

YOU CAN SUCCEED

Volume II



"If you want to achieve something in life... you have to **dream** it, **think** about it, **believe** and **work** for it."

"**Undoubtedly**, if you spend even half an hour reading this book everyday, you will find a **360° change** in your personality towards **positivity**."

THE SUCCESS MANTRAS...

-Dr. Sanjay Biyani



YOU CAN SUCCEED

The Success Mantras...

Dr. Sanjay Biyani

Success Formula

Book Knowledge	5%
Skill	5%
Discipline	10%
Positive Attitude	40%
Enthusiasm	40%
Total	100%

Dr. Sanjay Biyani

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YOU CAN SUCCEED (Vol-II)

Dr. Sanjay Biyani



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WITH ALL MY GRATITUDE
TO MY ELDER BROTHER



You have always exhibited bountiful
mental and physical robustness
& austerity while treading
the path of Discipline & Success.

Rajeev Biyani

It couldn't have been possible
without your inspiration & support.

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WE ALL HAVE
THE SAME MIND
BUT
DIFFERENT MINDSETS.

—DR SANJAY BIYANI

PREFACE

Dear Readers,

It is a privilege to introduce the third edition of **Success Mantra - II** to you. Please do not think that I am one of those motivational writers who take pleasure in sitting atop high mountains of glory, or perch on high pedestals, by lettering inspirational quotes. In fact I am one of those people from among the common masses who have risen to heights after facing the grueling heat of the world and running the rat race for long.

I have met several people in my life who are constantly struggling with their external circumstances as well as their inner insecurities. Mere reading of Motivational books cannot help them. The Healing lies in the internalization of what you read, acceptance of what you realize, and application of what you have understood. This is my **Success Mantra : The Mantra of being Focused in your actions. The Mantra of Inner Discipline. The Mantra of Simple Living and High Thinking.**

Through this book I have attempted to share with you some beautiful and inspirational thoughts that have helped me revolutionize my life, and I am sure that they can have the same effect on your life as well, provided you give them a warm welcome in your heart.

So go ahead and read this book. Feel Elated! Feel Encouraged! Feel Enlightened!

Dr. Sanjay Biyani

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Acknowledge with joy :

I am beyond being thankful to the Almighty for providing me with the strength to produce the third edition of my book "You Can Succeed".

It will be like showing light to the sun, and I feel at a loss of words while acknowledging my gratitude towards our reverend, spiritual guru "Shri Kirit Bhajji", for his bountiful blessings and guidance which helped me immensely to conceive and pen down the myriad thoughts for this book.

It is believed that GOD cannot be present everywhere so GOD created mother's. I am ever so thankful to my affectionate mother Smt. Pushpa Biyani, for being a personification of the same. My elder brother Shri Rajeev Biyani and my family also kept me protected through prayers and followed my passion of inculcating a positive mind set in the lives of others. A million thanks to them.

Special thanks to my better half, my wife, Priyanka for her steady support and constant faith.

I would like to appreciate Ms. Priyanka Chaturvedi, Ms. Anu Bhatnagar & Mr. Nilesh Sharma for their dedicated efforts in helping with the designing and editing of the book.

Last but not the least I wish to thank all my well wishers for sharing their valuable comments.

Your commitments and observations have been a perennial source of encouragement for me.

SBiyani

Dr. Sanjay Biyani

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How to Use This Book

Success mantras for students

VENI, VIDI, VICI.

(I came, I saw, I conquered)

Remember While reading.

- First and foremost have a **BELIEF** that you will be successful



- Read each chapter one by one



- Comprehend the **QUOTES** one at a time.



- Take time to **INTROSPECT** over the quote,
Think as to how it can influence your life.



- If you wish, pin up your favorite quote on your study table/
Book-Shelf etc., where you can view it again and again for the
gradually application and assimilation of the thought in
your life.

MAY YOU REACH
THE
PINNACLES
OF SUCCESS.

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Param Pujya Shri Kirit Bhai Ji

Foreword

It is a matter of great delight for me to express my views as a foreword to this invaluable book. I take the opportunity of blessing my disciple Dr. Sanjay Biyani, with the most progressive and successful future.

Since the past fifteen fleeting years of his attaining "Deeksha", Dr. Sanjay has exhibited dedication and true commitment to his pursuits. He has proven time and again his extraordinary capacity for asceticism, punctuality and discipline.

I have personally scanned through the initial draft of this book. It is an important resource of navigating the ocean of a successful life meant for all the age groups, especially the younger generation. This book contains instructive, inspirational and intuitive daily readings that can help the reader to transform his activities and spiritualize his whole life. This book should be read and applied to your life, to bring about a positive transformation.

I pray for his highest bliss and divine illumination. May this book have the wide circulation that it richly deserves.

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Our Book will "Spin You On" Positively!

**WHAT OUR BOOK
"YOU CAN SUCCEED"**

CAN DO FOR YOU:

1. Provide you with proven Success Principles that are simple, inspirational and motivational to help you to achieve better results in your relationship, work, and business.
2. Get you out of your Comfort Zone so as to demand more out of life.
3. When you feel down and discouraged, this motivational book will to Inspire you with the motivating thoughts.
4. Take control of your emotions, attitudes, behavior, and actions for the outstanding results!
5. Discover your inner potential and let your "Latent strength" awaken.
6. Your reading of this motivational book will make you appreciate your loved ones and have a better lasting relationship.
7. Undertake Challenges and Obstacles with a smile.
8. Have bigger Dreams and set better Goals.
9. Achieve Financial break through.
10. Relax and get rid of stress and worries.

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CHAPTER - 1

DHARMA & KARMA

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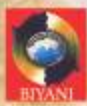
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SPIRITUALITY IS GOD MADE
WHILE
RELIGION IS MAN MADE.
THE HIGHEST FORM OF ANY RELIGION
SHOULD BE
DO GOOD,
FEEL GOOD
DO BAD,
FEEL BAD



A man is not righteous who carries out his purpose by force and violence. He is wise who distinguishes both right and wrong. He who guides others not by force and violence but equitably, is the guardian of the 'Law'.

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DHARMA & KARMA

THE POWER OF YOUR
KARMA
CAN TAKE YOU IN THE TOP LEAGUE.
IT ALONE WILL
REVOLUTIONIZE YOUR

DESTINY.



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Dr. Sarojini Biswas

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It's important for human beings to **Remember....**

**GOD is not to work for you
but to work with you !**



DHARMA & KARMA

**Each & every Karma
assigned is holy.**

**Devotion to it, is the highest
form of worship to God.**

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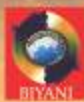
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It is not your task to punish or even judge those who have committed wrong or have hurt you. Karma the Divine Law, will take care of that.

—Geeta

Your assigned task is:
To Understand & Forgive.



*Every one of us as a soul, is
Arjuna today, looking for
Krishna, the mentor
around us.
Hence, when the souls are
battling against our
ownelves and attempting to
know, **Who we are? What
should we do? What is
right & what is wrong?**
Let Krishna the supersoul,
supreme mentor to dispel the
cowebs in of our minds &
dispel the darkness, clouding
around us.*

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Dr. Sanjay Egan



Please Think!

THE PROFOUND SYMBOLISM-A FEW DEEPS FROM
THE OCEAN OF KNOWLEDGE
THE BHAGWAD GITA

*Krishna-The charioteer Arjuna-The warrior
Signifies the world in its ardor state.*



The image of Krishna (Lord) as the charioteer as depicted in the Bhagwad Gita symbolizes the world.

The chariot (Rath) symbolizes the body and every human being adorns this chariot of physical human body, just like Arjuna who was seated on the chariot.

Krishna The Lord signifies our supreme Intellect, which guides us just like Lord Krishna acted like an advisor to Arjuna helping him towards a resolution to his dilemma by teaching him to detach himself from "Maaya" (Bodily love and affection).

Our heart is the rein which is held by the brain and it controls our five senses just like Krishna held the reins of Arjuna's Chariot.

In short,

The 7 symbols of Life as below. Please insert yourself in the above depicted picture.

- 1) YOU-ARJUNA-THE STRUGGLING SOUL
- 2) BRAIN-KRISHNA-THE SUPREME INTELLECT
- 3) PHYSICAL BODY-THE CHARIOT
- 4) HEART-REINS
- 5) FIVE SENSES-THE HORSES
- 6) MAAYA-WORLDDY PLEASURES IN OUR JOURNEY OF LIFE.
- 7) "KAURAVS AND PANDAVS"-COUSINS IN MAHABHARAT-SYMBOLISE THAT GOOD & EVIL, IGNORANCE AND WISDOM COME FROM THE SAME SOURCE.

So, in order to overcome attachments we have to learn to control the reins of the horses in the chariot which symbolize the heart.

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Please Think!

A CHILD HAS GOD'S image

*"A child playing ball,
By throwing it against the wall
Symbolizes,
Creation and Destruction,
of
The world by God".*

Have you ever observed a child playing with a ball, throwing it against the wall repeatedly?

We may wonder, why he does it again and again? If he wants to catch the ball then why does he throw it away?

This is actually a symbolic gesture representing God.

The Bhagwad Gita says that, God creates (transforms) and destroys the universe eternally. It is said that God, from the elements of his body breathes out trillions of universes that exist until he breathes in again (just like the throwing and catching of the ball by a child).

Thus, God has created a child as his own image.

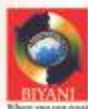
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Quran Says,

If you disclose your alms, even then it is well done, but if you keep them secret and give them to the poor then that is better still for you. This wipes off, from you, some of your evil deeds.



Humility is the word,
Forbearance the virtue and
Civility the Priceless Spell.
— Guru Nanak

DHARMA & KARMA

Ik aunkar satnam karta purakh...

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The Bible Says...

"For everyone who asks, Receives.

He who seeks, Finds.

To him, who knocks...

It shall be Opened...

DHARMA & KARMA

Have FAITH in GOD



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**No matter, how EFFECTIVE an
Orator you might be..
People judge you by your deeds
not by your WORDS.**

DHARMA & KARMA

**Like a flower with color
but no perfume,
so are the fruitless words of
a man who speaks them
but does them not.**



TAKE KARMA TO FOLLOW DHARMA

The God is within
You.

There is no
separate existence
of **God.**

Anybody can attain
Godhood by making
supreme efforts in
the **Right Direction.**



DO'S

BELIEVE IN GOD
BELIEVE IN FORGIVENESS
BELIEVE IN YOUR
CONSCIOUSNESS
BELIEVE IN TOLERANCE
BELIEVE IN SATISFACTION
BELIEVE IN RIGHTEOUSNESS

DON'TS

NEVER BE ENVIOUS
NEVER BE AFRAID
NEVER BE PROUD
NEVER BE IGNORANT
NEVER BE ANGRY
NEVER BE ATTACHED

DHARMA & KARMA

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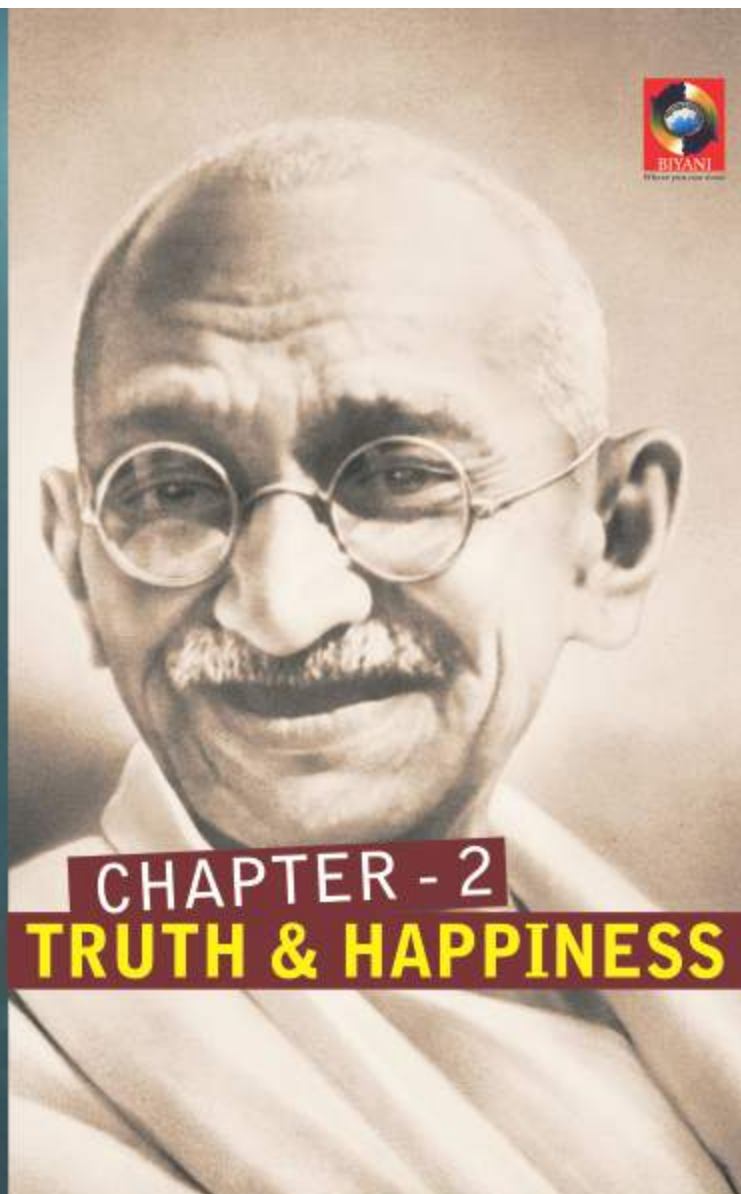
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Faith is the fundamental base of self confidence. If you can control your mind and start thinking positively, that will definitely increase your faith in the things you do. It will further increase your confidence level also.



CHAPTER - 2

TRUTH & HAPPINESS

TRUTH & HAPPINESS

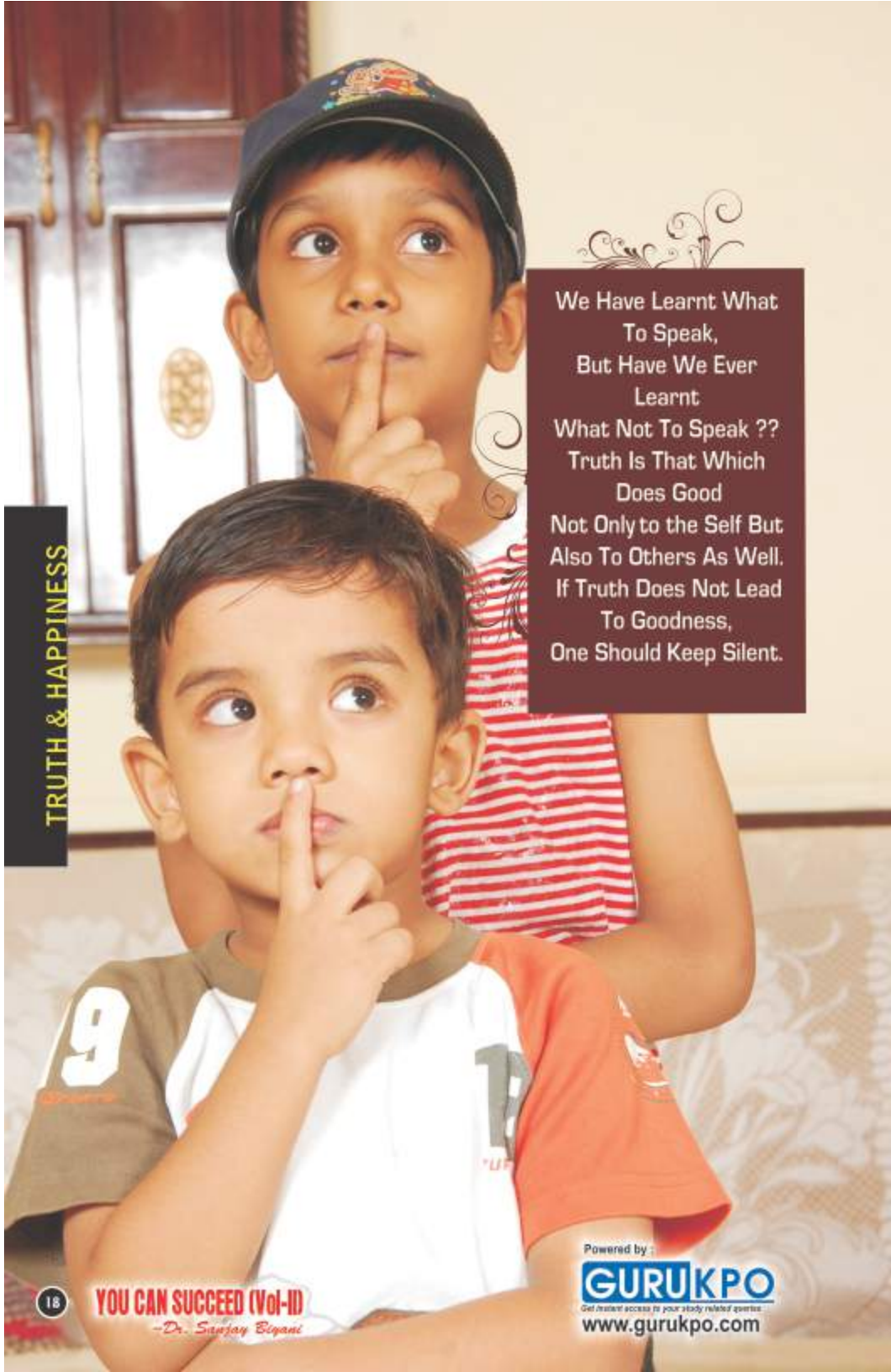
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— Dr. Sarojini Bhargava

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We Have Learnt What
To Speak,
But Have We Ever
Learnt
What Not To Speak ??
Truth Is That Which
Does Good
Not Only to the Self But
Also To Others As Well.
If Truth Does Not Lead
To Goodness,
One Should Keep Silent.

**IF ON THE ROAD
OF **TRUTH**
YOU TRAVERSE
KEEP IN MIND
THAT EVERY
FAILURE ACTUALLY
**IS A STEP TO
SUCCESS.****

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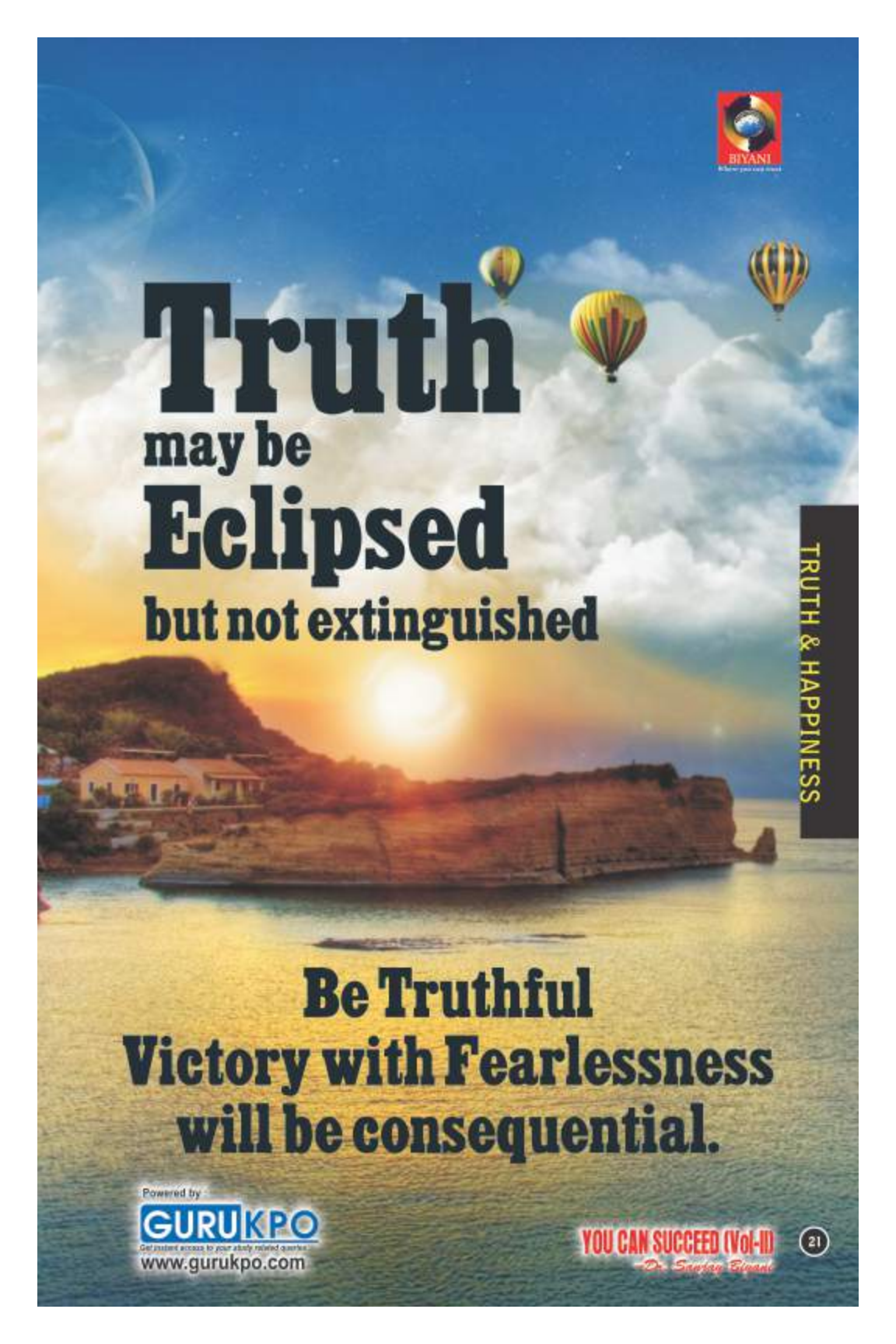
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When a person is truthful he is satisfied. Satisfaction leads to joy, consequently to enthusiasm for a successful life. Happiness is the the eventual destination for all of us. But when one is not truthful he may get prosperity but the conscience keeps on pricking him. When the person is not truthful, he stands defeated not in front of any opponents but in his own eyes. Isn't this the most shameful defeat. He stands defeated not in front of any opponents but in his own eyes. So in order to live a fulfilling life we should stick to being **TRUTHFUL** at all times.



Truth may be **Eclipsed** but not extinguished

TRUTH & HAPPINESS

**Be Truthful
Victory with Fearlessness
will be consequential.**

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Dr. Sarvagya Bhada

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Some say
Happiness is
elusive. But in my
opinion, Happiness
is **an attitude**. It is
all inside your **own**
mind, flowing
easily with
your life.

So have a **Don't**
Worry, Be Happy!
Attitude & Enjoy.

This world moves on the Laws of Attraction...



TRUTH & HAPPINESS

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No one
is incharge
of your
happiness
except
you.

FEARLESSNESS IS LIFE



TRUTH & HAPPINESS

**AND
FEAR IS LIKE DEATH.
FEARLESSNESS COMES
ONLY BY
PRACTICING TRUTH.**

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**The attire of
A Saint
is Calmness..
Whereas, that of
A culprit
is Harshness.**



Happiness is highly contagious and if allowed to spread, can infect the entire universe with Joy.



Please Think!

Be happy!

You will grow into God's greatest blessing, His highest pride.

Be happy!

Yesterday's world wants you to enjoy its surrendering breath.

Today's world wants you to enjoy its surrendered breath.

Tomorrow's world wants you to enjoy its fulfilling breath.

Be happy!

Be happy in the morning with what you have.

Be happy in the evening with what you are.

Be happy!

TRUTH & HAPPINESS



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DO NOT COMPLAIN. WHO COMPLAINS?

The blind beggar in you.
When you complain,
you dance in the mire of ignorance.

When you do not complain,
all conditions of the world are at your feet,
and God gives you a new name: Aspiration.

Aspiration is the supreme wealth
in the world of light and delight.

Be happy!

Do you want never to be poor?

Then be happy.

Do you want ever to be great? Then be

Be happy!

You will get what you like most.

You will get what you like best.

Be happy!

God sees in you His aspiring creation.

His transforming Realization,

His illuminating Revelation, and

His fulfilling manifestation.

Be happy! Be happy!

TRUTH & HAPPINESS

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THE SECRET OF A HAPPY HOME...



HABIT TO PLAY WITH CHILDREN...

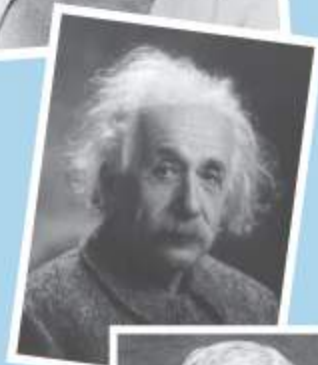
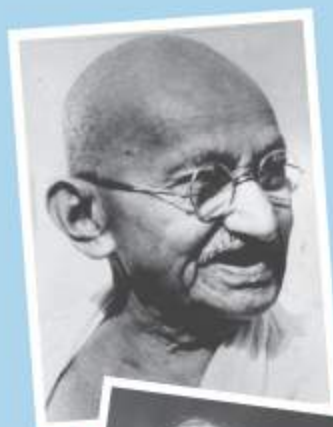
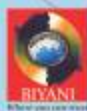
"FILL YOUR HOUSE WITH MIRTH
BY BEING IN COMPANY OF KIDS
AS CHILDREN ARE LIKE BUNDLES OF JOY
WHICH TRANSFORM YOUR HOUSE
INTO A HEAVENLY ABODE"
SO, IF YOU WANT YOUR HOUSE
TO BE BUZZING WITH
SOUNDS OF LAUGHTER...
LET CHILDREN COME AND PLAY
IF YOU DO NOT HAVE YOUR OWN...
DON'T WORRY...
INVITE THEM FROM
YOUR NEIGHBOR HOOD.
VERY SOON YOU WILL BE THE MOST
ADMIRER PERSON IN
YOUR LOCALITY.

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"NEVER JUDGE THE QUALITY
OF
SPECIES MERELY
BY
OBSERVING THE PACKAGING"

This means:

We are living in a world
full of prejudices and
we tend to judge
people by their
appearances

But as the age old
adage goes that looks
are often deceptive. A
thing or a person who
appears stunning from
outside may be
hideous at heart.(eg.
Supranakha and
Putana in Indian
mythology were also
eye-catching damsels).

So we must not judge
people by how they
look from outside, but
we should judge them
from inside.

TRUTH & HAPPINESS

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*This world
goes on a
Relationship...
Of give and take
You have to pay for each
and every Mistake.*



CHAPTER - 3 MAGIC OF PRAYER & SMILE

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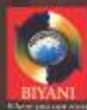
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PRAYER IS THE
RESPIRATION OF THE
SOUL, THE INTIMATE
BOND WITH ONE'S
CREATOR AND SAVIOR.
WE CAN SAY THAT THE
PRAYER IS
AN INWARD
COMMUNION WITH THE
DIVINE WHICH INCLUDES
WORDS OF PRAISE,
THANKS GIVING,
WORSHIP AS WELL AS
REQUEST, AS THE SHEET
ANCHOR TO RELY UPON.



**Learn to get in
touch with the
silence of
prayers within
yourself, and
know that
everything in
this life has a
purpose.**

MAGIC OF PRAYER & SMILE

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WHEN YOU PRAY,
PRAY WITH
ALL YOUR MIGHT
AS IT ALL DEPENDS
ON GOD.
WHEN YOU WORK,
WORK
WITH ALL YOUR MIGHT
AS IT ALL DEPENDS
UPON YOU.
HAVE FAITH IN GOD !
LEAVE THE CHOICES
UPTO HIM.



A smile is the number one feature that makes people attractive. It's a welcome mat to make folk approachable. People with great smile radiate warmth that draws other to them instantly. The smile definitely works its magic. A simple smile has the capacity to transform not only other people's day but also your own. Scientific studies have revealed that smile causes your body to release chemicals that make you happy.

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THE EFFICACIOUS PRAYERS

MAGIC OF PRAYER & SMILE

I KNOW NOT BY
WHAT METHODS RARE,
BUT THIS I KNOW,
GOD ANSWERS PRAYERS.
I KNOW THAT
HE HAS GIVEN HIS WORD,
WHICH TELLS ME PRAYER
IS ALWAYS HEARD,
AND WILL BE ANSWERED,
SOON OR LATE,
AND SO I PRAY
AND CALMLY WAIT.
I KNOW NOT IF
THE BLESSING SOUGHT,
WILL COME IN JUST
THE WAY I THOUGHT,
BUT LEAVE MY PRAYERS
WITH HIM ALONE
WHOSE WILL IS WISER
THAN MY OWN,
REST ASSURE HE WILL
GRANT MY QUEST,
OR SEND SOME ANSWERS
FAR MORE BLEST.



ALL OF US KNOW THAT

SMILE

IS THE LONGEST
WORD IN THE DICTIONARY,
SINCE IT CONTAINS
THE WORD 'MILE'

SMILE. It is a simple act, but sometimes takes a lot of efforts. A smile can cause boundaries to melt, hearts to warm up, and distances to reduce. So let's smile more often. It is the light in the windows of your face that tells people you're at home. Remember, a smile increases your face value. The smile gives you positive energy.

THE SMILE IS DIVINE.

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TAKE
A 10-30 MINUTES
WALK EVERY DAY
AND
WHILE YOU
WALK, SMILE.

We are desirous of
a special you.

Though
a common man but
with a Distinct hue.
And what will make
you different is not
so difficult to state.

It's a **MIGHTY**
HEART
and A **SMILE** on
your face.



THE SUNSHINE OF
YOUR SMILE...

IS **SUFFICIENT**, TO DRIVE AWAY
THE DARK CLOUDS IN
ANOTHER'S LIFE. SO KEEP UP
THE **SMILE AS MUCH AS POSSIBLE**
IT IS LIKE AN OASIS
IN THE **DESERT OF LIFE**.



TRY TO MAKE
ATLEAST
PEOPLE SMILE
EACH DAY.

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A cheerful temperament,
as a result of natural
Smile on one's face makes
him a soughtafter leader.

A smile converts all his
endeavors into an,
Extraordinary Success

**A SMILE WORKS.....
& IT WORKS
LIKE INTERNATIONAL
CURRENCY.**





CHAPTER - 4 LOVE & BLESSINGS



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LOVE & BLESSINGS

**Life is too short to waste
time hating anyone.**

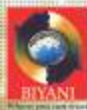
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Please Think!

LOVE & BLESSINGS

A wise physician said, “I have been practicing medicine for 30 years and I have prescribed many things. But in the long run I have learned that, for most of what ails the human creature, to which the best medicine is—LOVE.

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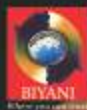
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LOVE IS A FEELING

In which a person is not concerned about himself or herself but is concerned to serve his or her partner. So, we can say, "The path that leads to love.. bifurcates into the roads of two.. If they both meet.. Create a heavenly hue."



**This life that we are living is
like a holy book....
Why not fill its pages with
colours of mystical hue?
A book that can be cherished
from times here and beyond
And its writings be worshiped
day in and day out.**

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**MIND
SAUNTERS
WITH
INSPIRATION
WHEREAS
THE HEART
PACES
WITH
EMOTIONS.**



LOVE IS GIVEN WHEREAS HATRED IS ACQUIRED.

LOVE & BLESSINGS

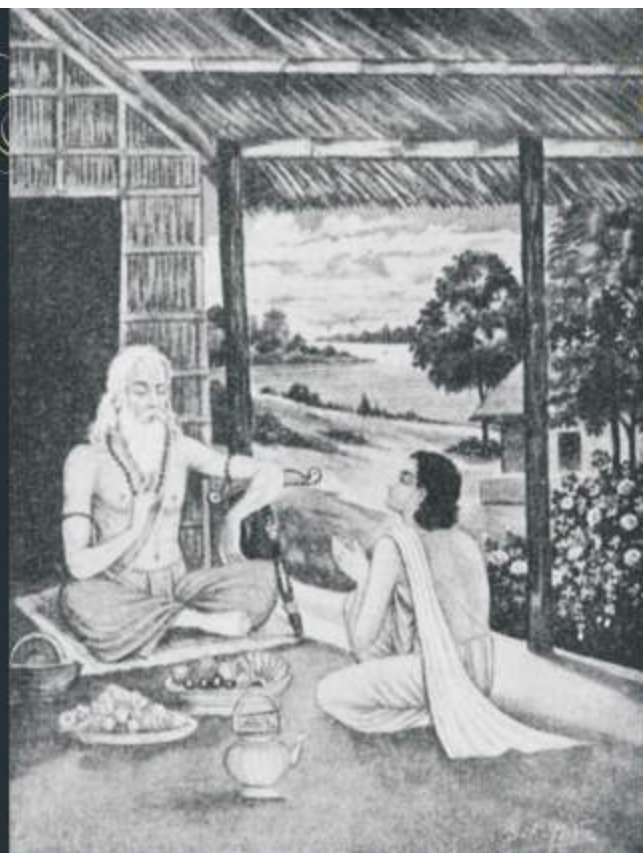
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Blessings from your teachers lines
your path with flowers. Makes
sunshine light your days. Do
remember to take blessings from your
Guru (Teachers).

It will make song birds sing for
serenity along the way.
It will fill your heart with happiness
Each day and whole life through.....



Love is patient,
Love is kind, It is
divine it doesn't
insist. Love bears all
things, endures all
things, Hopes all
things, It never fails.

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BLESSINGS

I believe prayers & blessings in our lives play a pivotal role. They are much more important than any thing else. They are not mere words but a kind of spiritual principle & work immensely and amazingly.

Some like to bless in gratitude, to bless for affirming one's life, to bless for higher guidance or to bless for the simple pleasures.

Whatsoever, begin your day with the words of prayers & blessings. You will see the blessings of God in your life as in the lives of others.



Prayers go
up and
blessings
come down.
So take 5
minutes and
sit quietly
and reflect
upon all the
blessings of
your life.

Once you
realize how
valuable you
are and how
much you
have been
going for, the
smiles will
return, the
sun will break
out, the
music will
play, and you
will finally be
able to move
forward
towards the
life.

LOVE & BLESSINGS

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DO NOT COUNT ON
YOUR PAST
MISFORTUNES, OF
WHICH ALL MEN
HAVE SOME. BUT
RAFFLE UPON YOUR
PRESENT BLESSINGS,
OF WHICH EVERY
MAN HAS PLENTY.

—CHARLES DICKENS



CHAPTER - 5 POWER OF NATURE

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POWER OF NATURE

Please Think!



FAITH IS A BELIEF

Faith is a belief without any proof. Some people have very little faith like a mosquito & some have greater faith like an elephant. Faith we can say is a belief which has no proof... people who have it, stand dauntless like an elephant. People who lack it, will be crushed like a mosquito.

POWER OF NATURE

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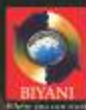
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POWER OF NATURE

Philosophically, the universe is composed of Nature and the Soul. To go into solitude, a man needs to retire as much from his chamber as from society. Let him look at the stars. The rays that come from those heavenly worlds will separate between him and what he touches.

One might think the atmosphere has made transparent with this design to give man the heavenly bodies in the perpetual presence of the Sublime. If the stars should appear one night in a thousand years how would men believe and adore; and preserve



for many generations the remembrance of the city of God which has been shown!

Yet it is certain that, the power to produce this delight does not reside in nature but in man, or in a harmony of the both. It is necessary to use these pleasures with great temperance. For, nature is not always tricked in holiday attire, but the same scene which yesterday breathed perfume and glittered as for the frolic of the nymphs, may is overspread with melancholy today.

Nature always wears the colors of the spirit.

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She shares her world with
snail and worm and the
bumble bee There's willow
and the proud old oak and the
sycamore tree.

The beauty of nature abounds our
world to show us hues so bright
Hues of lessons from the lark and
the owl in the dark night. Lessons
of wisdom and true show of the
power of love and might Lessons
from the sheep and mole and every
creature in sight. The earth is ours
to claim and love and care for even
the least .

To drink the nectar of life a-new and
knead the dough and yeast of labor
and of brotherhood in preparation
for the home-coming feast.

Live up, live up, live up to the
beauty and grandiosity of
NATURE.



CHAPTER - 6

VALUE YOURSELF & OPTIMISM

VALUE YOURSELF & OPTIMISM

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VALUE YOURSELF AND OPTIMISM

VALUE YOURSELF & OPTIMISM

‘Value yourself’ conveys how we treat ourself and how we treat others. It plays an important role in our self esteem. In order to value others, you have to value yourself first. What do you think about yourself? What do you think about your job?.

Do you feel like you do a good job, or do you feel that you are not adequate at what you do? You are more likely to succeed if you value yourself. Self esteem determines your inner most happiness. If you have high self esteem, you are probably a happier person than someone else with low self esteem.



BE YOURSELF

There is only one thing in this universe that thinks, the way you do is better.

This is the one and only life, for you.

Other people, they come and sow their seeds They may impress you, too. They might substitute, your needs and cloud you from your view.

There is only one truth, that rings the bells for you, it exists within your hearts. Listen to your true feelings without a fuss. Heaven will be yours.

VALUE YOURSELF & OPTIMISM

JUST BE YOURSELF

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There are **Two**
reasons for
Failure.

We look upon
our
weaknesses
and
not our
strengths.

Due to Lack of
self confidence
we give up
too soon.





The **best**
is yet to come.

VALUE YOURSELF & OPTIMISM

Believe

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VALUE YOURSELF & OPTIMISM



I am a **happy person.**

I have **everything.**

People **love** me.

I am **sensitive** to love.

I **understand** the **value of life.**

I am **successful...!**



VALUE YOURSELF & OPTIMISM

**What you eat
Shapes your body.
Likewise, what you
think frames your
ATTITUDE.**

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**We are desirous of a special you.
Though a common man but with
a distinct HUE.
And what will make you different
not so difficult to state.**

**As
It's a mighty Heart and
a Smile that resides in You**



*If you don't have
faith in yourself,
Don't expect others
to have faith in you.*

**Eleanor
Roosevelt**

**was right when
she said
“Nobody can
make
you feel inferior
without your
permission.”**

VALUE YOURSELF & OPTIMISM



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REME

Think **positive**:

As soon as you hear that negative inner critic, cut it off and fill it back with a positive affirmation. Keep filling your head with positive thoughts and eventually your mind will have no more room for the negative. **Make positive friends. Surround yourself with those who love and care for you, and those who treat you good.** Avoid those who treat you badly.

- Do something nice for someone, it will make you feel good too.
- Recognize your skills and talents.
- Set realistic goals, stick to them and when you achieve them, you will feel great.
- Stop trying to be perfect.
- Follow your passion, be true to yourself.
- Make eye contact, stand tall, dress nice-you'll feel better and Smile.



MBER

These are some things you can do to change your self image-the mental image you have of yourself. You can take it step by step and see how you feel after trying these out.

Optimism is the ability to see the positive side of things rather than the negative. Optimistic thinkers are usually positive people because they approach life with the expectation that a happy outcome is both desirable and possible.

True optimism doesn't mean being unaware of problems; it means actively looking for the positive factors in a situation.

Why is optimism useful? Seeing the positive side of difficult circumstances gives optimists the courage and ability to carry on and try again. They can learn from their mistakes and are able to apply that knowledge at a later stage. Pessimists, on the other hand, tend either to avoid similar situations in the future, or to repeat the same fatalistic errors.

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Please Think!

**“TRY NOT
TO
BECOME
A MAN
OF SUCCESS,
RATHER
BECOME
A MAN
OF VALUE”.**

**Albert Einstein
SAID**

VALUE YOURSELF & OPTIMISM

We need to programme our minds to think positively, by saying, “I am wealthy, Boss is happy with me”, etc.

“We have to improve, I am Confident.”

“My Communication skills are great.

People love me for what I am”...

Gradually you will find new thoughts and ideas stimulating your mind, giving you creative ideas that you have never thought before.



CHAPTER - 7 DESIRE, CHOICES & CHALLENGES

DESIRE, CHOICES & CHALLENGES

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We and our deeds are inextricably linked and governed by each other. So, when you wake up in the morning complete the following statement,

“Today my purpose is to work with tenacity & strive for the zenith”





If you
want
to achieve
something
in life
you have to
dream it,
think of it,
believe it
and
work for it.

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COURAGE does not always **ROAR**

**Sometimes, courage
is the quiet voice
at the end of
the day saying,
I will try again
TOMORROW!!**

You don't have to win **every**
argument
Agree to Disagreements.

DESIRE, CHOICES & CHALLENGES



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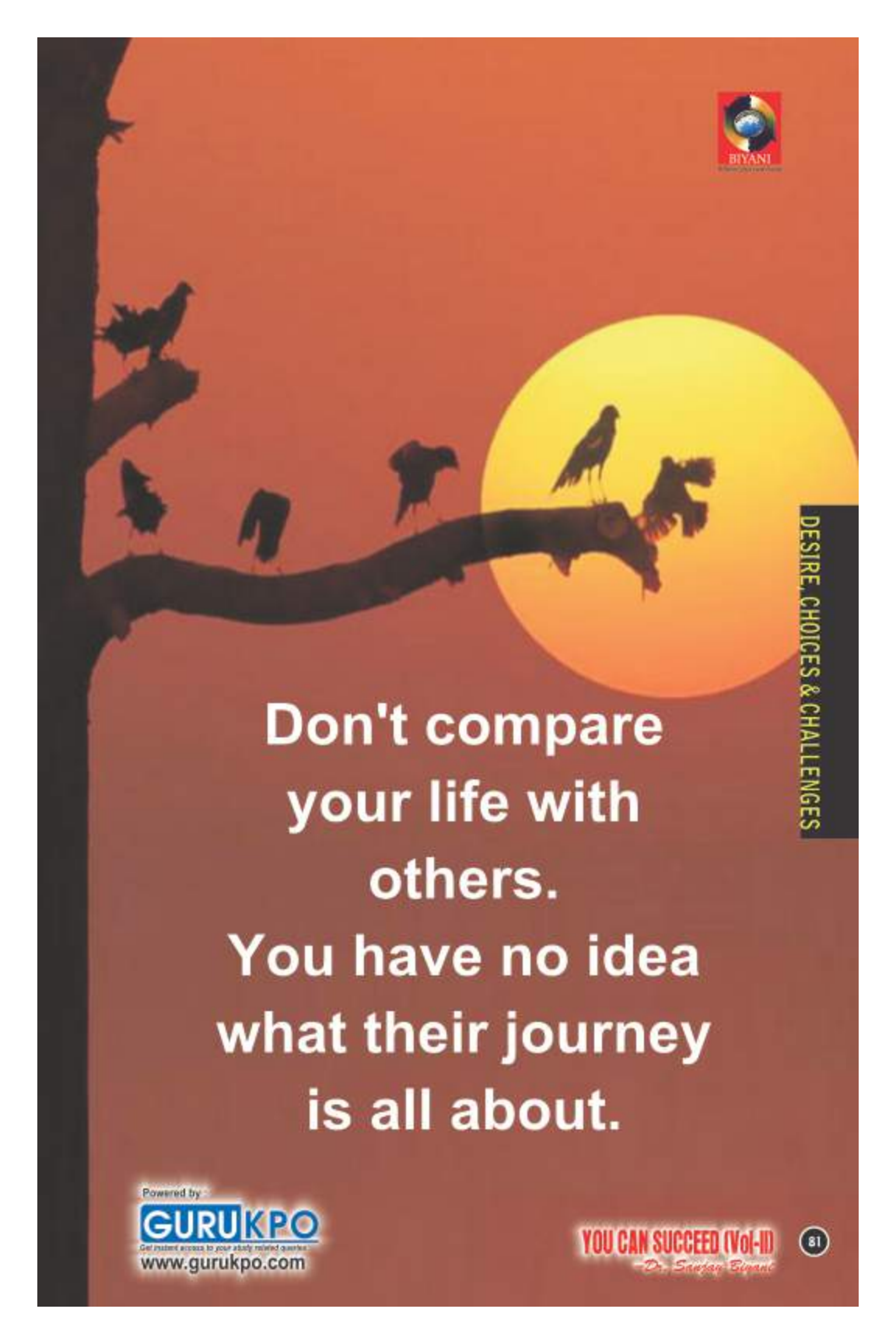
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Even Iron becomes
weak when it is hot
and
people can use it
as they wish to.
So
Try to stay cool, Always....
If
you want to be strong.



**Don't compare
your life with
others.
You have no idea
what their journey
is all about.**

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Many Hands, Many Hearts and Many Minds

generally contribute
to

Anyone's notable
achievement.

Never doubt that,

A small group of
thoughtful people can

Change The World.



Please Think!

You have **brains** in your head
You have **feet** in your shoes.
You can **steer** yourself in any
direction you Choose.
You're on your own
and you know,
what you should know
You are the one
who'll decide
WHERE TO GO!

DESIRE, CHOICES & CHALLENGES

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*Doctor commits a mistake
the person may die.*

*Engineer commits a mistake
few people may die.*

*But If a teacher
commits a mistake the whole
community dies.*



OBJECT OF EDUCATION



DESIRE, CHOICES & CHALLENGES

The object of the education is to form tastes and not simply to communicate knowledge.

Education is not cramming the mind with a host of technical sight as it were into blind eyes.

The functions of the teacher is not to add to the "leaden weight" but to liberate the soul from the encumbrance so that it may follow the natural impulse to soar upwards.

Words of enlightenment
by : Dr. RADHAKRISHNAN



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Ask the storms to stay
in their limits.
We don't fly with wings,
we fly with courage.

DESIRE, CHOICES & CHALLENGES





The greatest
TEST
of courage on
Earth is to
bear defeat without
losing **heart.**

DESIRE, CHOICES & CHALLENGES

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**TAKE CARE OF YOURSELF
AND
EVENTUALLY THINGS
WILL TAKE
CARE OF THEMSELVES.
RECTIFY ONE ANGLE
OF A SQUARE
AND THE OTHER ANGLES
WILL AUTOMATICALLY
BE RECTIFIED.**



To live
greatly,
you must
risk
greatly.
If you
only
take
small
risks, you
are only
entitled
for the
small life.

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An Anecdote

A successful Bank president about to retire was being interviewed;

Q.1. "Sir what do you attribute your success to?"

Ans. : "That's easy to answer, "GOOD DECISIONS".

Q.2. "And to what do you attribute your GOOD DECISIONS?"

Ans. : "That's easier still, the wisdom gained from Experience".

Q.3. "And where did you get that experience?"

Ans. : "Easy again from the BAD DECISIONS".



Heated gold becomes an Ornament.
Copper when beaten becomes a Wire.
Depleted stone becomes a Statue.

DESIRE, CHOICES & CHALLENGES

So,
Never fear Pain.
It always adds Value to Life.

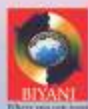
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**Unless A MAN
undertakes
more than
he possibly
can do,
he will never
do all
that he can.**



**All the water in the world
can't sink a the ship
Unless it is the ship that
itself plunges on to the
waters deep.**

**Similarly no evil can lay
A hand on the man
Unless he himself
adapts them.**

DESIRE, CHOICES & CHALLENGES

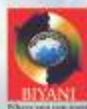
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It is always a **Mistake**

to complain about the circumstances in our lives for, they are the outward expression of what we are.

we may see, when all the rest has failed, hidden in ourselves becomes the key to perfect change.



**STOP
CRYING**

**START
TRYING**

DESIRE, CHOICES & CHALLENGES

**when obstacles
Come your Way**

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"THE WAY WE **ASSUME THINGS**
IS THE WAY THEY **TURN OUT** TO BE"

DESIRE, CHOICES & CHALLENGES

A person wearing black will see black in everything. That is to say our thoughts and our mindset filters how we see things. Simply stated A person with a positive mind-set will see positivity around him and a person who is negative will see negativity around him.



EMBELLISH YOUR SOUL

DESIRE, CHOICES & CHALLENGES



WEARING BRIGHT COLOURED CLOTHES LIKE RED, ORANGE, GREEN, YELLOW AND BLACK MAY MAKE YOU LOOK ATTRACTIVE BUT **EXTERNALLY**. ADORNING BRIGHT VALUES OF TRUTH, LOVE, PEACE, PEACE, BELIEF AND HUMILITY MAKE YOU ATTRACTIVE **INTERNALLY**.

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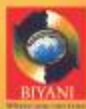


Please Think!

**This world is like
a garden full of
flowers amidst
on thorns.**

**We must act as
flowers,
spreading the
fragrance of
love, peace
despite the
negativity of
thorns.**

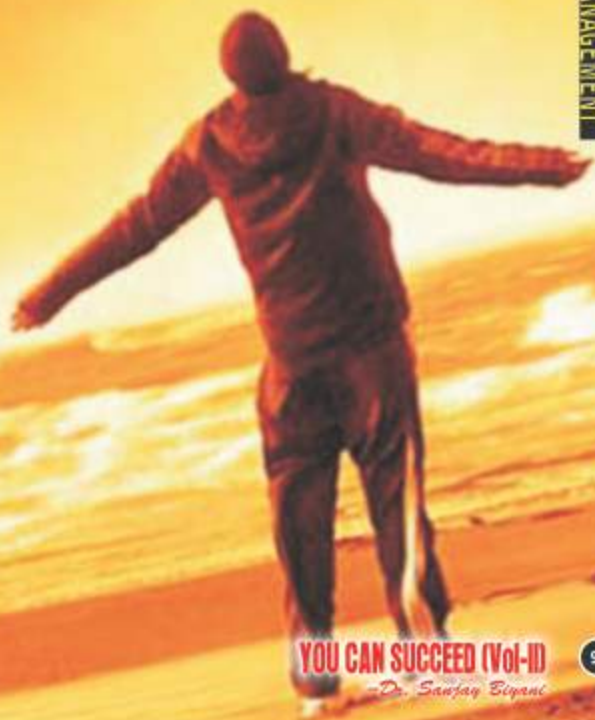
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CHAPTER - 8

GOAL SETTING & TIME MANAGEMENT

GOAL SETTING & TIME MANAGEMENT



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The whole point of setting a proper goal is to help you bridge the gap between where you are and where you want to be. If you set goals and work towards them diligently, you can have all the things you want. People who set and achieve their goals are people who've decided what they want, committed themselves to going after it, and haven't let anything stand in their way.





PLAN TO FAIL: FAIL TO PLAN

THE IMPORTANCE OF GOAL SETTING

Goal setting is a powerful tool, whether applied to one's professional life, personal aspirations or health objectives. In fact goal setting makes a critical difference between success and failure.

A farmer had a dog who used to sit by the roadside waiting for vehicles to come around. As soon as anyone could come, he would run down the road, barking and trying to overtake it. One day a neighbour asked the farmer "Do you think your dog is ever going to catch a car?"

The farmer replied, "That is not what bothers me. What bothers me is what he would do if he ever caught one."

Moral of the Story

Many people in life behave like that dog pursuing meaningless goals.

First set Meaningful and Realistic goals and then work to achieve THEM.

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First you
be with your
Opponents
and then
they will be
with you.



Universally
it's acclaimed
that, people
who labour in
a definite
direction
have a greater
probability of
achieving
their goals
and
remain
successful
in all their
endeavours.

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To swiftly
ascend
the
Ladders
of success
working hard
is as important
as
working smart.

Luck = Opportunities + Efforts

Set a Goal

Success

Failure

Opportunities

knock the doors of all...
However few leave their

doors open,
to invite them.

We can say that...

**luck equates to
opportunities
and Efforts.**

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GOAL SETTING & TIME MANAGEMENT



**Strength
and
Growth
comes only
through
continuous
efforts
and
struggle.**



A TEAM

TEAM STANDS FOR EVERYONE
STRIVING FOR MORE & MORE
ACHIEVEMENTS TOGETHER.

BECAUSE,

T = TOGETHER

E = EVERYONE

A = ACHIEVEMENT

M = MORE & MORE

HAVE A TEAM SPIRIT
ALWAYS FOR
THE OPTIMUM BENEFITS

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YOU CAN SUCCEED (Vol-II)

Dr. Sarvagya Biswas



Please Think!

Time is - Too slow
for those who wait.
Time is - Too swift
for those who fear.
Time is - Too long
for those who
grieve.

Time is - Too short
for those who
rejoice.

But for those who
value time and
realise that 'Time
is fleeting',
I recommended
them to take care
of minutes and
hours
will take care of
them.

Time is Precious

To realize the value of **ONE YEAR**, ask a student who failed.

To realize the value of **ONE MONTH**, ask a mother who gave birth to a premature baby.

To realize the value of **ONE WEEK**, ask the editor of a weekly newspaper.

To realize the value of **ONE HOUR**, ask the lovers who are waiting in a bus stop.

To realize the value of **ONE MINUTE**, ask a person who missed the train.

To realize the value of **ONE-SECOND**, ask a person who just avoided an accident.

To realize the value of **ONE MILLISECOND**, ask the person who won a silver medal in the Olympics.

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Setting your goals too low can be useless in achieving the success that you want. You have to believe in yourself and your ability to achieve your goals. Do not get discouraged when you face roadblocks or challenges. Find a way to overcome them.

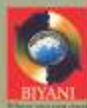
A proverb that reinforces this thought can be, **"Where there is a will, there is a way."**

Let this wonderful poem reflect upon as you set your goals and inspire you to aim for the stars!

Aim For A Star

By Helen L. Marshall

| Aim for a star!
| Never be satisfied
| With a life that is less
| than the best,
|
| Aim for a star!
| Look up and away,
| And follow its
| beckoning beam,
|
| Aim for a star, and keep
| your sights high!
| With a heartful of faith
| within,
| Your feet on the ground,
| and your eyes on the sky,
| Some day you are bound
| to win!



WHEN CLOUDS OF DOUBT
GET CLEARED FROM YOUR MIND
DON'T BROOD OVER THE PAST
AND WASTE A DIME.
BOW DOWN IN FRONT OF THE
'HEAVENS DIVINE'
TAKE A PLUNGE WITH ALL
YOUR MIGHT.

IN SIMPLE WORDS,
WHEN YOU UNDERSTAND
A THING
DON'T WASTE TIME,
STOP FOR A MINUTE,
BOW DOWN,
SMILE AND TAKE A DECISION.

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—Dr. Sanjay Bhanu





LEARN TO
VALUE TIME
IF YOU APPRECIATE TIME
NOW,
THE TIME WILL GET
YOU
APPRECIATIONS ALWAYS.

GOAL SETTING & TIME MANAGEMENT



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-Dr. Sanjay Bhatnagar

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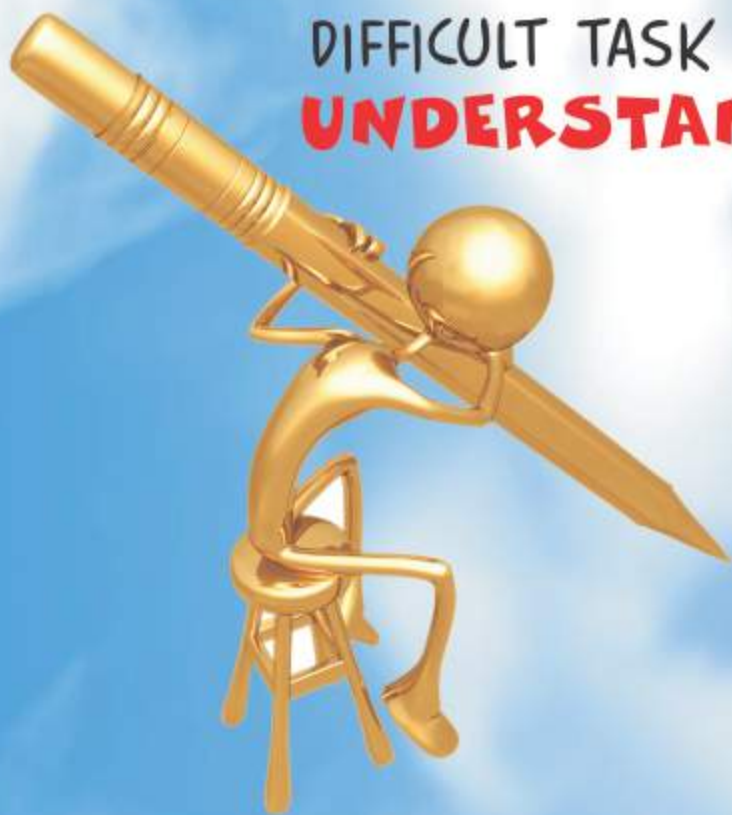
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IT IS MOST
DIFFICULT TASK TO
UNDERSTAND

GOAL SETTING & TIME MANAGEMENT



HUMAN BEINGS
THE BEST WAY
TO UNDERSTAND MORE IS
THROUGH
COMMUNICATION.

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WHILE LIFE MAY SEEM
OUT OF CONTROL
AT TIMES
AND YOU FEEL
THAT YOU'RE A
PASSENGER IN LIFE
RATHER THAN THE
DRIVER.
REMINDE YOURSELF
THAT YOU HOLD THE
GREATEST POWER
THE ABILITY TO
DESIGN YOUR
OWN FATE.



CHAPTER - 9 KEY TO SUCCESS

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Dr. Sanjay Bhandari



SUCCESS

To remain successful
always ponder that,
when you take your eyes off your goal
only then
obstacles becomes frightful things

KEY TO SUCCESS

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THOMAS EDISON
FAILED
TEN THOUSAND TIMES
BEFORE HIS
INVENTION OF ELECTRICITY.

HOWEVER, HE NEVER ADMITTED "HE FAILED".
HE SAID HE LEARNED TEN THOUSAND
WAYS A THING JUST WON'T WORK.
NEVER SAY,
"I CAN'T DO IT ANY MORE, AND I QUIT".

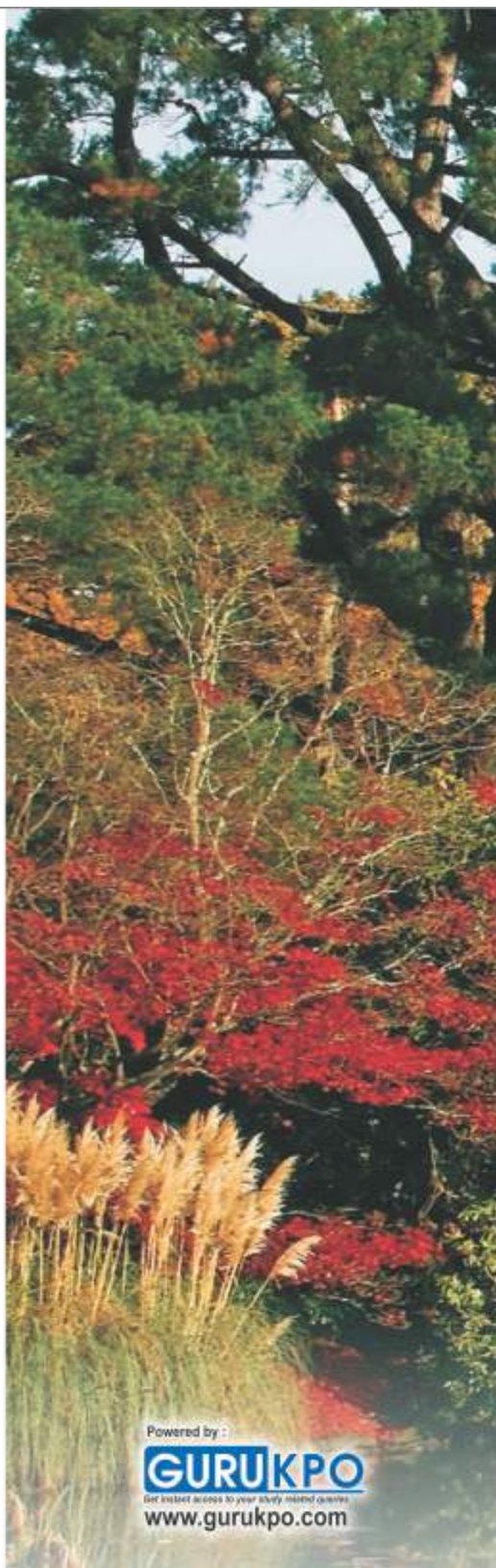
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Stephen R covey
said
"The key is not
spending time but
in Investing it".
So, we can say
that, don't get
be fooled by the
calendar.
These are only as
many days in the
year as you make
use of them.
One man gets
only a week's
value out of an
year, while
another man gets
a full year's value
out of a week.





KEY TO SUCCESS

LEARN THE SECRET
OF A TRIUMPHANT LIFE...
ADMIRE YOURSELF...
BEFORE
YOU
ADMIRE OTHERS....

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KEY TO SUCCESS

INTELLIGENT
PEOPLE NEVER
INDULGE
THEMSELVES IN
ARGUMENTS.

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The more you
SPEAK...
the more you invite
TROUBLES...

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Please Think!



KEY TO SUCCESS

I know that, Failures are stepping stones to success. An arrow shoots forward only when we pull it backward.

Similarly, the difficulties we encounter help us move ahead with more strength.

We should always move ahead with the firm belief that, "I will succeed". No matter how many road-blocks come my way.

No one, nothing can stop me, deter me from my ultimate dream.

So, always repeat :

I will succeed !



WINNING AND LOSING

is all a game of the heart...

YOU
LOSE
IF YOUR
HEART
LOSES.
YOU
WIN
IF YOUR
HEART WINS.

KEY TO SUCCESS

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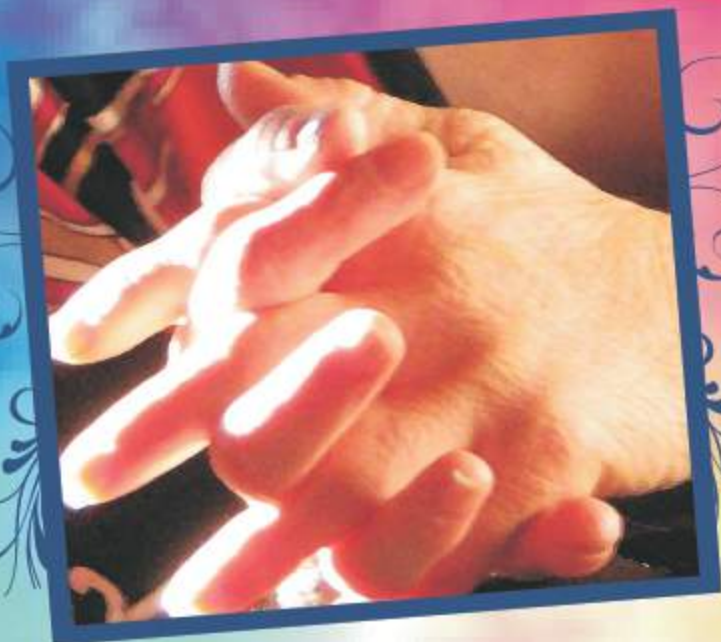
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LET'S STOP
CRITICIZING
PEOPLE ...
IF WE REMAIN
CRITICS OF
OTHERS, WE
WILL NEITHER
GET TIME NOR
OPPORTUNITY
TO LOVE THEM.



KEY TO SUCCESS

TO AVOID
THE CLASHES
&
THE BRAWLS
PUT A CHECK ONTO WHAT
YOU TALK.
THE EASY WAY OUT IS
**"THINK BEFORE
YOU EVER TALK"**

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Walk with
the **dreamers**,
the **believers**,
the **courageous**,
the **cheerful**,
the **planners**,
the **doers**,
the **successful people**
with their **heads** in
the **clouds**
and their **feet**
on the **ground**.

Let their **spirit**
ignite a **fire**
within you to
leave this
world better
than when
have you
found it....

LIFE IS
NEITHER
TO
BE WEPT NOR TO
BE LAUGHED AT
BUT TO BE
UNDERSTOOD.



In this world of
transactions
You get what you
give

Hatred in return of
hatred

Love in return of
love.

Criticism in return
of **criticism**

appreciation in
return of
appreciation.

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30+30+30 FORMULA

ONE MAN HAS ENTHUSIASM OF 30 MINUTES. ANOTHER FOR 30 HOURS BUT IT IS THE MAN WHO HAS ENTHUSIASM FOR 30 YEARS WHICH MAKES HIM SUCCESSFUL IN LIFE.

KEY TO SUCCESS



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Enthusiasm is the
most powerful
source of **energy**.

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KEY TO SUCCESS

Clean Sweep

WHY TO CARRY TONS OF
EMOTIONAL BAGGAGE AND
CLUTTER ?

STREAMLINE, SIMPLIFY
AND REFOCUS YOUR LIFE, TO
WHICH A SUPER WAY IS,

A CLEAN SWEEP.

UNDO, WORTH DELETING
MOMENTS, ELIMINATING
SENTIMENTS,

SAY GOODBYE TO
PURSUITS THAT
WERE NOT

ALIGNED WITH YOUR
PERSONAL AND
PROFESSIONAL STRATEGIC
OBJECTIVES (GOALS).

YOU WILL FEEL

**LIGHTER, HAPPIER
AND AT PEACE.**



**YOU WANT TO REMOVE
PLATITUDE.
FROM YOUR PERSONALITY
WE GIVE YOU THE SIMPLE
MANTRA AND THAT...**

**"DEVELOP
AN ATTITUDE
OF
GRATITUDE"**

KEY TO SUCCESS

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IF YOU BELIEVE THAT,
KNOWLEDGE
IS YOUR **REAL WEALTH.**

HAVE YOU EVER ASKED?

HOW
WORTHY
ARE YOU?

KEY TO SUCCESS



In the **struggle of**
river and
mountains... It's
the river that
always wins.....
'This not because
of its **strength**
..... But because
of its
perseverance!

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MANY PEOPLE
DREAM OF SUCCESS

KEY TO SUCCESS

WHILE VERY FEW
WAKE-UP AND
WORK HARD
FOR IT.



KEY TO SUCCESS

WINNERS
NEVER
QUIT.
QUITTERS
NEVER
WIN.

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WHAT IS IT THAT IS COMMON
AMONGST GREAT PERSONALITIES?

"IT IS THEIR ABILITY TO
ACCOMPLISH GOALS
INDISPUTABLY".

BECAUSE, GREAT MINDS DISCUSS IDEAS
SMALL MINDS DISCUSS.... PEOPLE.



THE **NUMBER OF PEOPLE**
IN THIS
WORLD ARE FEW.
WHO KNOW THEIR **LATENT**
POTENTIAL
AND TAKE THEIR DUE.

KEY TO SUCCESS



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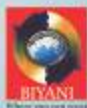
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KEY TO SUCCESS

**One who
just takes
duties
keeps a
sullen
face
But one
who
undertakes
responsibilities
has a
triumphant
grace.**



"Success or Failure depends more upon **Attitudes** than upon the **Capacities**.

Successful men act as though they have accomplished or are enjoying something. Soon it becomes a Reality.

Act, Look & Feel successful, Train yourself accordingly, and you will be amazed at the Positive Results."

—William James

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"HOW LONG WE LIVE IS
HALF AS IMPORTANT AS
HOW WE LIVE".

SO DO NOT COUNT YOUR LIFE
THROUGH THE NUMBER OF YEARS
ADDED TO IT....
BUT WHAT YOU ADDED TO
THOSE YEARS.....

GET INSPIRED FROM THE LIVES
OF THESE GREAT PEOPLE WHO
DIED YOUNG BUT LEFT LEGACIES
FOR ALL TO FOLLOW.

BHAGAT SINGH

A MARTYR DIED AT
THE AGE OF 24

JESUS CHRIST

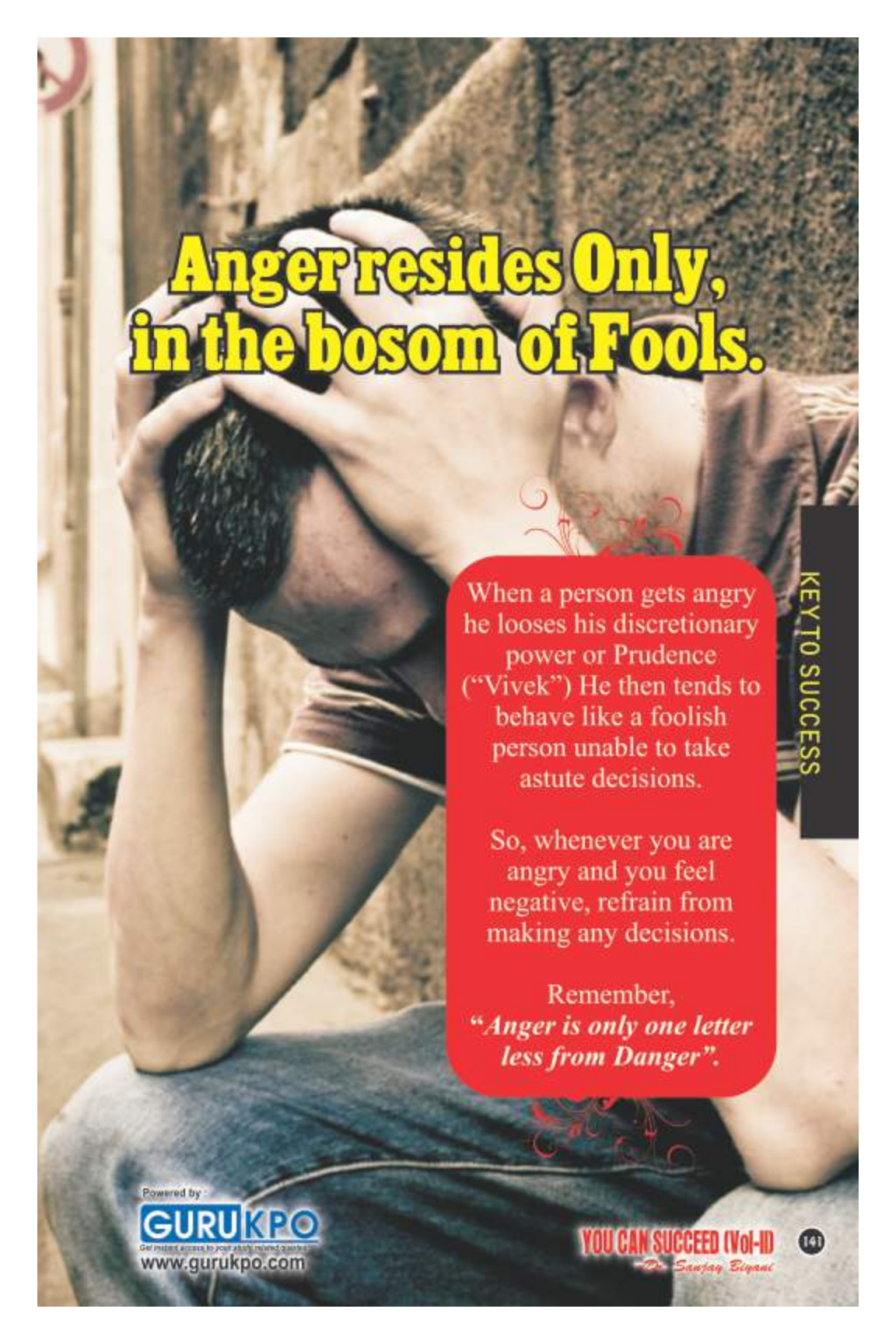
CRUCIFIED AT
THE AGE OF 33

SWAMI VIVEKANAND

BECAME
IMMORTAL AT
THE AGE OF 37

KEY TO SUCCESS


Biryani's
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Anger resides Only, in the bosom of Fools.

KEY TO SUCCESS

When a person gets angry he loses his discretionary power or Prudence ("Vivek"). He then tends to behave like a foolish person unable to take astute decisions.

So, whenever you are angry and you feel negative, refrain from making any decisions.

Remember,
"Anger is only one letter less from Danger".

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LET US TELL OURSELVES

- I am, what I think.
- My thoughts have made me what I am today.
- I am nothing without God.
- I will be true to myself and to others.
- My circumstances do not make me, they reveal me.
- I will take every obstacle as an opportunity towards improvement.
- I will ignore negative thoughts.
- I will regularly do My Self-analysis.



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