

“Glory lies in the attempt to reach one’s goal and not in reaching it.” -MahatmaGandhi



“The future depends on what you do today.” -



“In a gentle way, you can shake the world.” -MG



“An ounce of practice is worth a

# MID-YEAR



## Mid Year Review

I know what you are thinking 🤔 as soon as u see this heading. You are like what Srujana  
 “Mid Year Review” I have deleted 2020 as a year in my calendar. I know I have heard this

and also told my self but lets get to reality, how much ever u like or dislike yes this COVID-19 situation is no going away soon and you can't stop doing what ever you do in-fact might be getting creative in the ways you work or present yourself .

Humans are really great in adaptation. Well lets get back to topic. GOALS or REVIEWS or WEEKLY or MONTHLY calls/ checks why do you think they are there in the First place.

Have you ever wondered or even thought how important it is to have these to our personal regime ?

I would like to take this time from you to quickly educate on some personal and professional goals as humans. I am not talking about your work goals and if you are some one who only targets your IT professional goals then DUDE please get educated now as your Job is part of your life and just not your life. I hope you agree with me.

Lets get to basics and take one-step at a time!

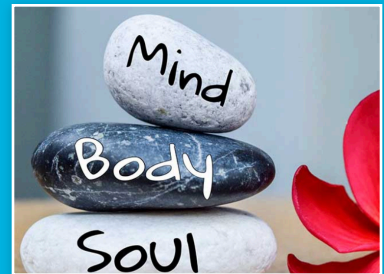
1. What are goals or reviews?

In my opinion Goals/Reviews are of two types:

1. Personal and. 2. Spiritual (if I have lost you here already please hang on with me little more)

**Personals:** These are more related with body and senses. For example getting healthy by loosing some pounds or

*A Goal with out plan is just a wish*



**“The mystery of human existence lies not in just staying alive, but in finding something to live for.” ...**

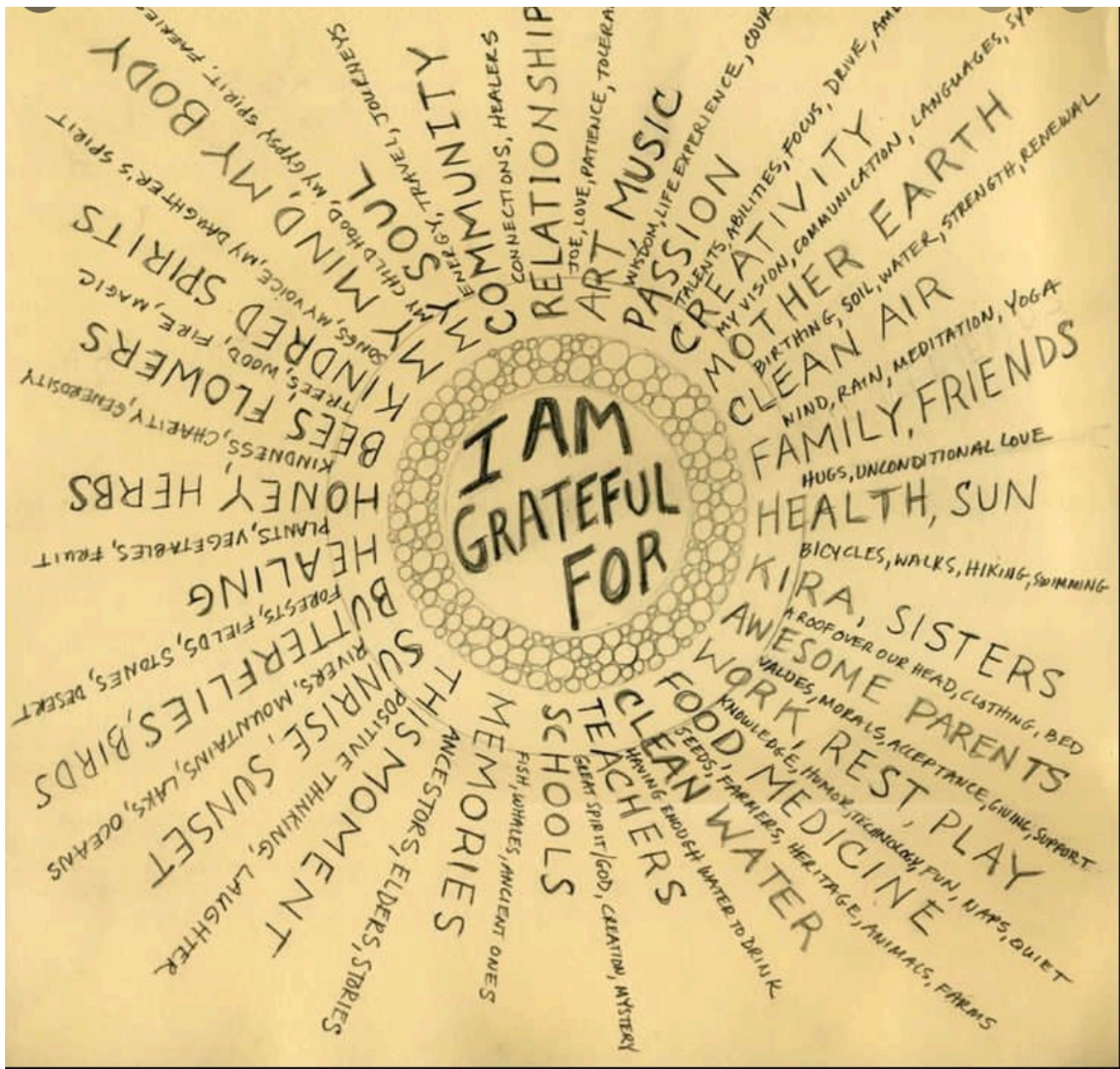
start a workout regime or having some healthy eating habits e.t.c you get an idea right.... I am no one to judge this but honestly please tell me if this is a goal or lifestyle? Just like you Shower/brush your teeth or you wear clothes, sleep..... these are your lifestyle and should exercise and healthy food be part of it? When you change the perspective of your goal things get to be more clear and simple.

I would like to share my personal goal in here. I am trying my best to finish my dinner by 7:30PM every day and because of my Yoga teachings some times my practice/teachings go unto 9:00PM. I feel very hungry after teaching a class and that day I make peace with my goal as I don't want my body and soul to suffer and have a dinner planned which doesn't stuff me up but be light. Hope this gives an idea of teaching ourselves some peace if we missed that goal. Again please do not make this a habit then there is no point of GOAL. Also start reviewing your goals every week/day. A quick check would keep your spirits high and rock every day and this is where my another blog of "7 effective ways to day planner" comes in picture.

### **Spiritual:**

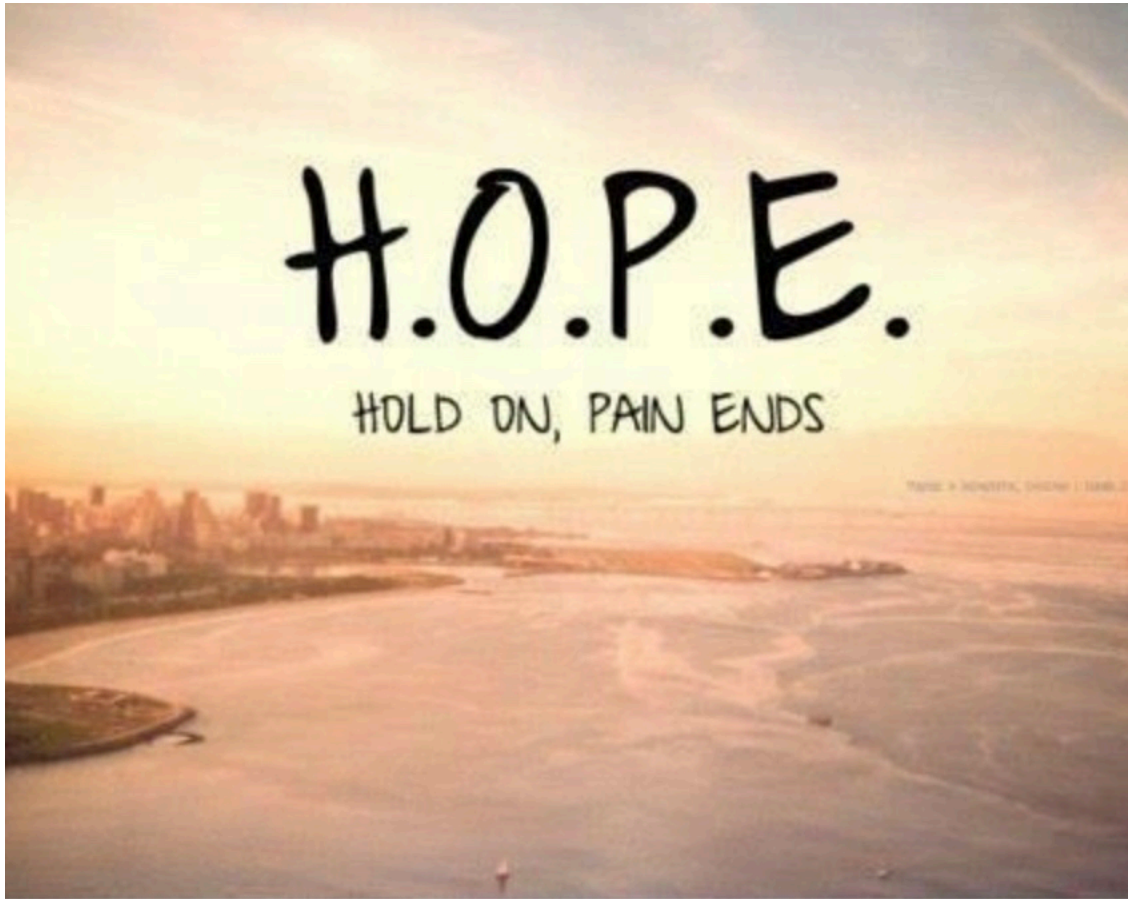
I think there is no better time in life then 2020 to accept and believe in this.

If you are up with taking these goals here are my 5 examples:



1. **GRATITUDE**: No matter what you are going through, you still have things to be happy for. Example: Having all parts of your body, or having a house or having a body to experiment different workouts/foods or clothes, or having a car e.t.c . This a positive attitude towards yourself and others which makes you a better person.





2. **HOPE:** Hope and Faith are interrelated . Humans are all about HOPE. As you might have heard “Hope is praying for rain, but faith is bringing an umbrella.” This works better with a community of like minded people and talking with others who also have positive attitude . There is so much negativity in world and around us. Personal example I would like to share here is ‘Gardening’. Do you know Gardening is a spiritual task? When you are with plants there is nothing else you think of but about plants. Watering, taking care by soiling or adding some extra food or plucking fruits or flowers and hoping the plant stays healthy and grows healthy. Do you agree?

# Empathy is...

seeing with the eyes of another,  
listening with the ears of another,  
and feeling with the heart of another.

3. **Empathy: Empathy** is the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to place oneself in another's position. Do not misinterpret Empathy with Sympathy. **Empathy** is a term we use for the ability to understand other people's feelings as if we were having them ourselves. ... **Sympathy** refers to the ability to take part in someone else's feelings, mostly by feeling sorrowful about their misfortune. This is where Hope takes a prominent role to cheer you up and put some positive vibes and get you moving. As a kid I have been very confused with these 2 words where I struggled to understand if people have been Empathetic or sympathized in my childhood struggles of life. Gratitude and Hope were my best friends then and raising my-self to forgiveness was only possible by YOGA.
4. **Forgiveness:** Personally, this is hard for me but here is where Yoga helped me out. Yoga taught me about staying in the present moment and people whom I hangout talked about where you want to put your energy on those things which happened and

agitates you or to those which needs your positive attention? I know what you are choosing. :) Here is my Mantra “ I don’t know what you did or said for/to me but I am moving on”.

5. **FAITH:** To me Spirituality is all about ‘FAITH’. Faith gives us courage and hope to conquer every day and eventually week-month and year. Patanjali (yoga’s father) stays that you need to have “faith in yoga and efficacy in all its practices” to experience the magic of its qualities.

Before we go further I have a question for you. Have you ever done a Volunteer work/ service where you are not paid a single penny but yet you feel so happy and achieved and complete. Have you ever wondered why? Here is my answer: Humans are born to service and it is our natural instinct to help people and with out expecting anything from them and this is called “DHARMA”.

Here are some tips for you:

- I. Read some good books or join some book clubs which supports and helps you with these being in primary goal. Some examples are Living your Yoga by Judith Lasater, YAMAS and NIYAMAS by Deborah Adele, How Yoga works, Light on Life by B.K.S lyengar many many more.
- II. Get into a positive community . personally I am really thank you to supreme personality to give me such strength and courage to be with them .
- III. Listen to some inspiring and positive Podcasts.
- IV. If you go to Temples/churches/mosques..... make it a habit to have regulatity. This also promotes positive vibes with in you and your kids.
- V. Every point mentioned in this work for you and your kid. Inspiring them and getting inspired by kids is the best way to live and encourage.

Hoping you are still with me...

2. Should we all have goals in life?

You know the answer "YES". This leads to a better version of you and to me every things I do in life, practicing YOGA make me do it much better.

3. How important is it to work towards the goals?

Honestly these are our life skills which we forgot or left in the race of random stuff.

4. What parameters should we take to keep ourselves in track?

Do not bark yourself or items around you if you miss your goal. Remember it a lifestyle for life and so please give your self some thought on how your tracking works and again there is no better time then 2020 you will find. Also say thank you to 2020 to start practicing Forgiveness right away.

5. Most Importantly how are you presenting this to your kids?

Honestly this was the whole point which made me started this blog. I have seen so much negative thoughts in parents which are projecting to kids and some are either too scared and not having hope of tomorrow or some are too wild and not having empathy /gratitude towards others /health.

What ever it is your thoughts reflect on kids and they become another you may be little lesser then you as we the values of life going down every generation . But I bet as a parent you want to see your kid beyond you. Am I correct?

Hoping this blog helps you in getting your spiritual goals getting started and also Please do share your point of view and whats your goal in life?