and have some fun, enjoy your new self. A good way to mark your return is with a party.

This happened after my elder daughter's marriage. We were all very happy and on the top of the world for having a great son-in-law. All my kids settled in their careers. But fate has something else in store. Just like the storm that hits after the calm, something came and disrupted the peace of my family. Relationships changed, people changed, affections had no meaning. Everything became purposeless. Everyone blamed me and said as a woman I

should have kept quiet and endured all the atrocities in silence and compromised accordingly. It is normal between husband and wife. But my mind was not ready to accept it. This depressed me even more and left me confused and anxious. I did not understand what decisions to take. I shunned everyone. And stopped talking to people as I expected that people would understand my plight.

Why was I looking for justification and validation from people? Didn't I know that I am right? Being a self reflective person, I started self-introspection and started the process of transformation as I did not like the depressed me. I wanted to get out of that. It took a long time to understand my values, myself, my beliefs, what is it that I wanted in my life. and where I was. During that introspection, I realized that self -love is so important to bring the desired change. I wanted to be successful, happy and ready to help people around me.

Amidst all this, I also realized that to build any habit or mindset, persistence is important, especially to bring abundance in your lives. Before I talk about persistence and its importance towards riches, it is crucial to understand what your mindset towards riches is.

It is very important to understand that as we navigate through our life, we face challenges in our day to day life. Dealing with issues and maintaining a work-life balance becomes difficult. Another difficult thing is accepting responsibility for your happiness and success. Though you



may do many things right, in the process, you might set up barriers to your achievement and the same is the case with your finance, relationship, health, love life, career.

Your mindsets affect how you live your life.

Do you blame yourself for not having something or always dwell in the past and have a grudge that you do not have enough? Are you quick to say that you do not have enough money, financial security, or the right house or car? In that case, accepting that you control your decisions can make a difference.

Your mindset can affect things like how you learn, manage stress and handle risk. It impacts your social, emotional, physical and financial health. If others attempt to put roadblocks in your way what mindset do you have to take action, move ahead and figure out how to get past those hurdles? If you allow them to confine you, then it will be challenging to get ahead and build a financially secure future.

While it sounds easy enough to do, it is harder for some than others. And that's where scarcity and abundance mindsets come into play.

These mindsets play a significant role in how you make decisions, how you spend, save, and invest your money, and how you go about living each day. Let us understand these principles of scarcity and abundance and how it affects our life.

## **The scarcity mindset Vs Abundance mindset**

When we talk of scarcity we usually connect with money. It is understandable. However scarcity is a mindset. It comes in many other forms-time, relationship, health, intelligence, judgement, power etc.

What happens to our minds when we feel we have too little? How does the context of scarcity shape our choices and our behaviors? They show that scarcity is not just a physical limitation. Scarcity affects our thinking and feeling. Scarcity orients the mind automatically and powerfully toward unfulfilled needs. For example, food grabs the focus of the hungry. For the lonely person, scarcity may come in poverty of social isolation and a lack of companionship.

On the positive side, scarcity prioritizes our choices and it can make us more effective. Scarcity creates a powerful goal in dealing with pressing needs and ignoring other goals. For example, the time pressure of a deadline focuses our attention on using what we have most effectively.

Scarcity contributes to an interesting and meaningful life. In the words of Professor Todd May, when there is always time for everything, there is no urgency for anything. A life without limits would lose the beauty of its moments, and it would become boring.

Demand for anything is always greater when the supply is limited. People want what they can't have, so scarcity creates value. Scarcity is not just about managing

the availability of resources and limiting supply—it can be the foundation of a successful business model.

When Howard Schultz expanded Starbucks, he knew that it was the feeling of community and connection, not just a decent coffee that was scarce. Boutique hotels changed the definition of luxury by understanding that people craved delight, not only a comfortable bed and fresh towels.

## **Some signs of a scarcity mindset**

1. Believing that situations are permanent

People with scarcity mindset believe that situations are permanent and believe situations are fixed and cannot be changed. Thinking this way has negative effects in many ways—it depletes our energy, harms our self-esteem, and makes life a burden. An abundant mentality sees life as dynamic and moldable. Perhaps most importantly, an abundant mentality sees life as an adventure. A scary and uncertain adventure at times, but an adventure nonetheless.

2. Using thoughts and words of scarcity

It is important to understand that negative thoughts and words alone cannot affect us, but when we start believing them, it becomes our innate character. To change it, it's important to refrain from using words or thoughts of scarcity when possible. For example,

“I’m not smart enough”, “I don’t have enough money”, “I can’t do this”, or “I’ll have to go without”. Instead, start using words of abundance: “I can handle this”, “I can always make more money”, “My mind is powerful”, and “I’ll always have enough.”

3. Being envious of others

Feeling envious towards others is a double-edged sword: it kills gratitude and stokes the fire of scarcity. Envy does absolutely nothing to better personal circumstances in any way. I should be making as much money as X person: Comparing yourself to other people is a sure-fire way to stay stuck in a rut of lack. Surely, we do not know what the other person is going through and how they are managing their expenses and themselves. Furthermore, everyone’s definition of success is different. It is important that you define what success means to you. When we stop becoming envious and instead choose to focus on gratitude, we come to the realization that life, for the most part, has been pretty good to us. When it comes to bettering our circumstances, we can consciously choose to devote our time and energy towards doing so and not wasting it on envious thoughts and feelings.

4. I am going to be rejected:

Fear of rejection often stands in the way of success. It limits your belief in your capability and people

tend to overestimate their chances of being rejected. Further, if you happen to get rejected, it widens your horizon of moving forward and continuing on your path. The idea of rejection is in your mind. It is not in reality. Even if you do get rejected it is an opportunity to move forward.

#### 5. Overindulgence

Oh yes, it is possible to overindulge with a scarcity mindset. When one thinks in terms of scarcity, they are most likely to overeat, overspend and, in general, become more gluttonous. This is because of another temptation: instant gratification.

There are many examples of this, but let's use one: Overspending.

When we think of money as a scarce resource, there's a tendency to use that resource for pleasure. But pleasure is not an antidote to scarcity. In fact, pleasure can reinforce the scarcity mindset that one already possesses. Let's say that we're having a tough day, feel down on ourselves, and need something positive. As we see it, we have a couple of choices: we could do something constructive like spending some time with the family (abundance) or we could put that new, cool gadget that we've wanted on our credit card (scarcity).

Abundance choice has absolutely nothing to do with money. We're focusing our time on what matters the most and not succumbing to some temporary pleasure that,

while good for a time, does nothing more than add to the notion that we simply don't have enough.

So, choose wisely. Let us give gratitude and think selflessly. Let us have an abundant minds.

## **We become what we think about**

These are the words by the famous Author Earl Nightingale who wrote in his book *The Strange Secret*. In his book he says that "If you think in negative terms, you will get negative results. If you think in positive terms, you will achieve positive results."

Marcus Aurelius, the great Roman Emperor, said: "A man's life is what his thoughts make of it."

George Bernard Shaw said: People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them.

Well, it's pretty apparent and so true. We become what we think about. If you have a concrete goal, you are going to reach it because you will be thinking of it. If you have no goal and you do not know where you are going, your thoughts will be in confusion, anxiety, fear and worry which ultimately will create a life of frustration, anxiety, and worry.

It is important to understand that you are the sum total of your thoughts. Do you want to attract abundance

in your lives? Think, act, believe in abundance. I wanted happiness in my life, a good job, respect, love and money. The moment I shifted my thoughts from a scarcity mindset to an abundance mindset, everything I craved for in the 30 years of my life after marriage and did not get, I got it in two years. I had a goal for a good job, buying a house and a car. Everything which was taken away from me. The moment you decide on a goal to work toward, you're immediately a successful person .

Don't concern yourself too much with how you are going to achieve your goal — leave that completely to a power greater than yourself. All you have to do is know where you're going. The answers will come to you of their own accord, and at the right time. Start today. You have nothing to lose — but you have your whole life to win.

## **How can you attract abundance?**

It is a very simple 30 day process. If you do it consistently you will definitely be able to achieve what you wish for. Follow these steps for the next 30 days:

1. Write down what you want more than anything else on a card. It could be a raise in your salary, a new house, a great relationship, good health etc. It could be anything. Make sure your goal is clearly defined. Carry this card with you. Look at it in the morning, before going to the bed, look at it several

times a day in a cheerful, relaxed positive way. The moment you have written it is already yours.

2. Stop thinking about it with fear or doubt. The moment negative thoughts come your way, replace them with a positive and worthwhile goal. Act as though it is impossible to fail. It is difficult to practice and stay consistent. The mind plays tricks on you but nothing is impossible with practice.

Gradually new habits will form and you will find yourself at a stage where nothing is impossible, and the floodgates of abundance will open and pour over you more riches than you may have dreamed existed. Money? Yes, lots of it. But what's more important, you'll have peace, you'll lead calm, cheerful, successful lives.

Start today. You have nothing to lose. But you have a life to win.



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*If You Find Yourself Weak  
In Persistence Surround Yourself  
With A Mastermind Group.*

*—Napoleon Hill*

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CHAPTER  
*Nine*

*Power of Mastermind*



## **Gaining power through mastermind**

The “Master Mind” may be defined as: “Coordination of knowledge and effort, in a spirit of harmony, between two or more people, for the attainment of a definite purpose.”

The importance and need of surrounding yourself with like minded people can be beautifully explained through this wonderful story.

There was once a man, who regularly attended meetings with his friends, suddenly without any notice stopped participating.

After a few weeks, one very cold night the leader of that group decided to visit him. He found the man at home, alone, sitting in front of a fireplace where a bright and cozy fire burned. The man welcomed the leader. There was a great silence.

The two men only watched the dancing flames around the logs that crackled in the fireplace.

After a few minutes the leader, without saying a word, examined the embers that formed and selected one of them, glowing most brightly of all, removing it to the side with a pair of tongs. Then he sat down again.

The host was paying attention to everything, fascinated. Before long, the lone ember flame subsided, until there was only a momentary glow & the fire soon went out. In a

short time what was previously bright light and heat had become nothing more than a black & dead piece of coal.

Very few words had been spoken since the greeting.

Before preparing to leave, the leader with the tongs picked up the useless coal & placed it again in the middle of the fire. Immediately, the ember was rekindled, fueled by the light & heat of the burning coals around him.

When the leader reached the door to leave, the host said: Thank you for your visit and for your beautiful lesson. I'll return to the group soon.

## **Why is the ember extinguished?**

**Very simple:** It is because each member that withdraws takes fire & heat from the rest.

It's worth reminding friends and family that they are a part of the flame.

It's also good to remind us that we are all responsible for keeping each other's flame burning & we must promote the union among us so that the fire is really strong, effective and lasting.

Let's keep the flame alive.

Life is beautiful with friends.

The mastermind group helps significantly in shaping your life, personality and business. The intention of the mastermind group is that peers can help each other solve problems and develop them together with their

inputs and advice from each other. The core value of a mastermind group is the synergy of energy, motivation and commitment as well as willingness to learn and grow together.

The concept of mastermind group was first introduced in the book called “Think and Grow Rich” by Napoleon Hill in which he described Mastermind as a group of two people who come together with the aim of solving problems.

The beauty of mastermind groups is that participants raise the bar by challenging each other with total honesty, respect and compassion.

It is a well known fact that a group of electric batteries will provide more energy than a single battery. It is also a fact that an individual battery will provide energy in proportion to the number and capacity of the cells it contains.

The brain functions in a similar fashion. This accounts for the fact that some brains are more efficient than others, and leads to this significant statement—a group of brains coordinated (or connected) in a spirit of harmony, will provide more thought-energy than a single brain, just as a group of electric batteries will provide more energy than a single battery. The beauty of a mastermind group is when you surround yourself with likeminded people, your brains are coordinated and the increased energy creates magic and leads to power of Success.

A person needs to understand what type of people he is hanging with.

**Toxic:** As the name suggests toxic people add a lot of negativity in and around you not allowing you to grow. In fact they hinder your growth process; they are jealous of your growth. They protect you from going out of your comfort zone.

**Non Toxic:** Non-toxic people are the people with whom you must spend your time with. They help you, support you, challenge you and change your thoughts to keep you going. You will need a dose of unconditional love, cheering on, being appreciated or understood. Such support comes from families, friends, peers and mentors.

## **What are the core principles of a mastermind group?**

It doesn't require a lot but there are some key principles which need to be met:

1. **Commitment:** Only the people who are aware of their time and energy would join such groups, commit to their groups and contribute. People expect you to engage with them and support them. Therefore a level of commitment is key to a mastermind group.
2. **Confidentiality:** Mastermind groups want members who can feel comfortable in their group. Sharing goals, thoughts and ideas often requires a certain level of courage, therefore members have to trust



each other's confidentiality to smoothly work together.

3. Willingness to both give and receive orders: There is absolutely no space for ego in mastermind groups. The success of the group is designed by the willingness of the individuals to engage with each other. By not contributing to the group you will only unsettle your peers and lose their trust.

Master minds act as catalysts for growth, devil's advocates and supportive colleagues.

## **What are the benefits of a mastermind group?**

There are many benefits of being a part of a mastermind group including:

1. Support: You have a group of other people to help you succeed.
2. Ideas: Other members of your group give you new ideas, different perspectives and critical feedback. My favourite ideas are when other members of the group explain what's currently working best in their businesses and you can then just apply this to your business with great success.
3. Resources and connections: Members of your mastermind group will each have their own rolodexes and can introduce you to people and resources that will help your business grow.

4. Partnerships: Oftentimes you will find other business owners in your mastermind group in complementary businesses that you can work with to collectively grow.
5. Quick learning curve: Members of your mastermind group will possess skills and ideas that may have taken them years to develop; and they can often share them with you in a matter of minutes.
6. Accountability: Your mastermind group keeps you inspired and accountable, so you achieve your goals.

**Few examples of a successful masterminds:**

President Theodore Roosevelt started a mastermind group during his presidency. Roosevelt was only 42 years old when he became president (the youngest age ever for an American president). He needed help working with many of the other politicians who were much older than he was and turned to his mastermind group for this guidance, support and help.

And finally, the historical mastermind group was called “The Vagabonds”. It included Henry Ford, Thomas Edison, President Warren G. Harding and Harvey Firestone (founder of the Firestone Tire and Rubber Company).

This group is my favourite, since collectively they achieved such amazing things.

## **Are masterminds really that successful?**

Imagine what the right mastermind group could do for your business. If you were able to get expert feedback and new ideas on an ongoing basis? If you got introductions to amazing people and resources that could help you grow your business? And simply, if you just got to spend more time with other exceptional, motivated entrepreneurs who were committed to achieving massive success, and who were dedicated to making sure everyone in the group did the same.

Yes, the power is the mastermind is mighty. So, if the opportunity presents itself for you to start or join a mastermind group, jump on it.

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CHAPTER  
*Ten*

*Your Success Blueprint*



**T**o build a house, what is the first step you take? Select a site where you want the house. Then you plan what type of house you want, what is the budget of constructing the house. Then you will decide on how many rooms, how many floors, etc. Then based on your design and budget a blueprint is sketched. A framework of your house is designed. That is how a well-built house gets a shape and form. Similarly, any framework is to define your own unique definition of success. This is how you take ownership of your success.

Before deciding the framework, it is very important to understand what your crazy dreams are, what all you want to do in your life. Then think of what is the worst thing that could happen to stop you from achieving your dream. Always have a Plan B ready in case things do not go as planned.

Now look at your crazy fearless dreams. What do they look like in your head? What do they make you feel like? Create a visual picture of your dreams.

First understand your values, your power coding, what outcomes you want in your life, who are the people who empower you in this process and lead you towards your success. Then, create a success blueprint of your life which is like a roadmap of your journey. It's like a GPS to your journey of success. So, don't stop. Become unstoppable.

## **What does success mean to you?**

Being successful can be viewed in many ways, it could be being happy, having a nice house, being rich, being a good mother, or having something to make someone envy you. Many people only look at success in two ways: popularity and money. To me, success means to set a goal for myself, plan the steps to achieve it, carry through with the plan, and finally to achieve my goal. There is no better feeling than when you have finally accomplished your goal that you have set for yourself.

Now create a checklist for success. Make a blueprint which will pave the way to success.

*“Many people fail in life, not for lack of ability or brains or even courage but simply because they have never organized their energies around a goal.”*

**—Elbert Hubbard**

If you observe successful people, you will see a pattern in habits they follow and their consistency that move them closer to the outcomes they desire.

It becomes clear that not only do universal strategies and perspectives exist, but they exist in order. We all know that at the end of the day, results are produced by consistently working towards your goal. But the truth is, certain things must be in place before you are able to start acting consistently.



Below, you'll find a blueprint that distils the insights of these conversations. Think of these as the 7 boxes you must check to ensure you're on the right path towards your goals.

1. Know what you want

What do you really want? It's not enough to have a vague idea of what you might want to achieve. I challenge you to get so clear on your goal that you can articulate it in one clear, concise sentence. "Um" and "like" is a symptom of not being clear enough. "I want to lose like 50 pounds" is a statement that sets you up for failure. If you try, you can find a meaningful way to quantify the results you are seeking.

People who reach their goals are clear on what they are doing each day and why they are doing it in the first place. This type of commitment requires accountability and some deep inner work, but the clarity you obtain in the end will be well worth it, as it will serve as your magnetic north along the journey towards your goal.

2. Know the playground you're playing in

Be sure you know that the road to life-changing results is paved with failure, adversity and self-doubt. Remember that not everyone is going to approve of what you're doing and may judge you for the amount of effort you put into making your

dream a reality. Be aware of the sacrifices you will have to make and the amount of work you will have to put in.

All of this is to remind you how important it is to remember the playground you are playing in. The goal-achievement playground requires you to act in a manner you never have to obtain something you have never had. It might feel lonely at times, but others have taken the path you are on. Embrace the grind and relish in the fact that you are doing something few others are willing to do.

3. Choose perspectives that serve you

Your mind is your greatest asset, so feed it the right messages that will serve you as you work towards your goals.

Here are some examples of empowering perspectives:

Focus only on the things you can control. Taking daily action is the only thing that matters. You can't change something you aren't aware of. Remind yourself why you are doing it in the first place. Surround yourself with people that make you better. Success is simply the ongoing process of striving to become better than you were yesterday.

Most importantly, the only way you fail is if you quit for good. Anything else is a delay in the process towards your end result.

4. Make a true decision

You will never achieve your outcome with a pocket full of maybes. Remove ‘maybe’ from your vocabulary. Think about what you have to do to ensure that the day you start, there is no turning back. The moment you truly decide to start without giving yourself an escape route is when the results will come.

5. Align your focus with the right things

It doesn’t matter if your goal is to lose weight, make millions, or save the world.

There are only 1-3 things you must do each day that will truly move you in the direction of the result you’re after. Read that again: 1 to 3 things. Cut out the things that don’t matter. If you don’t have a coach or mentor to help you decide what those things are, use the 80/20 rule. Protect the time you allot to those tasks with your life. Nothing else you do (or don’t do) should matter, because completing those means you are one step closer to your outcome.

6. Select the appropriate strategy

At the end of the day, your results will be contingent on the right strategy. Make sure you have chosen an approach that will move you in the right direction.

It's important to pick a strategy that works for your lifestyle, responsibilities, and values. Only change a strategy because you tested it first hand for a month or more, only to find that a more effective approach may work. Don't be that guy that searches for a new program every 3 days because the old one "didn't work." All strategies work. It may just take some time to figure out the right combination of variables for your situation.

And also, never associate failure with a strategy that isn't working. It's not your fault that the results aren't coming in as you'd like them to; it's simply your responsibility to fix it.

7. Consistently act towards your goal

This is all you need to do in order to achieve your goal: take daily action until your end result is realized. To this point, you have done a ton of work on yourself, soul-searched, and grown into someone capable of making this happen for themselves.

Remember, action is the universal denominator toward all successes. Without it, you stay the same. This may be the most important strategy and perspective of them all, so do not forget it.

So what is my success blueprint:

My baselines and values - Empathy, Respect, Family, Commitment, Gratitude Adaptability.

My top 6 E codes:

- I am the best and I can achieve anything
- I attract abundance in life
- I have unleashed my power of knowledge.
- I am healthy fir and enjoying goodness of life
- I have full clarity on what I want to achieve in my life.

My mastermind group:

- Family
- Colleagues
- Mastermind group and buddies
- My coach

**My Ultimate one year outcome:** To lose 20 kgs by October 2020. I will walk for one hour and do strength based training, follow a healthy and nutritious diet, avoid junk food, track my food and exercise regularly, journal and say my affirmations to keep myself on track.

**My decisions:** To work on my limited beliefs and set a measurable and realistic goal to improve myself and become successful and coach 5000 clients in the year 2020.

**My power code statement:** I am unstoppable, super powerful, charged with positive energy. I am a strong, empathetic and a unique person.

I have found my true self and thus embarked on a new beginning to a new me. One thing I have understood during this process is that self- love and self- belief is important to reach your goal.

The above steps helped me to become self-confident and my outlook towards life changed completely. Now, I do not bother about whether I will fail or will succeed in my life. I overcame my limiting belief and looked towards life rather than disappointments, frustration, hurt, anger and resentment. My perspective towards life has completely changed and is leading towards success. I am not scared of meeting new people and talking about new opportunities. Now my mission is to give this system to people who are on their quest to self-discovery.

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*Gratitude builds  
a bridge to abundance*

*—Roy Barnette*

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CHAPTER  
*Eleven*

*Gratitude A Bridge to  
Your Positive Future*



**G**ratITUDE is a bridge to your positive future. It is your passageway to success. Think about a bridge on the river. It must have a strong foundation structure on both banks. Without it securely anchored, the bridge will not be strong and can collapse anytime.

Similarly your bridge to a positive future needs to be secured. The stronger your foundation of gratitude is, the greater the distance your bridge can take you in life. And the strength of gratitude depends on your awareness of the support you achieve in your best possible life.

Gratitude also likens the emotion of trust, wrote Solomon, "...it involves an admission of our vulnerability and our dependence on other people." Gratitude helps us recognize the support that we have received on our path to achieve the life we have.

Gratitude provides you with the courage to pursue your ambition in life. Gratitude reminds you of everything that you have; what you remember strengthens your bridge to a positive future. And there are four key ways to reinforce your foundation of gratitude.

## **A Reminder of Your Key People**

First, gratitude reminds you of all the key people in your life. Think of these individuals now. Who are the people who advise you? Who are the people who challenge you?

Who are the people who set you straight when you veer off course? And who are the people who give you a hug when you need one? Be grateful for these people; strengthen your bridge.

In my life I am grateful to my parents for making me empathetic, caring and loyal to people around me, to my husband and his family for making me courageous, risk taker, adaptable and flexible and not to panic in difficult circumstances and letting me know whom to trust and not to trust.

## **A Reminder of Your Strengths**

Second, gratitude reminds you of your strengths. Think of what comes naturally to you. What do you do well? What do you enjoy doing? What do others say you excel in? What are your gifts? Be grateful for what makes you unique; strengthen your bridge.

To me, it is my sense of understanding people, believing that there is good in everyone and my strong belief in the supreme power that helped me in every ordeal of mine. My hard work, commitment, dedication which people have always admired, respect and get inspired by. I love helping people, listening to them without judgement and helping them to find their way. Being a great mentor and coach who is good with all age groups is my strength. I am always grateful that I am always grounded and humble and do not get carried away by failures and success. I take them both in equally and balance them.

## **A Reminder of Your Achievements**

Third, gratitude reminds you of what you have achieved. Think about what you have accomplished in your life. What goals have you met? What successes have you enjoyed? Be grateful for your achievements; strengthen your bridge.

As I said I am extremely grateful to that supreme power who helped me in all my achievements big or small and converting my failures into success and showing and guiding me at every step. My major accomplishment has been my children whom I have nurtured with love and care, the fruits of which I am enjoying now. My work as a teacher and making meaning in my students' lives.

My major accomplishment is getting into the Teach for India fellowship after an awfully bad phase of my life and inspiring the lives of young adults as a leader. My determination, will power, persistence and perseverance helped me reach a position where people trust me, respect me and admire me. During the lockdown period, I took the challenge of book writing and video making and successfully completed the target. Can you believe my first book is ready to be published?! I take this as one of my major achievements. In this journey of achievement, I thank all my mentors and am extremely grateful to all those who helped me achieve my goal.

## **A Reminder of the Wonders Around You**

Finally, gratitude reminds you of the wonders around you: the warmth of the sun, the glow of the moon and the stars, the current of a river, the ripples of a lake, the waves of an ocean, the comfort of a breeze, the colours of flowers, the majesty of tall trees, the utility of buildings, the speed of planes and the power of trains. Be grateful for the miracles of nature and the wondrous products of man; strengthen your bridge.

When you fill your life with gratitude, you will experience the feeling of abundance in your relationships, your strengths, your achievements, and everything that is miraculous and powerful around you.

Gratitude strengthens your bridge to your best possible life. Enjoy the crossing.

I express my deepest gratitude to the following people who have touched my life in their own special ways:

- My gratitude to Mr Arfeen Khan who saw an author in me. I had limited beliefs in my writing skills and never believed I could write though I have wanted to write my story and that's what I have done.
- My sincere thanks to Ms Smitaa, my coach who helped me in believing myself and overcome my limiting beliefs and take action,
- My mentor Subbu Parmeshwaran who is helping me to become a strong leader

- Shahnawaj Alam and Sara Khan who gave simple effective steps of book writing making it easy for a novice like me to finish the book. All my CTF buddies who challenged and pushed me to meet my target.
- Akhila Nageswaram and Mahadev Upadhyayula for editing and reviewing the book. Mahima and Shivani for their continuous motivation and encouragement.
- And last but not the least my family and the divine power without whose support it is not possible to meet my target and take a step.

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