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# Ugh

Discover  
the  
Real  
**YOU**



WRITTEN BY NALINI TANEJA PH.D

# I AM ENOUGH

Discover the Real YOU

SEVEN STEPS TO ENHANCE  
YOUR SELF-ESTEEM

BY

NALINI TANEJA, PH.D.

# I AM ENOUGH

SEVEN STEPS TO ENHANCE  
YOUR SELF-CONFIDENCE

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For my nephews:  
Hriday and Raghav

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“ There is a light  
that **SHINES** beyond  
all things on earth,  
beyond the highest,  
the **VERY** highest  
heavens.

This is the **LIGHT**  
that shines in  
your **HEART.** ”

CHANDOGYA UPANISHAD



# Preface

As I write these lines to you, memories of my childhood come flooding back to me. I grew up in a wonderful middle-class family, enjoying every moment, savoring the adventures and tribulations of those growing-up years. I know from my personal journey, the struggle and challenges one faces at school and in life. Having become an orphan at a very young age, I most treasured the guidance and advice of my father on dealing with the situations that life offered me. I vividly remember I came home crying one day from my school. My father made me sit and tell him the whole episode that had me upset. I narrated to him how some kids had bullied me at school. He listened to me very patiently till I finished and said, "It does not matter what others say or do. Know it, feel it and acknowledge it that you are enough, exactly the way you are."

I am enough. With a shock I realized how true his words were, and thus began my journey of accepting, valuing and honoring myself. *I am enough* - these three words have shaped and made me who I am today. Having spent the last thirty years teaching, consulting and conducting workshops in different parts of the world, I have come to the conclusion that for anyone, a healthy self-esteem is the most important ingredient to a successful adult life. Morris Rosenberg—One of the foremost researchers on Self-esteem, defined it as a stable sense of personal worth or worthiness. I believe if we make individuals aware of the fact that they are enough, unique and living miracles, we then become whole individuals who grow up to create a better world. What you add to the two words 'I am' will define your reality. I chose to add 'enough', you may choose to add 'great' or 'beautiful', and let that be a beginning of a new journey for you. That is my hope for you in sharing this book.



What you are about to read has the power to change your life; you can take my word for it if you will follow and practice the advice I provide. I hope the book becomes a guide that will help you navigate the direction of your life better. By all means, it should lead you to accept and understand yourself; make you more self-aware and conscious of the fact that you always have choices and you can create the life that you desire if you believe in yourself and work on yourself.

Above all, this book is my tribute to all children. It is my way of saying *thank you* to all my students who have enriched my life in so many ways. It is the affirmation of my fundamental belief—when I teach, I learn more than I teach others. It is a shout-out to all of you out there—you are enough, know it, embrace it and acknowledge it. My hope is that this book will help you discover one of the greatest living miracles, i.e. YOU.

*Dr. Nalini Taneja*

Melbourne, 2014




# Acknowledgements

As I get up every morning I am amazed at all the small and big miracles that unfold in my life. This book happens to be one of them. I extend my deepest gratitude and thanks to all those who made this one happen.

To my teachers, thanks for guiding me and showing me the path; my wonderful students, who have enriched my life in innumerable ways; my family for being there for me and letting me be Me. Michela thanks for being there when I needed encouragement, support and clarity.





Julie, thanks for the wonderful work you have done with the illustrations. The book came alive with your talent. Gargee, who took on the editing work at a short notice and has done an amazing job at it, thanks. Jasmeet, thanks for working on the final draft and tweaking it to perfection. Most importantly, my father who has shaped me to the person that I am today. Thanks for being the most amazing dad one could ever hope to have—I love you and miss you Papa.

“you have brains in your head.  
you have feet in your shoes.


You can

**STEER YOURSELF**

any direction you choose.

===== YOU'RE · ON · YOUR · OWN =====

And you know what you know.

And  you are the one  
who'll decide  
where to go...”

— Dr. Seuss

'Oh, The Places You'll Go'



## CHAPTER 1:

# *I Am Enough*

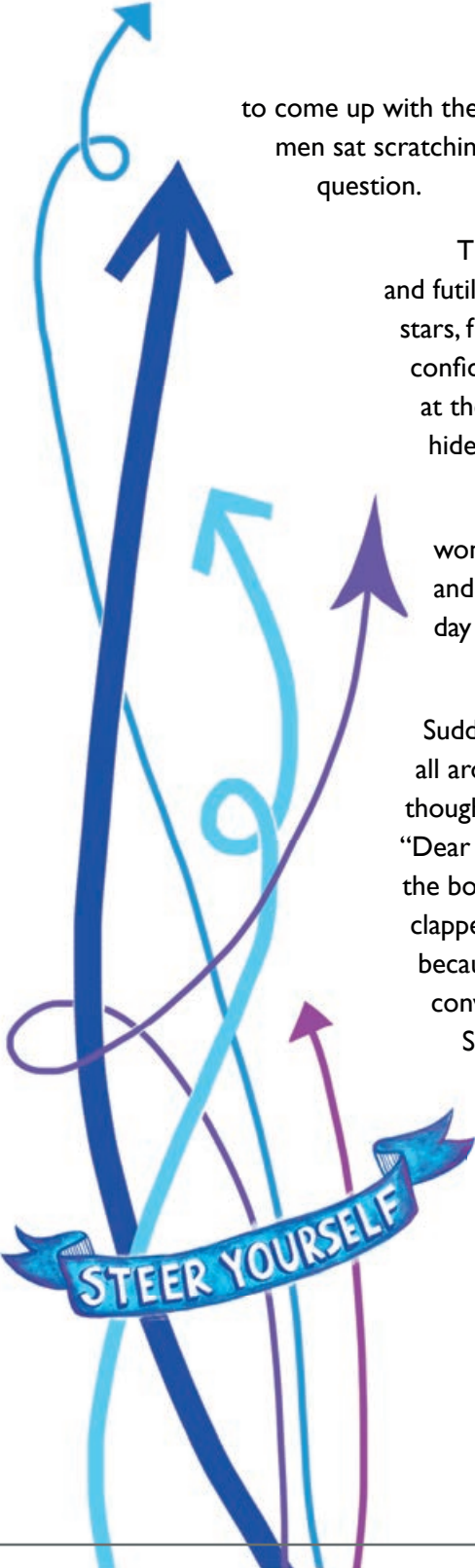
What I am about to say may seem unbelievable, but that is what this whole chapter is about—these extraordinary and incredible beings called humans.

This happened a very long time ago. The Master of the Universe was deep in thought searching for an answer to a question he had posed to himself. He was distressed to discover that however much he tried he could not find a suitable answer. Finally, he decided it was time for him to consult with all the others.

Suddenly, a huge bell rang out loudly and all creatures ran towards the grand palace of the Master of the Universe, leaving whatever they were doing and wondering what could have happened. Just about everybody who was anybody, soon gathered in his vast and magnificent garden.

In his powerful voice, the Master announced, “I have been dealing with a very important question for some time and unfortunately I cannot come up with an answer.” Everyone looked at each other and wondered what the question might be that even He was struggling with. The Master continued in his majestic voice, “I want to hide something from the humans. It is a treasure beyond measure and it is the answer to all their prayers. Can any of you suggest where I should hide it?”

The whole gathering seemed to explode with everyone talking at the same time. There were opinions floating everywhere. The lions roared trying to sound louder than all the others while the birds perched high on tree branches and chirped incessantly. They racked their brains trying



to come up with the correct solution. On one corner, near the crystal blue fountain, wise old men sat scratching their long flowing white beards, debating about the answer to the loaded question.

This went on for quite a while. All the suggestions were seemingly ordinary and futile. Suddenly, a huge eagle which had been sitting on a swing made of silver stars, flew in, perched himself on the shoulder of the Master and said quite confidently, "I have the solution to your problem." Everybody looked expectantly at the eagle. The huge bird said, "Give it to me and I will fly to the moon and hide it there."

Everybody nodded their head in unison and thought it to be a wonderful idea. The Master, however, pondered over the answer for a while and shook his head rejecting the idea. He said a little sadly, "Dear eagle, one day man will go to the moon and find it there."

Everybody again went back to their huddles and tried to think hard. Suddenly out of the majestic lake in the garden, splashing tonnes of water all around, the big happy whale came up with a brilliant solution, or so she thought. Dancing back and forth gracefully, despite her ample girth, she boomed, "Dear Master this is nothing to worry about. I will hide the big treasure at the bottom of the ocean taking help from my friend Salmon and Catfish." All clapped in unison; some, because of the show the big whale put up and others, because they thought her idea was brilliant. However, the Master did not look convinced. He said, "Please give me ten minutes, I need to think about this." Saying this he went back to his chambers.

Everyone waited outside on the grounds, quietly discussing the efficacy of the suggestion. They could feel that their Master was really concerned and hoped that there would be a solution soon. And so, in ten minutes the Master walked back into the garden but with his head drooping and his eyes looking downwards. There was pin-drop silence all around. He looked around at all his creation spread before him and spoke like the wise person that he was. "I have thought about what the graceful



whale has suggested, but I am afraid it won't work. Man will one day dive deep into the depths of the ocean and find it."

The conversation again got heated and loud as everyone pitched in with what they could come up with only to be thwarted by another's argument. Suddenly a big white and black cow thundered in with customary confidence and strode towards the front of the gathering. She bowed her head in reverence and barely suppressing her excitement said, "Master, I know what you can do! Why not hide this treasure in the depths of the earth, hidden like diamonds and gold, it will be buried so deep that the humans will never guess where it is hidden, let alone discover it."

The Master smiled benevolently, at the big cow and responded with a loving pat on her head. "Thank you for the suggestion, dear cow, but Man will find it easily, as he will dig into the earth looking for minerals and will find the treasure hidden there."

Hour upon hour had passed with different suggestions coming in from creatures of all shapes and sizes—from the giant Dinosaur to the wriggly and charming King Cobra. But none appealed to the Master.

It seemed like it was going to be a never-ending session when suddenly the Master stopped pacing. He clutched his flowing robe, looked excitedly at the gathering and ran to his podium. Everyone stared open-mouthed at the happy face of the Master as his thundering and joyous voice filled the air.

"I have found the answer to the question!" he exclaimed with delight. He turned to his right where an old and frail Grandmother stood right next to him, holding a rickety stick.

The Master said, "Granny, why don't you tell the secret place for the treasure to be hidden?"

The Grandmother, who had terrible eyesight, smiled and in her low and feeble voice whispered, "Hide the treasure inside the man."

Her whisper reached every creature on the ground. It was so profound! It took a minute for her words to sink in and then the whole gathering jumped with joy. There could not have been a better place to hide this treasure. The solution had been found! The great Master then declared, "It is done."

The Grandmother moved closer to the master and screwed up her eyes, trying to see his joyous face. She touched him with her bony hand and asked him softly, "Divine Master what is the treasure called?"

At first the Master looked at her with a wide smile and then at everyone that had gathered in his garden that day and announced, “It is called—I AM.”

And so it has been since time immemorial. That treasure called *I am*, is hidden within ourselves. It has the power to change everything in our lives. It has the supreme ability to create any universe that we want. It has the power to provide us with gifts that are unheard of and unknown.

So, I want us to begin the work of discovering this hidden treasure lying deep within us. What is this treasure called *I am*? It is the storehouse of wisdom, knowledge, and your unique talents and gifts that you bring to this world. We are all born with the treasure inside us. As we grow up, we lose awareness of this treasure. We also get so busy with what is outside of us that we fail to explore what is hidden deep within us.

The way the treasure works is very unique. First we need to discover it and then use its gifts to uncover the magic of our lives.

It takes effort and positive action to find this treasure and once we find it we have to keep using its gifts to construct the life we want. Are you willing to make that effort? If yes, then let us dig deep within ourselves.

First of all, where ever you are reading this book—home, airport, railway station, classroom, canteen, bus or tram? Stop and look around you. You might see people—men, women and children—but do you see anyone that looks like you? These words would of course have no meaning if you are an identical twin, but other than that, do you see anyone who physically resembles you? No one, right? And we are not even talking about thought patterns, choices, habits and abilities here. Have you ever wondered why? It is because you are one of a kind. Search heaven and earth, the truth is that there has never been one like you and never will be. You are the beginning, the middle and the end of the world in your own unique way.

What happens when you look into the mirror? You see yourself, with your unique DNA, your own attitude, your own set of genes, and unique physical and mental abilities. In all respects, you are a miracle by yourself. You do not realize this because you are so busy looking outside, at others and focusing on things

far less important. It is time to realize that you are

perfect and enough. Your job is to acknowledge that uniqueness that is staring at you from the mirror and accepting the whole truth.



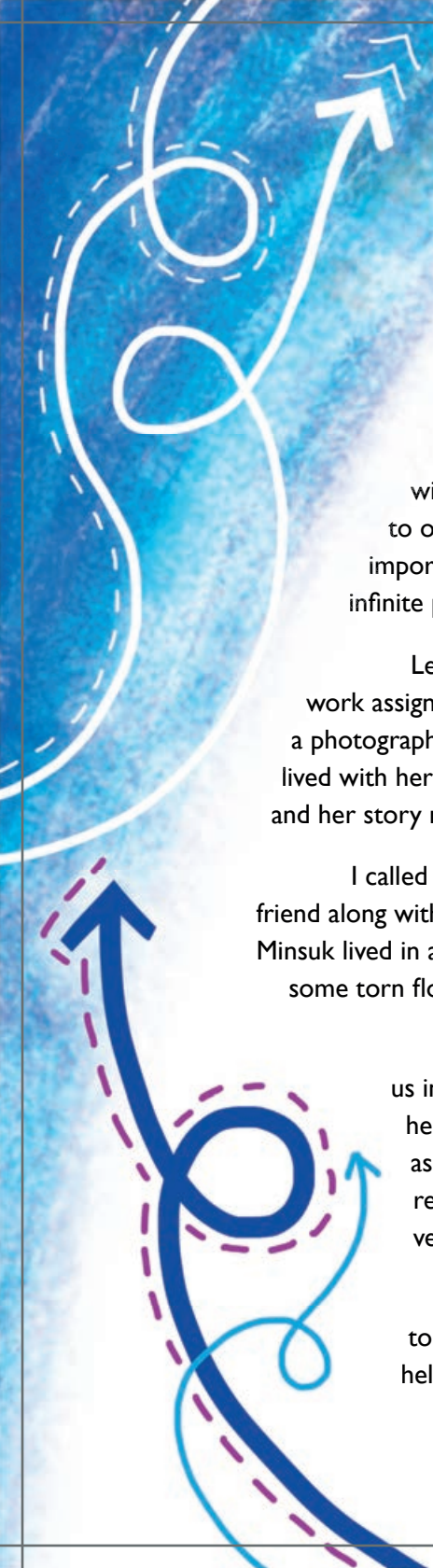
Think about the fact that there are more than seven billion of us out there. Each one of us has had a unique life experience. Each of us has our own perspective, our own way of interpreting, understanding and expressing our individuality. We each have our own story. Not the most wonderful or the greatest story perhaps, but it is our own. It is time to place value on that story because there is none like it. Our story is what makes us different. Shouldn't you honor your story and give some thought to what makes your story so special? Knowing your story is the start of your journey. Most of the time, we spend too much time focusing on other people and do not pay attention to our journey.

Over the years, I have worked with a great number of students in different countries. They were all young and energetic, waiting to unleash their talent into this world and there is one thing I know for sure and that is—there are no two life stories that are alike. Whether they were eight or eighteen, whether they came from the same family or they were best of friends, each of my students' stories were as unique as their fingerprints. Your story too is unique and so are you.

Once you understand this you will discover the treasure within your depths. Once you acknowledge this it will make you the most important person in the world. I realized this when I discovered the treasure of *I am*. It was as simple as—if I do not exist, the world does not exist. By that rule, I *have* to value myself. Think for a moment, what does the word *value* mean? It means, the importance, worth or usefulness of something. My next question is—what are you worth to yourself? Are you worthy of your care, respect, love and understanding? When we value something or consider it worthy of our care, like a favorite pen, a book or a cricket bat—we take care of them, don't we? The same principle should apply to you. You take care of yourself because you need to value yourself.

How does care happen, you might ask. To me, the word *care* conjures up various images—spending time with the person I like, valuing the person's thoughts, ideas, opinions, giving respect to that person and having confidence in that person. If you can do these for another person, surely you can do that for yourself! That is what the journey of self-esteem is about.

The recognition of your worth must come from your heart. You need to recognize yourself with all your imagined flaws, like acne, awkward behavior, hoarse voice, uncool walk, unruly hair, unbearable attitude, height, width, big nose, small lips and everything that you and others think are strange—all of that still does not take away your treasure from you.



The treasure that was put deep in you is unconditional. It does not discriminate and go against you because you are not good in sports or you do not have perfect vision or you are ten kilos overweight. It is there for your benefit, to be used by you, to shrug off all the negatives and to empower your life. But the key to that treasure lies with you. It cannot work on its own but shows dividends when *you* work with it. Otherwise it just lies dormant in the deep recesses of your mind, body and soul.

I have seen many people/children who used this treasure to gain immense wisdom, power and pleasure. They have gone on to achieve every success life has had to offer. As you embark on your journey into adulthood, I suggest you make this very important decision of discovering yourself first and accept yourself in totality. The door to infinite possibilities will open for you—no one can stop you after that.

Let me tell you a story. It was the summer of 2002, I was in Seoul, Korea with some work assignment that I read about a girl named Minsuk in *The Korea Times*. The daily also carried a photograph of her sitting on a small chair, painting a picture. She was a fifteen-year-old girl who lived with her eight-year-old sister and aged grandfather. Something about that girl caught my eye and her story made me sit up. I *had* to meet this girl.

I called the writer of the article and soon enough went to meet Minsuk. I took a Korean friend along with me because I didn't want language to be a barrier between me and this amazing girl. Minsuk lived in a tiny room with a low roof. On one side was a make-shift kitchen and the other side, some torn floor mattresses.

The young girl had a wide smile on her face and without any hesitation, invited us into her tiny little house. She did not seem ashamed of the poverty that surrounded her. Sitting in front of me was this young dignified girl, who refused to accept her life as a tragedy. And tragedy it was—her father was in jail for theft, her mother had died recently and she was left to take care of herself, her sister and her grandfather who was very old and bedridden.

Anyone would have crumbled under such staggering losses, but not Minsuk. She told us she was quite young when her mother was diagnosed with cancer. Once, while helping her sick mother with household chores, Minsuk began to worry about the tough



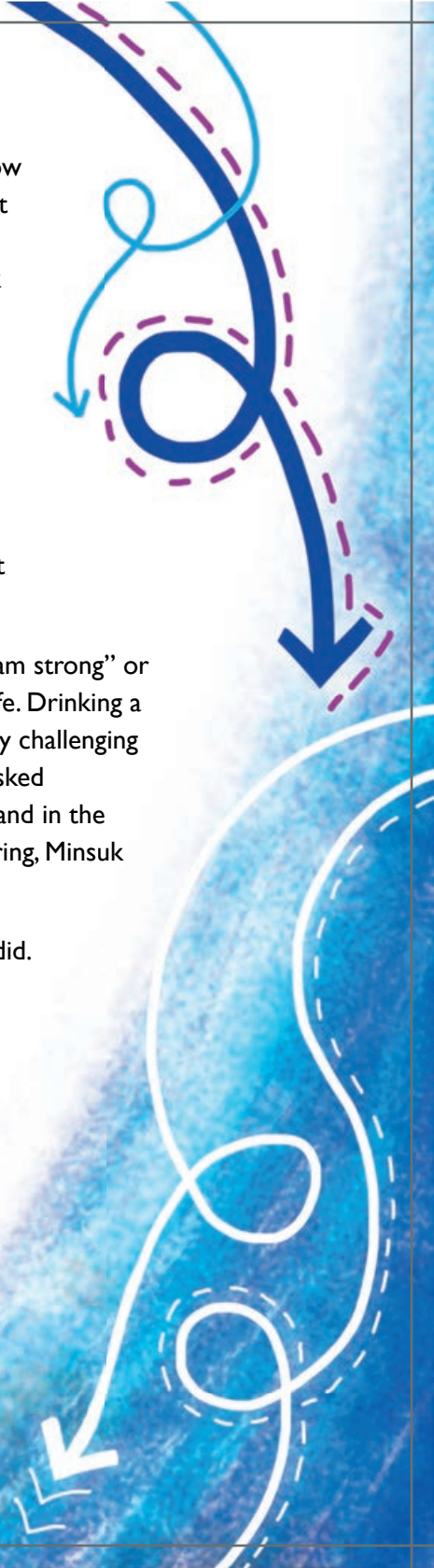
circumstances facing the family and spoke to her mother about it. She was not sure how the family was going to survive without money and cope with this dreadful disease that had struck her mother. Minsuk's mother, who may have been rendered physically weak by cancer, was mentally very strong and knew she had to instill that strength in Minsuk before cancer got the better of her. She picked up a small white board lying on the floor and wrote on it in big bold letters—I AM.

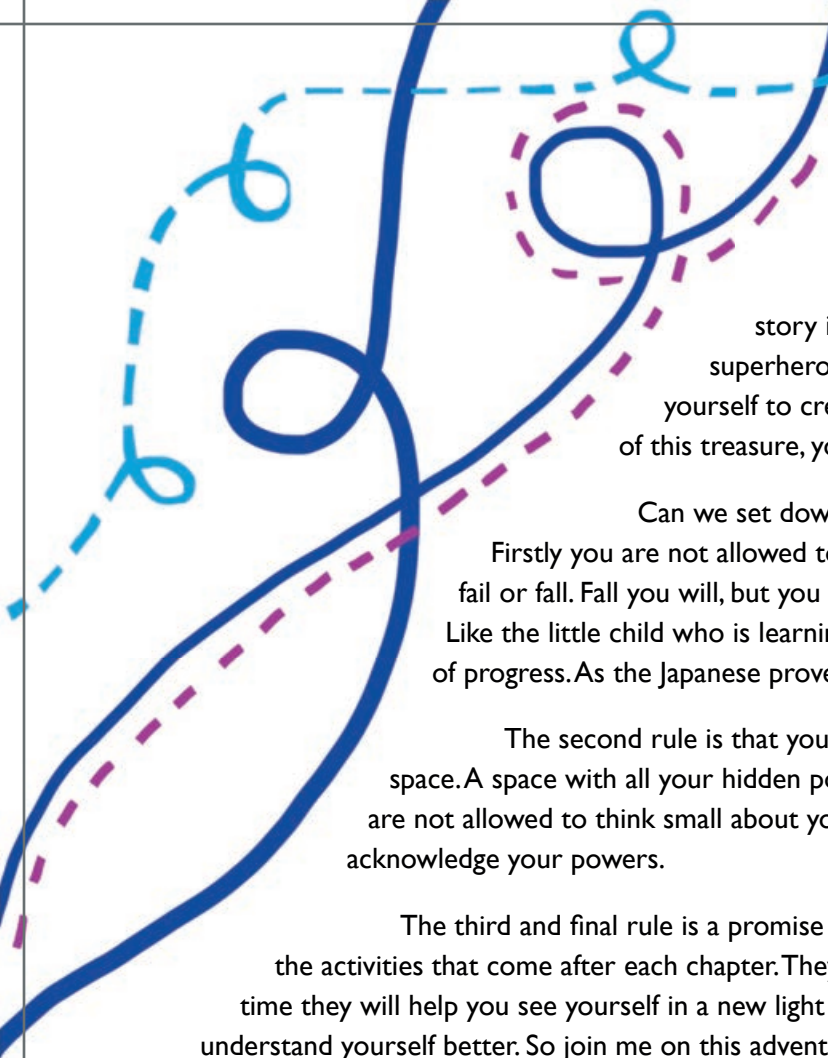
She reassured Minsuk by telling her, "Remember the two most important words in the world are—I am. What you choose to write after these two words will determine who you will become. It is not what situation in life you come across, it is what you make of yourself and the situation that you face, that will determine the quality of your life." A few days later her mother died. Minsuk was twelve-years-old, but those two words her mother told her became her *Mantra*—her magic wand.

She said whenever she felt weak she would write on her little white board, "I am strong" or "I am fine." The days when mere survival was at stake those two words changed her life. Drinking a cup of green tea Minsuk continued to talk about her life. She said, "I think I am in a very challenging situation but I can manage to change things around. I refuse to accept defeat." When asked about how she manages on a day to day basis, she said, "I go to school in the morning and in the afternoon I teach the neighborhood kids." With the money that she earned from tutoring, Minsuk was doing another course to improve her English.

She wanted to be proud of herself and did not care what anyone else said or did. She said she had classmates who taunted and bullied her but it was up to her how she responded. She said this was her life story with all its good things and bad things. She would honor her story and knew she could achieve anything because she believed in herself.

As I sat listening to her, I realized she had tapped into the hidden treasure called *I am*, and was now an invincible force. Her strong sense of self-esteem came from constantly working on herself and knowing that with the right attitude she could overcome anything. Last I heard of her, Minsuk had gone on to complete her Masters with a grant from the government. She went on to teach at one of the best universities in Korea. She carved out her





own life from a desperate situation and never lost sight of her inner strength.

The main purpose behind telling you Minsuk's story is so that you can remember that you are the superhero of your story. Like Minsuk, you have the power within yourself to create the life that you envision. When you become aware of this treasure, you will get the strength to rise every time you fall.

Can we set down a few rules before we begin this adventure, please?

Firstly you are not allowed to give up on yourself. That does not mean you will not fail or fall. Fall you will, but you will also understand that there is no shame in falling. Like the little child who is learning to walk, you will recognize that falling is an indication of progress. As the Japanese proverb says, *fall seven times, stand up eight!*

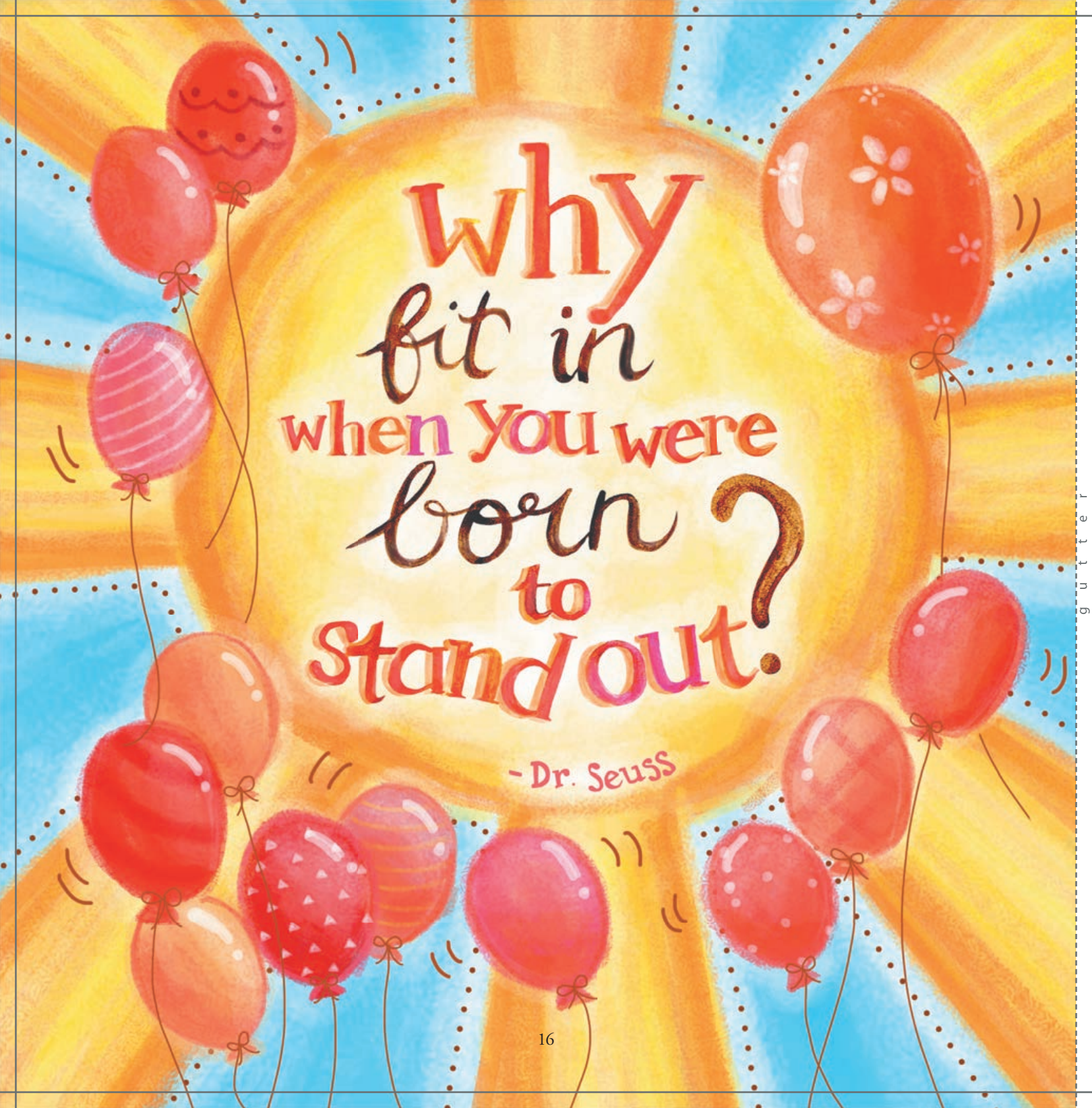
The second rule is that you will create in your heart and mind an **'I am Enough'** space. A space with all your hidden powers and you will honor and respect this place. You are not allowed to think small about yourself. The treasure within can only be used when you acknowledge your powers.

The third and final rule is a promise that I want from you and that is to practice sincerely the activities that come after each chapter. They are fun filled activities you will enjoy and at the same time they will help you see yourself in a new light and provide you with an opportunity to appreciate and understand yourself better. So join me on this adventure together, and let's go!

# Activities

1. The first exercise is what I call Shout Out. Shout out to yourself aloud—***I am enough***. As you say these words, see the way your body reacts. Suddenly you will straighten up, your spine will lengthen, your shoulders will stop hunching, and your frown will disappear. You do not have to accomplish something to be enough. You are enough, a miracle, a perfect being.
2. Write your story. Do not worry about the grammar, spelling and punctuation. Just write your story in your words. You could start your story in any way you like. Write about the significant events that brought a smile to your face and also write about the negative events that made you unhappy. Acknowledge, accept and honor your accomplishments and defeats. Own your story—it is your story. It is your unique experience of life and it is as important as the other seven billion stories out there.
3. I want you to stop doing whatever it is that you are doing and write down the three physical attributes you think are the best about you. We are not done yet. Now I want you to write what you think are your three best qualities. Done? Not time to stop yet! Read and reread the list. Read it loudly. Carry this list with you at all times. Make it a point to read it first thing in the morning and the last thing you read before you head to bed at night.





why  
fit in  
when you were  
born?  
to  
stand out.

- Dr. Seuss



## CHAPTER 2:

# Why Fear?

“May I come in?” As I heard these words, I turned towards the door to see a beautiful, young, shy girl staring at the floor.

“Yes, please do,” I answered, briefly looking at her.

After finishing what I was doing at my desk, I turned to look at the girl, who was still standing in a corner near the door

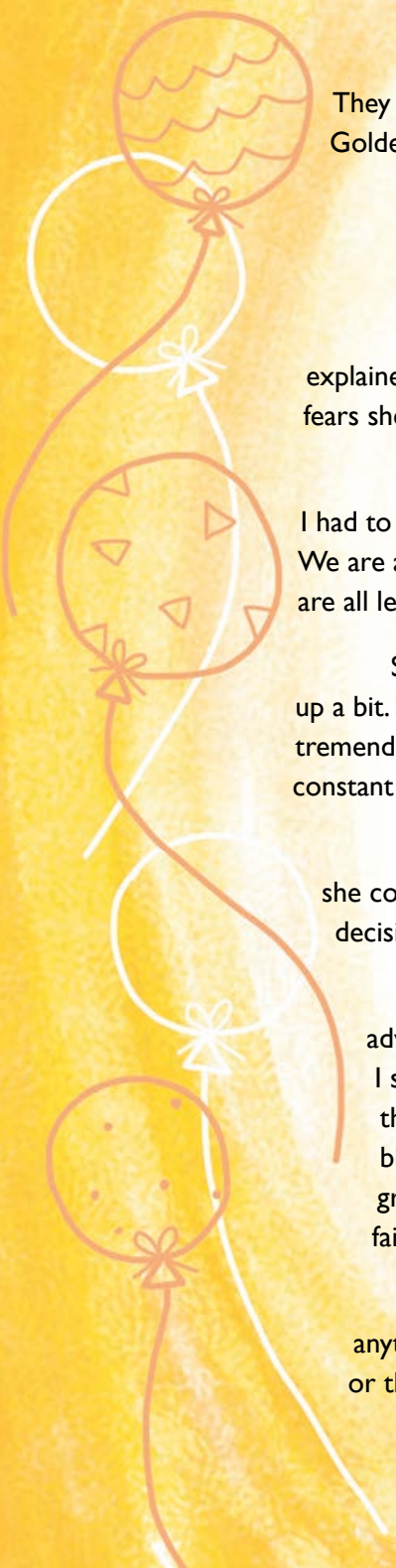
“Come take a seat,” I gestured towards the chair in the front row. She sat down quietly. Her name was Teresa. She informed me she was from Thailand and wanted to learn English. As per the norm for each new student, I sat down next to her filling up the information form. She replied to the questions thinking hard, fumbling with her words and nervous about her pronunciation. When asked to repeat some answers she chose to write them down.

“Teresa, your best bet to learn English would be to speak the language,” I told her. She nodded, shaking her little head slowly. But she did not follow the little piece of advice over the next few days. She refused to make eye contact in the class with anyone including me. She would not talk to anyone in the class and was hesitant to answer questions.

One day during the break time I asked her to come to my office. I asked her the reason why she was so quiet in class. She replied reluctantly, “I love English language but I am scared to speak because of my accent. Everybody will laugh at me. In my school in Thailand the students would make fun of me as I can’t pronounce the alphabet S.”

I was not surprised at what she said. Over the years I have seen hundreds of my students who do not explore their vast potential for the fear of being laughed at.





They are so scared of failure that they do not even make the effort to try. I told her of the Golden Rule of our class—

We do not make fun of anyone.

We are in it together.

I told her of the challenges some of my other students had faced in the past and explained to her that it is not going to be easy, but if she did not make the effort to face her fears she would not learn much.

I said to her, “Interestingly Teresa, you are not the only one who is scared. Growing up I had to learn English too, as it was not my native language. Don’t worry. None of us is perfect. We are all in it together. If we all were perfect I would be jobless with no students to teach. We are all learning.”

She listened intently. Over the next few weeks, Teresa slowly but surely opened up a bit. She started to participate more actively in the class. As time passed, she improved tremendously. She is still not a 100 percent, but then no one ever is a 100 percent. It is a constant journey, but had she not overcome her fear she would not be where she is today.

In less than a year she overcame her fear of the English language and accepted that she could learn it. She still struggled, but she was not scared anymore. She had made a vital decision—that she would not let her fear of failing stop her from learning the language.

Teresa graduated from my class last month and is now planning to take an advanced course in writing and editing at one of the universities. Sometimes I think I should make videos of the first day a student walks into the classroom and record their development, their overcoming the fear of whatever they feel lacking in. I see the blossoming of a flower take place in the classroom with my students. They accomplish great tasks and achieve great results when they accept that they may fail but the fear of failure does not paralyze them, instead it spurs them on to work harder and better.

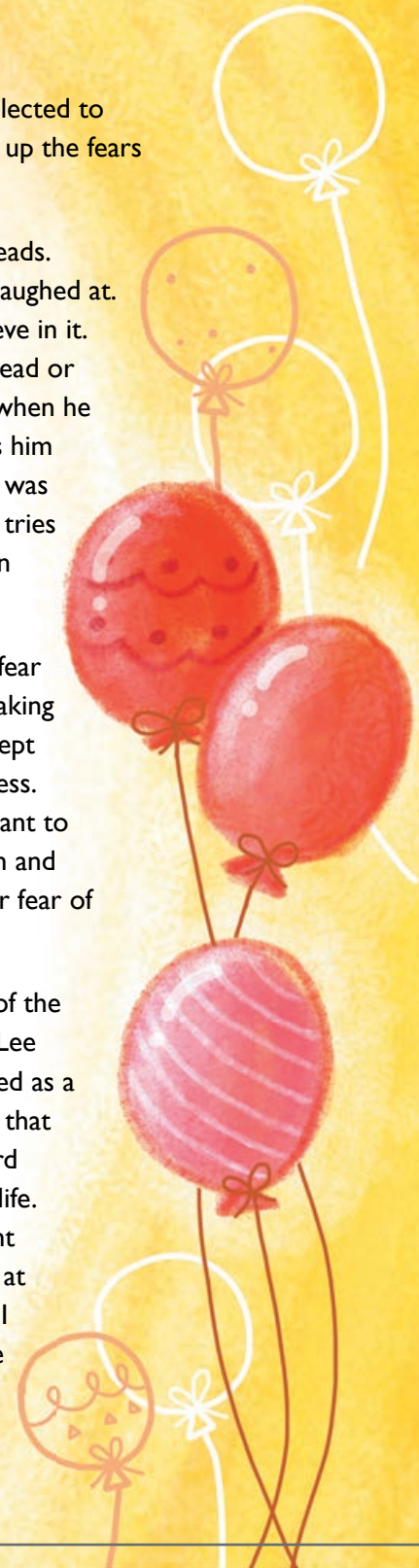
What are you scared of? Do you have a fear of losing, of not amounting to anything, of not being enough to join the sports club? All of us have faced fear at some or the other time in our lives. You are not the only one. We are all in the same shoes one

way or the other. As children we are scared of getting the bad grades, not getting selected to the cricket team, participating in the school play and having stage fright. As we grow up the fears accelerate to finding the right job, getting into the right university and so on.

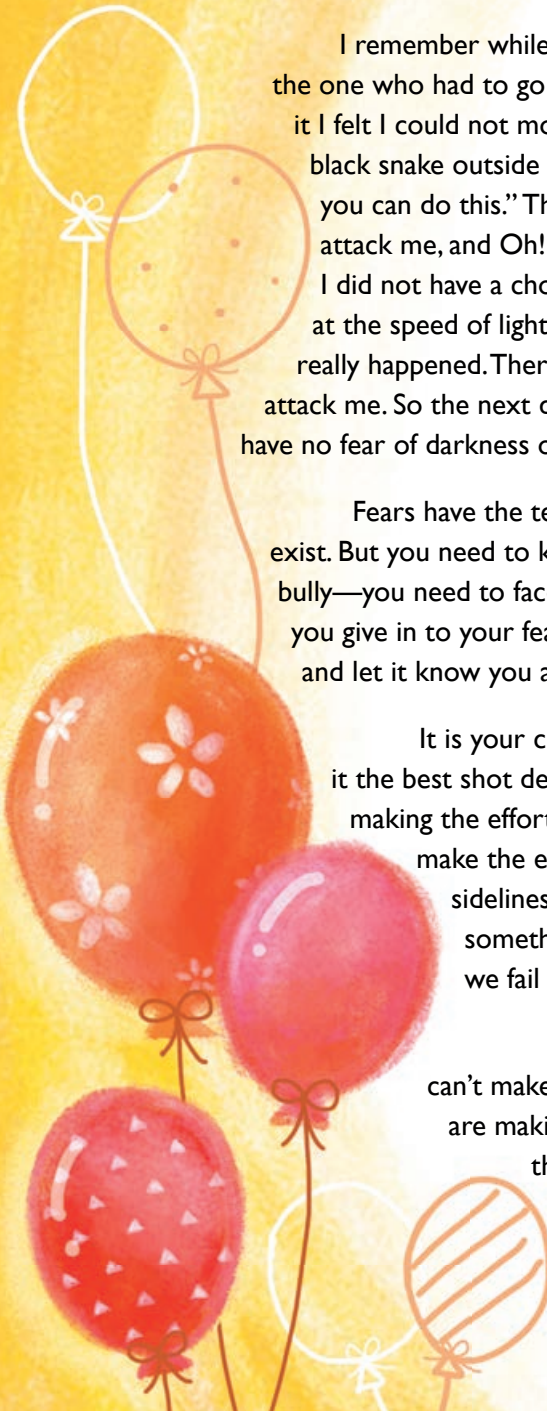
Fear is like story telling. We imagine a story with a plot, characters in our heads. Something will happen and then I will end up in a sorry situation and then I will be laughed at. That story plays in our head like a constant movie and somewhere we start to believe in it. Most of these stories are unfounded. The scariest of scenarios that we play in our head or imagine do not really play themselves out. Ralph Waldo Emerson beautifully puts it when he says, "When a resolute young fellow steps up to the great bully, the world, and takes him boldly by the beard, he is often surprised to find it comes off in his hand, and that it was only tied on to scare away the timid adventurers." That is what fear is—a bully who tries to act smart and cool but is really timid and small inside. We just need to stand up in our **'I am Enough'** space and put fear away.

Most of us experience fear, it is natural. The problem arises when we allow fear to overpower us. Fear comes from a place of scarcity. It thrives on negativity and making you afraid. It has the ability to magnify itself when we do not love ourselves and accept ourselves. It loves to make us believe that we are not good enough and we are useless. Think of the time when you walked into the school for the first time. You did not want to let go of your parent's hands. You were scared as you were walking into an unknown and unfamiliar territory. But you took the first step, and slowly but surely overcame your fear of being without your parents. Do you recognize the dividends it has paid you?

One of the best things you can do for yourself is to mentally keep a count of the times you overcame your fear. We fear defeat so we do not make any effort. Bruce Lee said, "Defeat is a state of mind; no one is ever defeated until defeat has been accepted as a reality." There is a possible chance you will lose a match, you will fail in an exam but that is no reason to think you are not good enough. If you ever got to see my report card when I was in school, you would think I would never have amounted to anything in life. But here I stand in front of you having travelled to many countries, taught in different countries, worked for the United Nations and its allied agencies, became an orphan at 21, went on to do a double masters and a Ph.D. Was I scared? Of course, I was. But I also knew my fears will not help me achieve anything and I made a conscious choice to overcome them.







I remember while growing up I was scared of the dark. After both my parents died, I was the one who had to go out and lock the main gate of the house. I remember the first time I did it I felt I could not move. The fear that someone may be outside or that there may be a big black snake outside totally paralyzed me. I kept repeating to myself, “Nalini, you can do this, you can do this.” The first night was terrible. I was so scared and felt someone was going to attack me, and Oh! the stories I created in my head. Imagining all kinds of scenarios—but I did not have a choice. I was the only one who had to lock the gate and so I ran outside at the speed of light, locked it and ran inside. As I recovered from my run, I realized nothing really happened. There were no big black snakes awaiting my arrival or monsters waiting to attack me. So the next day it became a bit easier and the day after that, even more. And now I have no fear of darkness or locking doors by myself late at night.

Fears have the tendency to be nasty and mean. That is the only way they know how to exist. But you need to know you are bigger and greater than your fears. Fear is nothing but a bully—you need to face it with your head held high and let it know, it can’t mess with you. If you give in to your fears they tend to become these huge ugly monsters. Look fear in the eye and let it know you are not afraid of it. If you deal with them headlong, they run away.

It is your choice. Will you choose to succumb to your fears or enter life giving it the best shot despite the risk of failure? The greatness is not in being perfect but in making the effort. There will be times when we will fail and that is fine, but if we do not make the effort we lose any chance of succeeding. Most of us just stand in the sidelines because we feel we will be made fun of, mocked at, or bullied if we try something different. Our classmates, our friends, our teachers will laugh at us if we fail at doing something. We would become a laughing stock.

Remember the ones that are making fun of you are equally scared. They can’t make the right choices so they are busy making comments on those who are making the effort. They sit on the sides and tell the players on how to play the game or call names to those who are trying. They are not the ones walking their talk. They are the naysayers, and won’t let you succeed; they are the ones who will pull you down. Being scared of failure they do not make the effort in the first place, and then make fun of those who are trying because they cannot accept another person’s success.

Fear is a natural emotion. Your best bet out of it is not to run away from it but to accept it and still do what you need to do to overcome it. The whole idea is to continue to do what it will take to master your fear. A lot of us wait for the fear to go away, but sadly it won't walk away. You need to let it know your position. You need to make your fears understand, "I see what you are trying to do, but I will do what I need to do despite your presence."

Ask your parents when you were an infant and were learning to walk. Were you scared? Probably, yes. It was a new adventure for you, a new experiment, and a new discovery. Did you fall?—probably many times. But did you give up?—No. And now you can walk and run and use the amazing power of your legs to take you from one place to another, play games, and run errands. Imagine if you had not made the effort of getting up every time you fell down. Imagine if you were so scared that you never tried.

Think of all that you miss out on when you let your fear take over. You miss out on many opportunities, you miss out on learning so many new skills, you miss out on becoming a great singer, a football player, a debater, a cheer leader, and the options are endless. The price that you end up paying is far greater than the effort that goes into overcoming your fear.

Break down the fear into small baby steps that you can take. Set yourself small challenges and then work to overcome bigger challenges. Teresa decided first to speak short words that started with S. Words like 'sat' and 'sun' and then as she learnt to say those correctly she moved onto bigger words like 'spontaneous' and 'splurge'. While writing my first book I had a big fear that I would never be able to complete it. So I came up with an outline and decided to write it chapter by chapter. Completion of each chapter gave me the necessary push and confidence to keep writing.

We will fail at times whether we like it or not. We will fall short of our expectations and those of others. That is the way of the world we exist in. But we need to not give in so that we resign to our fears. I will fall, but only while making the effort and not just letting my fear overpower me. I may not succeed, but not because of my fear of failure but because I need to make a bigger effort. What makes me enough is not that I have no fear, but the fact that I can face my fears and work towards my goals despite them.

So go ahead, feel your fears but still dare greatly and overcome them. For as Jack Canfield rightly says, "Everything you want is on the other side of your fear." So know this, and take that leap of faith.

# Activities

1. Recall the incidents when you were scared about something. Write the incident and what you did to overcome that fear. Write it in as much detail as you can and remember that you did overcome it.

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2. Write a letter to your fear informing it that you are breaking up with them.

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3. The Four Fs

“Fs”—Follow the Master, Face the Devil, Fight till the end and Finish the game.

- (i.) The first ‘F’ is ‘*Follow the master*’. Follow your heart. Decide what you want to accomplish. Authenticate yourself by acknowledging what you want to do in your heart and mind.

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(ii.) The second 'F' is 'Face the devil'. Identify what is the devil? What is your fear? Accept your fear with an open mind and tell it yes I see you but I refuse to bow down to your whims and fancies.

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(iii.) The third 'F' is 'Fight till the end'. Deal with your fear and let it not overpower you. What action will you take? Make a list of steps. Maybe you need to stop the imaginary fear story in your head or you need to replace the scary image with a positive one.

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(iv.) Then the fourth 'F' is 'Finish the game'. What is the game? How did you win the game and what did you learn?

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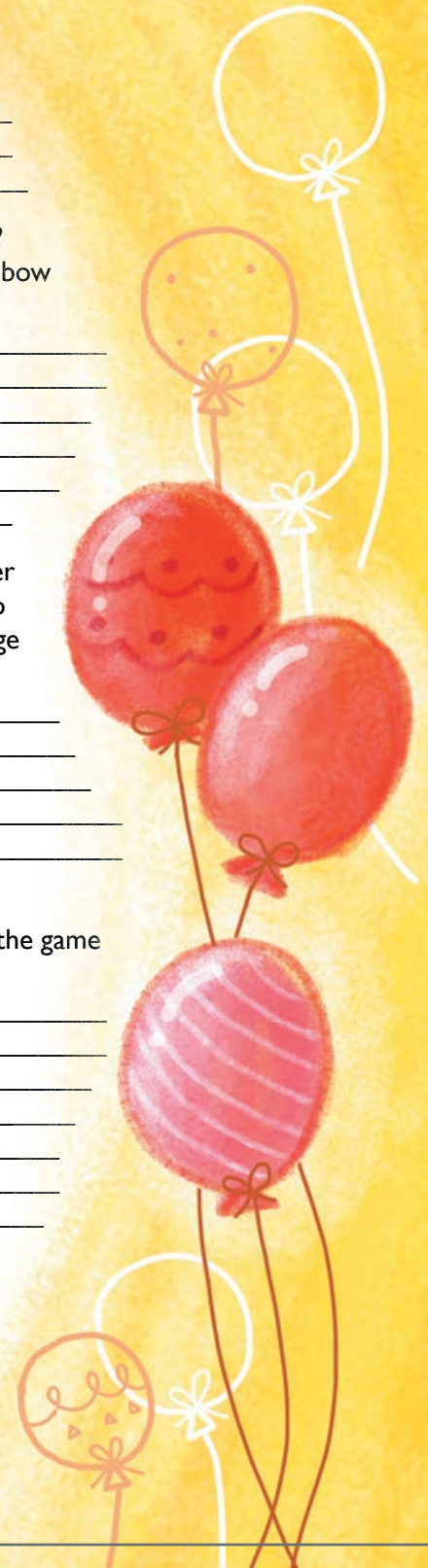
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ALWAYS

BE A

FIRST RATE

VERSION of YOURSELF,

INSTEAD

OF A

SECOND RATE

VERSION of SOMEBODY ELSE.

JUDY GARLAND




## CHAPTER 3:

# Embrace Your Magnificence

Do any of the following statements ring a bell? Tick the ones that you remember using at least once in your life.

- I will never be as good as him/her.
- Do you think by getting good grades you are better than me?
- Look at the way she/he dresses up, he always looks better than anyone else.
- She sings so well, I sound like a broken record in front of her.
- I will never be able to please my parents. My sister/brother is born gifted.
- I do not like her at all. She always does better than me.
- He thinks he is the center of the universe and everyone else is useless.

What are these statements trying to say? Are they positive or negative statements? Do they enhance or lower your **'I am Enough'** space?



The first time we learn about comparison was when we heard our parent or teacher say, “Look at him, he is not misbehaving.” Or “See, she is so sweet she hardly talks.” We learn from our surroundings, as we grow up, that there are better people than us. When our parents appreciate someone else, when our teacher points out at a particular child he is the smartest we become very self-conscious. We start to feel something is not right with us. In some way we feel the need to be like someone else.

Comparing ourselves with others is something we do on a very regular basis without being totally aware of it. But why do we compare? That is the big question. As we grow to become young adults, we look for signs of acceptance from the outside world; we look for others to say, “Well done.” Or “We are proud of you.” As we have not truly discovered ourselves, we start to believe the other person who is being appreciated is doing much better than us, which is so not true. In doing so, we start losing the essence of who we really are and try to make the effort of becoming someone that we can never be. If I ask you to look like another individual can you look like another person? It is just not possible. So fundamentally we are fighting a losing battle. In trying to become someone else we lose the identity of who we are. But unfortunately, we learn this art very early on in life. It sets a pattern that tends to devalue who we are and takes us farther and farther away from our **‘I am Enough’** space.

As a kid, I loved to talk and still do; no wonder I am a speaker and a teacher. I love the sound of my own voice. One day, my mother said to me, “Be like your little sister. She sits quietly and does not disturb when I am working.” But I could not help it, I had to share all the things I saw, let my voice be an expression of all that I gathered from the world. I did not want to be like my little sister. I wanted to be me. And so, since then I stuck with being who I really was.

Long time ago, in the jungle lived a lion with his three cubs. One of the cubs was taken away and raised by sheep. The cub never really learnt to roar. He would always *baa* like the sheep. The lion searched far and wide for his missing cub and one day the lion saw a unique sight—a lion cub among a herd of sheep! The lion realized that this was his missing cub. He picked him up and took him away and asked him to roar like a lion. The cub could not really do it because by comparing himself with the sheep and following them all along he had lost his natural roaring capacity. The lion tried repeatedly to make the cub roar, but the cub struggled and could not roar. The lion picked up

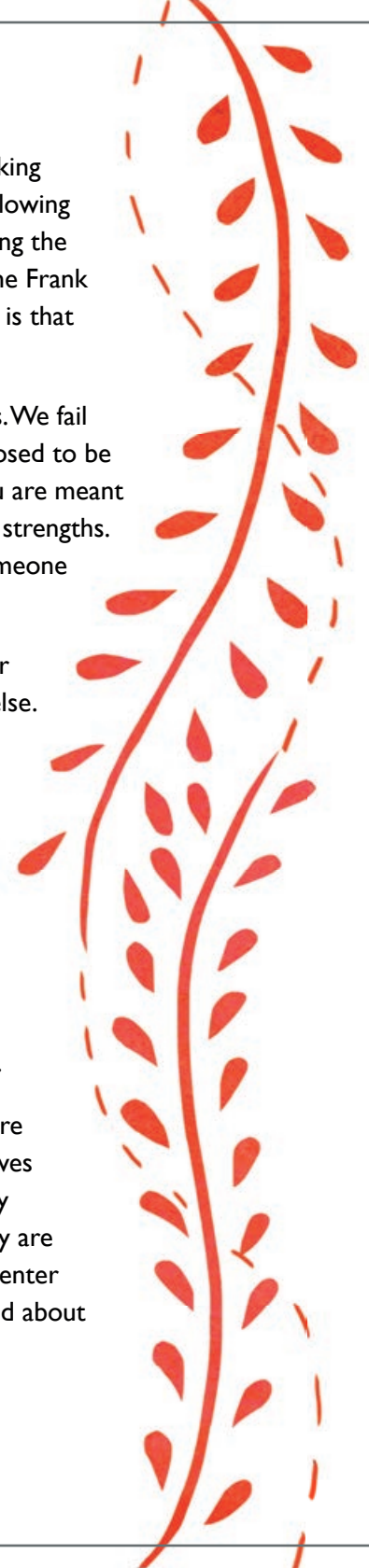
the cub and took him to a nearby pond and asked him to look in the water. On looking at his reflection, the cub realized he indeed was a lion and he had lost himself by following the sheep. How many of us do this day in and day out? Not understanding or realizing the potential that lies hidden in each one of us, we try to become someone else. As Anne Frank puts it beautifully, “Everyone has inside of him a piece of good news. The good news is that you don’t know how great you can be!”

In comparing ourselves with others, we forget to pay attention to ourselves. We fail to recognize that each of us is unique, down to our fingerprints. We were not supposed to be imitations of one another. As much as you may try, you cannot be someone else. You are meant to be you. You have your gifted skills and abilities. Capitalize on that. Those are your strengths. We are all here to discover our own paths and our own journeys, and following someone else’s path, will not help us discover our own.


Keep a log about how many times in a day you make comments about other people. You are either pulling yourselves down or you are busy admiring someone else. When was the last time you really paid attention just to yourself? Your job is not to become better than someone else. Your job is to become better than yourself, or as Judy Garland said, “Always be a first-rate version of yourself, instead of a second rate version of somebody else.”

In comparing yourself with others, you take away power from yourself. Imagine that you saved up to buy yourself your favorite thing. One day you wake up to discover that the money was stolen. How would that make you feel? In comparing yourself you are letting go of the wealth inside you. The wealth that makes you become more of you and gives you the tools to create a magnificent life.

The other important thing to consider is our belief that somehow people are really noticing us. We think everybody is paying attention to us, and convince ourselves that our friends, classmates and peers are concerned about the way we talk, the way we look and the way we dress. We spend most of our time thinking about what they are thinking or how they will react to us. Let me tell you something—you are not the center of someone else’s life. Everybody is way too occupied with their life to be concerned about what you are doing.



Journaling



Nobody is really thinking about you. Dr. Daniel Amen who is best known for his groundbreaking research in brain imaging came up with the 18/40/60 Rule: “When you are 18, you worry about what everybody is thinking of you; when you’re 40 you don’t give a darn what anybody thinks of you; when you’re 60, you realize nobody’s been thinking about you at all.” Welcome to the real world. People are only interested in their own lives. We are all islands to ourselves. Most of the times when we are young we are worried what others will say, I will be laughed at or what will they think about me. But as we grow older we realize nobody is really thinking about us. Trust me it comes from someone who is already nearing her fiftieth birthday. So, I know.

We compare because we feel inferior to someone else. There is no benefit to acquire by comparing yourself with others. Each and every one of us is gifted with a unique set of talents and qualities, and our job is to make the best use of those gifts and not berate ourselves by comparing with others who do not possess our unique gifts. It is like comparing a rose with a sunflower. Is it justified to make that comparison? No, not really. And, why not? Because both are fundamentally different. True, they are both flowers but both with different colors and totally different beauty. You compare yourselves with others not realizing no one in the entire world can do better job of being you other than you.

There is an old saying that when the crow decided to copy the walk of the swan, he forgot how to walk like a crow. In comparing ourselves with others we never do justice to the other person and also lose sight of who we are. Slowly our inner critic starts to sabotage our sense of self-belief and self-confidence.

Think about the time when you dressed to please yourself? When was the last time you looked at yourself in the mirror and admired how you looked? When was the last time you patted yourself for doing a good job? When was the time that you said to yourself, “I am fine the way I am”? Do you remember know how it feels to admire yourself? When was the last time you did not feel the need to compare yourself with anyone? When was the last time you wanted to get something for yourself because you thought you would enjoy it instead of buying it because someone else in your class had it?

I have come to believe that a lot many times in our lives we do things because someone else is doing them. We are not in competition with ourselves but are in competition



with others. We feel a sense of accomplishment only when we compare ourselves with others. Spend some time with yourself and make a list of things you like to do and explore, dig deep why you like to do those things. Is it because you want to please others or these are things that really make you feel happy. Be honest with yourself.

We need to take our flag and raise it the highest. We need to become our own cheerleaders. No one else will do it for us. We need to take charge of our lives as we will be spending the most time with ourselves. Ten years from now, the people we compare ourselves with we probably would not even remember them but we would have lost golden opportunities to better our lot.

As you start comparing yourself with another person, STOP, think ten years from now will it help by putting myself down. Instead of comparing yourself think of how far you have come along. What have you achieved in the past one, two years? Bring the focus to yourself. Give importance to yourself and your achievements. Think of activities you can indulge in, positive goals you can set up for yourself that will help you become a better individual.

Think about how you view yourself. Be kind to yourself. Do you realize this is your life and how you treat yourself will make all the difference? Instead of looking outside of yourself, start to look within yourself and you will find hidden talents and qualities that you were completely oblivious of. Do you treat yourself as well as you treat your friends and family? What would you do if your friend was feeling low? You won't say to your friend, "You are such a loser." You would show them support and take care of them. It is time for you to become your best friend and biggest fan. Go ahead and show that support and compassion for yourself.

Research now proves that giving ourselves a break, appreciating ourselves leads to better health and wellness. It is good for our mind, body and spirit. Remembering that we all are on a journey to discover ourselves will help you to bring the attention to yourself. This life is about you not about your neighbor or friend. As you will learn to appreciate yourself more, you will understand yourself better and you will realize your unique abilities and strengths.

I learnt the art of appreciating myself from my eight year old nephew, when one day he walked into my room and announced to me loudly, "You know who my favorite person on earth is?" I straightened in my chair ready to acknowledge my place in his life. And he said, "I am my favorite



person on earth.” As I sat their picking pieces of my shattered ego I realized if only I could say that about myself wouldn’t that be great?

You are the author of your own book and it is time for a dramatic plot twist. Whenever you get confused and start to have doubts, remind yourself of what you have accomplished by being yourself. Remember the challenges you have faced, and you will realize in overcoming those you discovered an underlying strength that helped you accomplish those challenges. You will discover that it was you who focused and studied hard and the ability to overcome anything was always within you.

So embrace your magnificence let your individuality shine through.



# Activities

1. Make a list of all that you have accomplished. Start from the time that you born. You learnt to walk, to speak, to get dressed, to make friends, to go to school, to do your homework, to share and spend time with your family, etc. See if you can make a list 101 achievements you have had. Also write about the things you stopped yourself from doing—it's an achievement too!
2. Practice self-nurturing behavior. Identify things that you can do for yourself on a day to day basis that give you a choice to take better care of yourself. Maybe you need to sleep for one hour more or exercise for thirty minutes a day.

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3. Write down how each of your friends makes you feel better.

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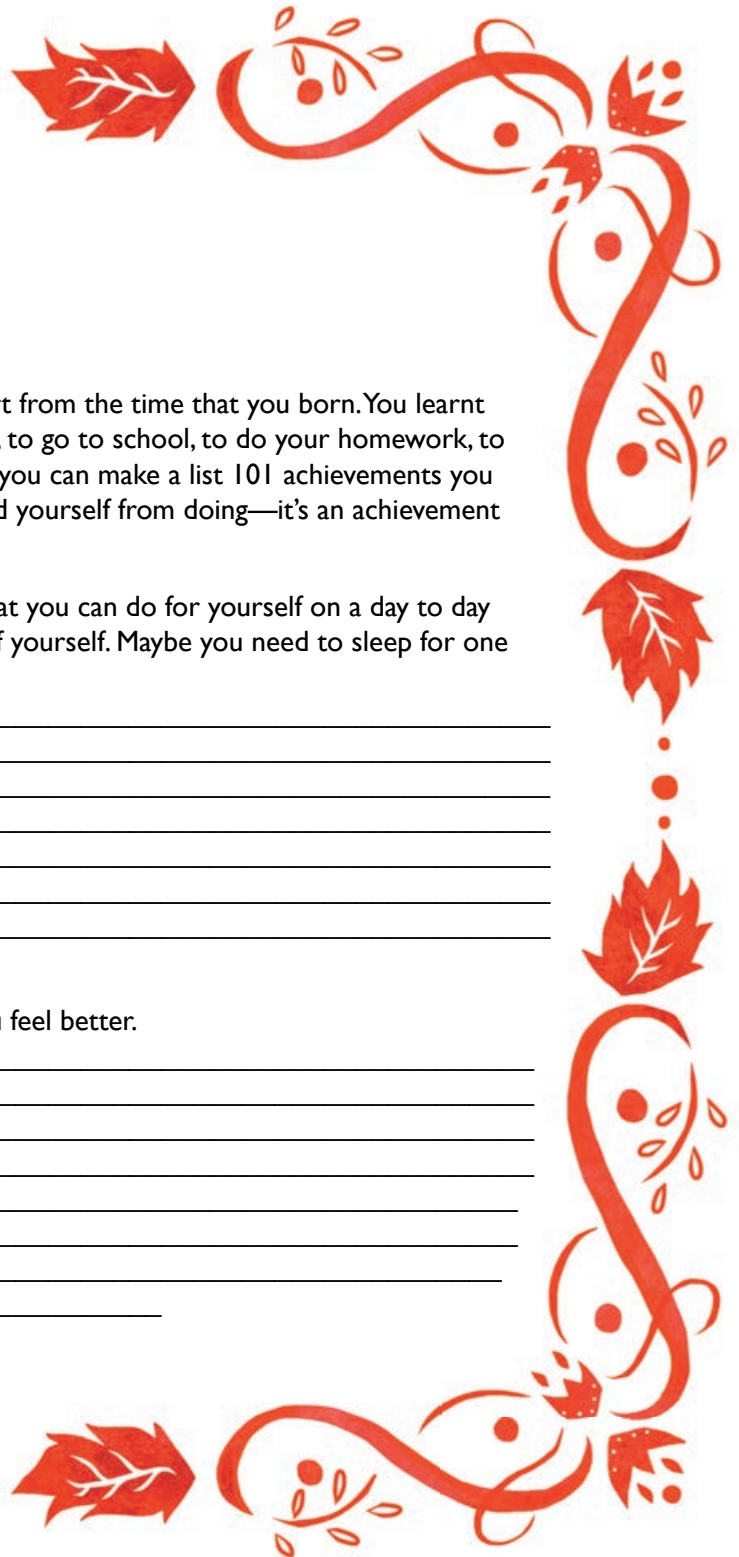
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WHAT WE THINK, WE BECOME







## CHAPTER 4:

# *The Power of Your Mind*

This happened when I was in school. We were in the chemistry lab to do an important experiment. All my classmates were doing very well, except for me. I clearly remember understanding the instructions but when it came to taking the right portions of the chemicals I just could not get it right. For one reason or the other, I was not able to achieve what I had to do. I remember my teacher walking up to me and asking me, “Nalini, where is your mind?” I looked at my teacher and thought to myself, “What a ridiculous question?” And when he asked the question again, I drew a blank. In the break time, the teacher called me to the lab and asked me to do the experiment again. Before starting to explain to me he said, “Nalini, just pay attention to



what I am doing right now. Bring your thoughts to this present moment and let all of you be present here, in the now. I went on to complete the experiment successfully. This was my first introduction to mindfulness in grade eight. Paying attention—that is what mindfulness is all about. It is the process of paying attention in a particular way; on purpose, in the present moment, non-judgmentally. When you start paying attention to everything you do, you become more present. You become more aware of your five senses (i.e. touch, sound, taste, smell and sight).

You may ask what mindfulness has got to do with self-confidence. I'd say, a lot at any given moment! Mindfulness is a skill; a skill that teaches us to pay attention. The more we pay attention, the more we understand ourselves better, and learn to appreciate ourselves and our unique abilities and strengths. Your self-confidence is a deep source of power inside you. When you dig deep you come to realize this treasure of power that exists within you, from which everything comes. Mindfulness helps us to connect to that treasure. Observing your thoughts, calming your mind and using its powers are a cornerstone to achieving your dreams. Positive psychological research has often highlighted how mindfulness can lead to higher self-confidence.

Our minds are the centers of constant activity. More often than not we are hardly aware of what we are thinking about. There is a constant dialogue going on in your mind. Your mind never




really goes silent. Let us say you have a big exam coming up, and the constant thoughts in your mind may include the following: I am not going to do well; Oh my God! If I fail it would make me look like such a loser; Why would I fail? I have studied hard for the exam, I will get a great result; I will surprise everyone by getting a great grade. Wait a minute, if that does not happen Dad would get upset with me. Or when you make a mistake: How very stupid of me? Or when you crack a joke and nobody laughs, your mind might make fun of you: You think you have a great sense of humor, you are such a loser that you made a joke of yourself.

To your utter amazement you will discover that this internal dialogue never really stops. Try to observe and watch this constant activity of your mind. More often than not, we are not aware of these internal dialogues, but these dialogues which I prefer to call mind-talk (some call it self-talk) have a big impact on how you feel, what words you use and what actions you take. It is like having a cd player or your headphones being in auto-play mode. Whether you like it or not, you are thinking 24X7X365 days in a year. The chatter in your mind is constant and never resting. Mindfulness helps you in the first instance to become aware of this.

Writer Maya Angelou says, "When you know better, you do better". Becoming aware of your internal thoughts is the first step. When you know them and accept them, then you can use the power of your mind to create the results that you want. As you start to truly engage with your mind and become more and more aware of the present moment a lot of your negative mind patterns disappear and the annoying mind chatter reduces.

After learning to be present and aware you want to think in the right manner. The thoughts become words and words become action. Henry Ford, the billionaire, once said, "Whether you think you can or you think you can't you are right." Your thoughts are the building blocks of your life. That is where everything starts.





For many years it was considered a humbug by a lot of people. But now, laws of Quantum Physics can prove scientifically that our thoughts have real power and influence on our life, our self-image, and our perceptions. Now the question that arises is do you want to continue the same way, or do you want to harness this immense power that you have and make sense out of your life.

Have you ever wondered why thought is important? It is important because it influences your action. It is important because thought is the seed of all action. It is the stepping stone to the next level, which is taking action. It is important because thoughts can determine whether you will have a successful life or not. Thought is seed from which the plant will grow into a tree. If the seed itself is not of a good quality, then no one can help the plant. First, the plant may not sprout and if it does then it may never grow into a solid, healthy tree.

Thoughts of failure, fear, and despair are as powerful as thoughts of success, achievement and accomplishment. Your mind can go in different directions like a rudderless boat if you do not control it. You have to control your mind and your thoughts and by doing this you will make a major breakthrough in your life, or as James Allen rightly said, “You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you”.

Some people think in the form of mental pictures, which by the way I think is a great idea, provided it is a positive mental picture. If you are going to think about how your life is messed up, and picture yourself failing in the exam, unable to get that job, ruining a friendship, suffering from disease, without any money, being in a bad relationship—then I really can’t help you. On the other hand, if you create a mental picture of being successful, doing well in your exams, having money in your bank, having great relationships, then these are what will manifest in your life.

Those who achieve success, greatness and have the life of their dreams do so because in the first place they thought of a better life, better



pay checks and better relationships. I am in no way denying the importance of action, ambition, drive, tenacity and strong will power. But the first step to achieving any of these is the right type of thinking; this kind of thinking arises from our **'I am Enough'** space.

The mind is bound to attract the very conditions that you fear and visualize. In other words whatever your thoughts are they can manifest themselves in reality. Your mind is like a room, you can choose to darken it with your negative and dark thoughts, or you can choose to open the windows and bring in the light and sunshine with positive thoughts. And no one else but you can make that choice. Life will express in time the thought you dwelt upon. Dale Carnegie said, "Remember, happiness doesn't depend upon who you are or what you have; it depends solely upon what you think."

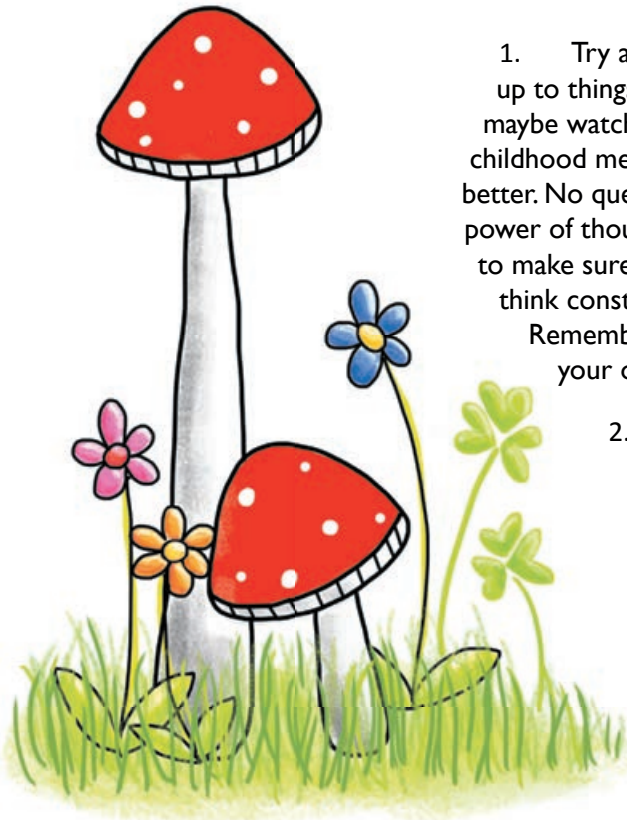
Your mind is a very powerful instrument. If we do not live mindfully, we risk losing our integral sense of self. It can be the store house of wisdom or destruction. If we can control our mind and channelize its energies we can achieve whatever we decide to. And this powerful process begins with the right thoughts.

Thoughts are things, or in other words what you think you become. Our mind is in constant motion. Some scientists believe we think millions of thoughts in a day; thoughts of all kinds, shapes and sizes—good, bad, negative, positive, weak and strong. These thoughts, if unsorted, create confusion and chaos in our minds. Imagine driving a car when there is fog—it is dangerous and stressful. Similarly an unclear mind filled with negative thoughts is extremely dangerous for our self-esteem and well-being. Thoughts can make you feel small or powerful. Interestingly, we attract more negative thoughts. We need to control our minds to use its powers for our benefit with positive thoughts, instead.





## Activities



1. Try a little exercise with me. Maybe you are feeling low and not up to things. Now right now think of a great time you enjoyed yourself, maybe watching a movie, going on trip with your friends, a wonderful childhood memory and suddenly, in a matter of seconds you start to feel better. No questions asked. How did this happen? It is a manifestation of power of thoughts. Train your mind. You will have to work at a conscious level to make sure it works in the positive direction. You will have to train it to think constructively. You will have to compel your mind to think positively.

Remember you are rock star—think positive thoughts about yourself. Be your own cheer leader.

2. Sit still and pay attention to your breathing. Close your eyes and focus on breathing in and breathing out. Set an alarm on the phone or watch and try and observe your breathing at school, on the playground, when you are agitated, when you are doing your homework. As you observe you will realize you breathe differently in different situations. Observing your own breathing and becoming conscious of it will help you to use it for your well-being. It will become your inner compass to bring you to a calmer state.



3. Be mindful— simply put is paying attention to yourself and your thoughts. When we become mindful, we connect to the present moment. Mindfulness is a way to discover the strength of your mind power. It is saying hello to myself and spending time with myself. Sit in a quiet, comfortable position and close your eyes. Your mind will soon start wandering—bring the focus back to yourself. Slowly you feel more calm and peaceful. As you start to become mindful you can consciously send positive thoughts to yourself. You will be able to make your unconscious mind work for you. Ever seen that most of the iceberg is hidden under water. Your subconscious mind is the power you can use to achieve what you want.





IF YOU THINK  
*you're*  
**TOO**  
*Small*  
TO HAVE AN IMPACT,  
TRY GOING TO BED WITH A  
*mosquito* IN THE ROOM.

ANITA RODDICK





## CHAPTER 5:

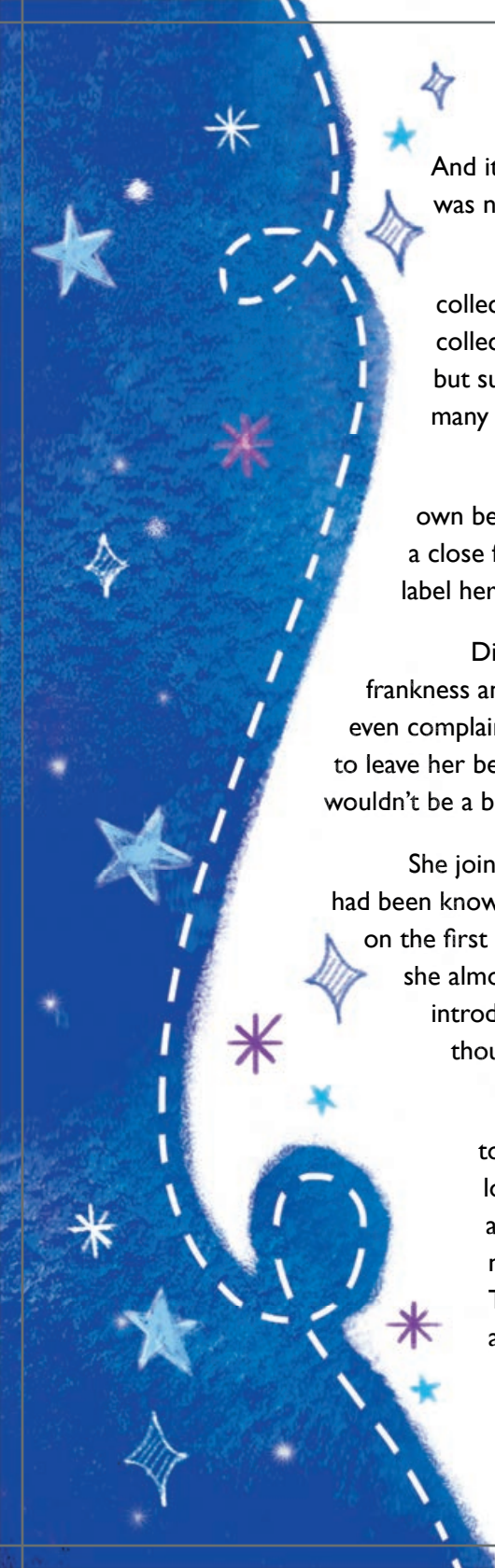
# Less Luggage More Comfort

Have you ever been on a camping trip? Imagine this—you have been instructed by the camp coordinator to carry one back-pack but you decide to take two instead, as well as a computer bag plus a kitbag and a huge sleeping bag.

As per the camping rules you need to carry the luggage by yourself. As you get off the bus, there is an uphill walk of three kilometers to reach the camp site. What do you think is going to happen? From experience I can tell you that the following few points may arise:

- You will be so tired that you will not be able to accomplish anything.
- You will become irritated.
- You will lose interest in what you are doing.
- Watching your friends have the time of their lives will infuriate you all the more.





And it all probably happened because you decided to carry extra baggage when there was no need for it.

Similarly, we are all born free of baggage but as we get older we start collecting all the extra baggage in our lives. So what is this extra baggage we start to collect? These are all the labels you give yourself and others give you, which slowly but surely start to overpower your life and you begin to lose control. It happens to so many of us and comes from the least expected situations.

Sometimes, we give that power to our friends who use it recklessly for their own benefit and ruin our lives in the process. Such an unfortunate event happened with a close friend's daughter recently. My friend's daughter, Dimple, decided to believe in the label her friend was giving her and lost control over her own life.

Dimple was a trusting girl by nature. She could make friends easily because of her frankness and a smile that would light up her whole face. Always an optimist, she did not even complain when her parents moved from the Middle East to Australia, although she had to leave her best friend behind. Dimple believed her mother when she said that making friends wouldn't be a big deal in Australia.

She joined the primary school in grade six hoping to carry on with the good work she had been known for in her previous school. As any other girl her age, Dimple was a little shy on the first day. She missed her old school and all those friendly faces she knew so well—she almost cried. Then during break, Tara, a girl in her class decided to come over and introduce herself. Dimple was very touched by her kindness, and because of that she thought Tara was a very kind person.

When Tara told her to bring her hat, she ran to get it for her. When Tara told her to walk in the garden with her, she happily skipped along. She would often look longingly at the other girls having a go at the swings, but Tara would not have any of it. She told Dimple quite clearly that since Dimple was a new girl in class, no one was going to pay any heed to her, let alone give her a turn on the swing. They might in fact laugh behind her back because of her strange accent, coming as she did from a different country.

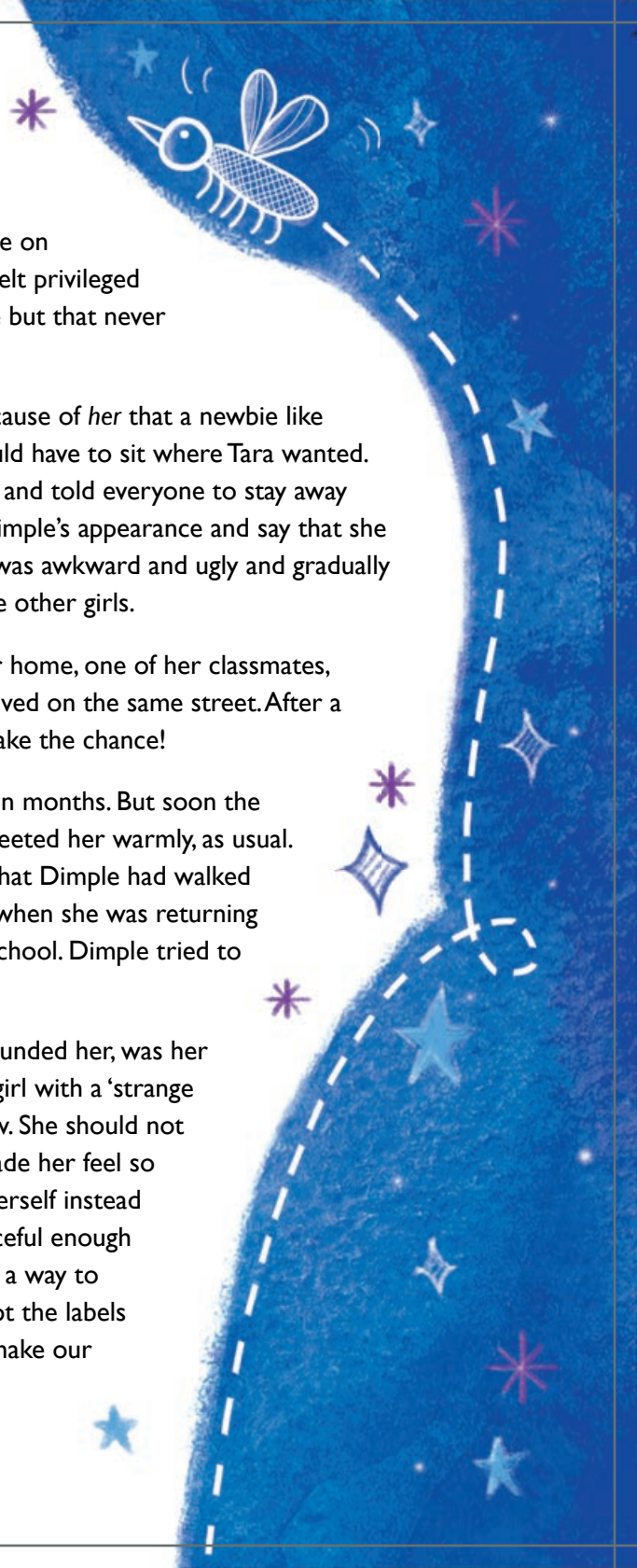
Tara would often ask Dimple to sit by a bush or on a bench while she played with her friends in school. Tara would do anything possible to prevent her from talking to anyone else in school. Dimple on the other hand thought Tara was the most popular girl around and felt privileged to be at her beck and call. She was losing her dignity and confidence but that never occurred to this trusting little girl at all.

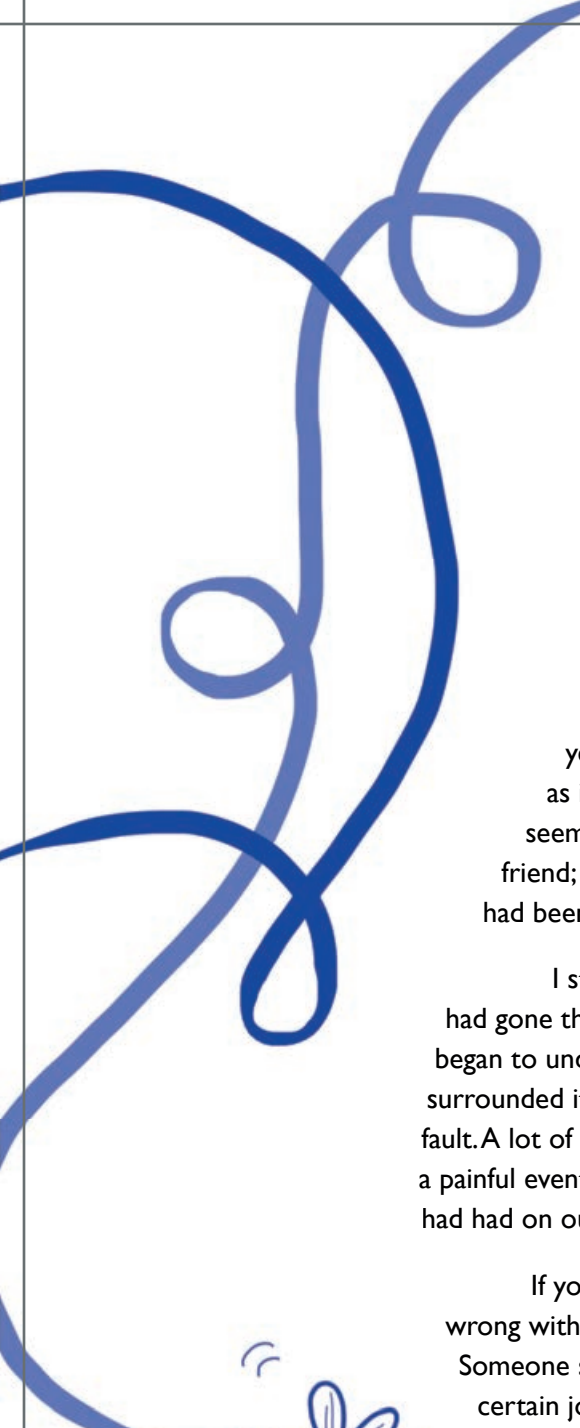
Tara never allowed Dimple to forget the fact that it was because of *her* that a newbie like Dimple was accepted into her friend circle. In class too, Dimple would have to sit where Tara wanted. She was always worried to talk with anyone else, lest Tara got angry and told everyone to stay away from her. There were times when Tara would point out defects in Dimple's appearance and say that she looked quite weird because of them. Dimple began to feel that she was awkward and ugly and gradually got into a shell—unhappy, distraught and wishing to hide from all the other girls.

One day, when school was over and Tara had already left for home, one of her classmates, Amy, asked Dimple if she wanted to walk home with her since she lived on the same street. After a small hesitation, Dimple agreed. Tara was not around, so she could take the chance!

When she got home that day, she felt happier than she had in months. But soon the phone rang and Tara was on the line. Dimple felt nervous but she greeted her warmly, as usual. In a cold voice, Tara declared that she was very angry and unhappy that Dimple had walked home with Amy that day. She had seen them together from the car when she was returning from the supermarket, where she had gone with her mother after school. Dimple tried to apologize, but Tara was merciless.

That day Dimple realized that the unhappy world that surrounded her, was her own creation. Had she not let Tara label her as a 'newbie' or as the girl with a 'strange accent', she would be making many more meaningful friendships now. She should not have accepted the derogatory references to her appearance that made her feel so small and ugly. She should have shrugged off her shyness and been herself instead of accepting someone else's opinions about her. Dimple was resourceful enough to talk to her mother about this and both of them soon figured out a way to put this unfortunate incident behind them. But many of us just accept the labels being chucked at us and carry on with our lives; in the process we make our life more dark and miserable than it ought to ever be.





*Less luggage more comfort*—these are words my teacher often used. For years, I did not understand its real meaning. As often happens with life, the meaning dawned on me as I was in the process of tugging my excess baggage in the Chiang Mai International Airport in Thailand, looking for a check-in counter. I had spent a week or so in Thailand conducting a series of workshops for students.

I was trying to manage two heavily loaded trolleys on my own and in the process, was tiring myself beyond limit. That is when I realized that for years I have been carrying more than my share of extra baggage. We all carry around the excess baggage of past events like disappointments, unmet expectations and loss of friends, family or jobs. The list could be endless.

We hold on to pain, reluctant to let go. Take me as an example: for years, I held on to the pain and trauma of being molested as a child. Horrific as it was, in more ways than one, that experience seemed to define me, it seemed to hold me down like a heavy rock. Then one day I opened my heart to a friend; suddenly there was no secret to hide! I felt so light, as though a huge weight had been lifted off my shoulders.

I started to talk about it openly. I realized that I was not the only one who had gone through such a traumatic experience. So many women I knew had faced it. I began to understand that in talking about it we had released the negative energy that surrounded it. We had all empowered ourselves by understanding that it was not *our* fault. A lot of us were too young to even understand what was happening to us. We took a painful event, and in talking about and letting it go, we released the negative impact it had had on our lives.

If you look around you will hear many people saying that there is something wrong with them or they are not good enough. Do you know where that comes from? Someone somewhere must have told them that they do not have the brains to do a certain job or that they can never become what they aspire to be. They labeled the person as incompetent and this person decided to make that label a reality.





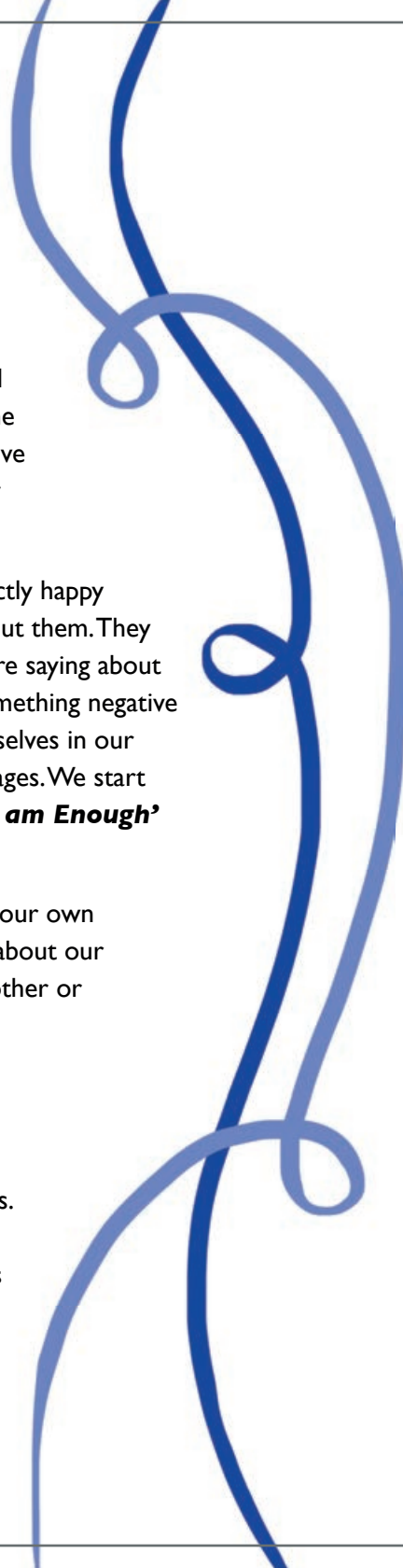
Worse is when we label ourselves. How often have we told ourselves—I have small eyes, I am short, I am stupid, I am not pretty or I am not fit. We excel at this activity. We never cease labeling ourselves; it is always on our minds. And due to this continuous preoccupation, we soon start to believe in it and it becomes permanent.

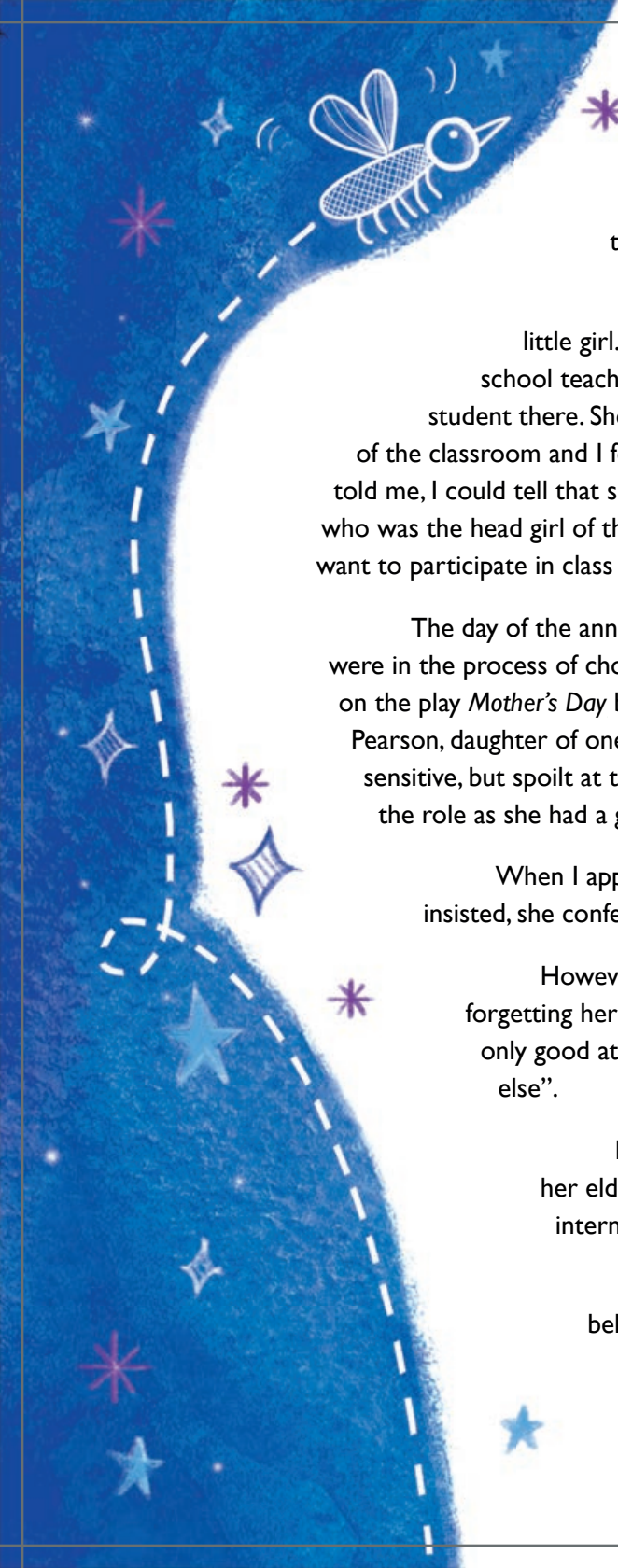
For your own good, you need to demolish the labels that bind and control you. Once you do that you will have the strength of mind to move forward. Imagine running hard with heavy weights tied around your ankles. The negative labels we give ourselves are like those heavy weights that pull us down. So, who puts these heavy weights around our ankles?

We are all born happy. Have you ever noticed little babies? They are perfectly happy with themselves and seem to be least worried about what others say or think about them. They just happily gurgle away. But as we grow up, we start to understand what people are saying about us—we pay heed to it and we start to change. Most often when someone says something negative about us, we believe them. Slowly we start collecting these negative images of ourselves in our head. We stop loving ourselves and start carrying the extra luggage of negative images. We start doubting ourselves and comparing ourselves to others, we stop believing in our **‘I am Enough’** space.

At times, when we see our classmate appreciate someone else, we forget our own qualities and try to mimic them. If we see our parents making positive comments about our siblings we forget about our good attributes and try to follow the ways of our brother or sister. This is where we go wrong.

Do not focus on other people but pay attention to what you are good at. Each one of us has a unique gift and talent; it is also called our **‘I am Enough’** space. I remember as a child, my mother would say that I would never be good at Mathematics. For the next twenty years of my life I was really weak in Mathematics. The mere mention of that word would give me jitters. Later, when I was doing my doctorate my Professor wanted me to come up with some Mathematical formulas for my research. I made all possible excuses but she stuck to her instructions and informed me that I had no option but to work on them. So I worked with Mathematics and quite easily too. Imagine my surprise when I discovered that I





was not bad in it after all! It was a label that I had stuck on myself and for years had actually believed in it. What labels have *you* started to believe in? Can you shrug them off now?

Let me illustrate this point further by telling you about a brave little girl. Lamiya was in her ninth grade when I first met her. I was a high school teacher in Nizwa, a vibrant old city in the Sultanate of Oman. Lamiya was a student there. She was a quiet girl, hardly ever spoke in class. She sat right at the back of the classroom and I felt that she would have loved to be invisible. From what little she had told me, I could tell that she believed everyone was better than her, specially her elder sister who was the head girl of the school. Lamiya considered herself as a complete loser and did not want to participate in class discussions or extra-curricular activities.

The day of the annual inter-class drama competition was approaching fast and teachers were in the process of choosing students to play different roles. For my class, we had decided on the play *Mother's Day* by J.B. Priestly and needed a student to play the character of Doris Pearson, daughter of one of the main characters. Doris was supposed to be emotional and sensitive, but spoiled at the same time. I decided that Lamiya would be the perfect person for the role as she had a good clear voice and her pronunciation was excellent.

When I approached Lamiya, she vehemently objected to the idea. When I insisted, she confessed to having no confidence in her ability to do justice to the role.

However, after a lot of persuasion, she finally agreed. But she would keep forgetting her lines every day. One day she threw up her hands in frustration: "I am only good at messing up my life, as my sister always says. I am good for nothing else".

It dawned on me at that moment that Lamiya was being bullied by her elder sister, who had labeled her as a loser and Lamiya had accepted and internalized that label.

I tried to warn Lamiya and told her that if she continued to believe in that uncharitable label, she would never be happy with herself.

I shook my head and said, "Either you can believe your sister and be a loser; or believe in yourself and your abilities. Who knows where that takes you?"

I think Lamiya took my advice. She came back to school next day, and to my great joy remembered all her lines. Not only did she go on to win the drama competition, in four years' time, she left school as the head girl!



# Activities

1. Can you think of a time when you felt like Lamiya?

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2. What labels have others given you? Think of gift wrapping your endless labels and sending them away to a place of your choice.

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3. Do you believe those labels are a true depiction of who you are?

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4. Remember the minute someone labels you, you activate it by accepting it. The choice is always with you. Write about a time when someone labeled you and you discarded that label.

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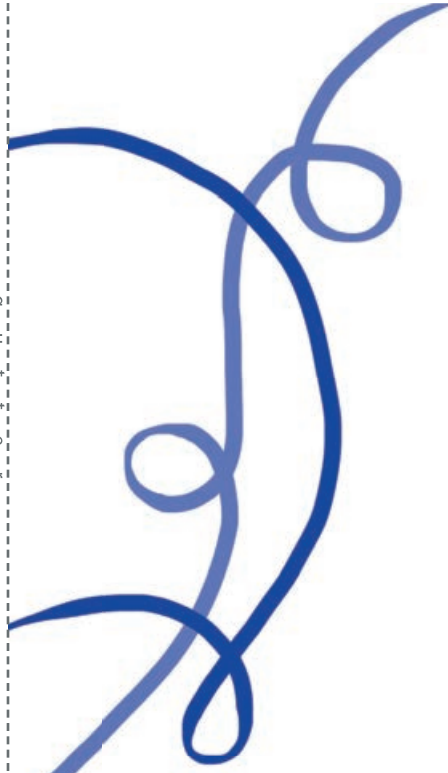
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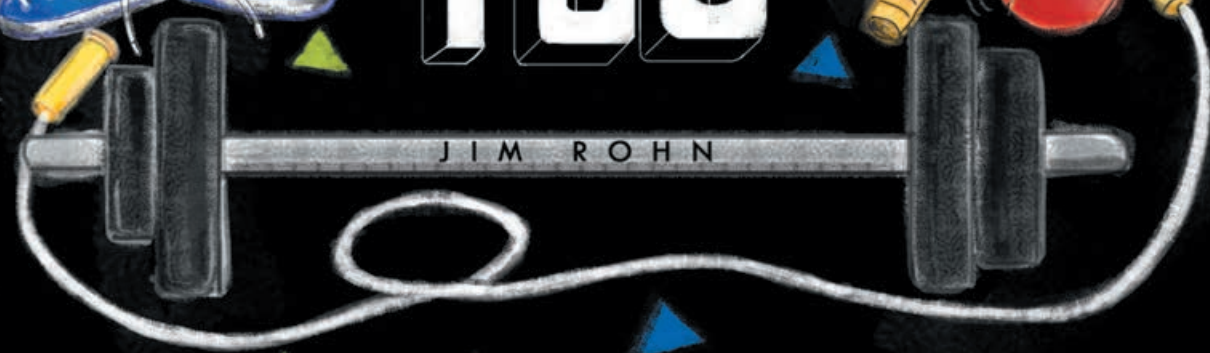
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**YOU**  
can't hire  
*someone else*  
to do the  
*push ups* for  
**YOU**



JIM ROHN

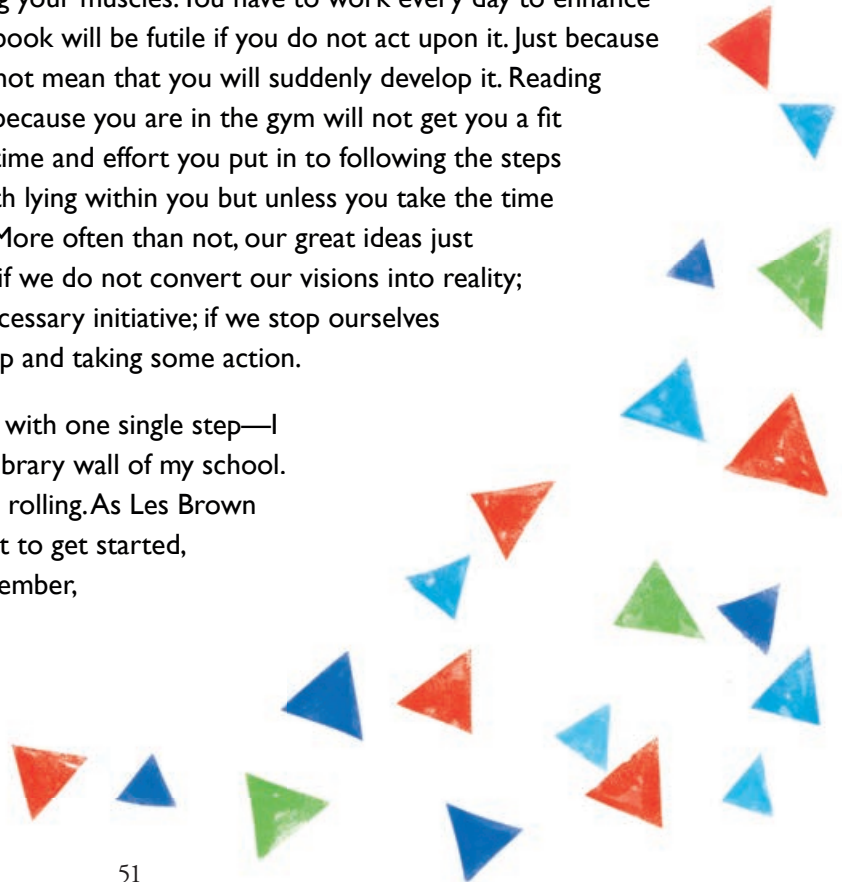
## CHAPTER 6:

# Just Do It

One of my all-time favorite lines is, Just Do It—the Nike tag line. It has been years that this line is being used as a kind of mantra for action and has not lost its essence.

The magic word here is ACTION—unless you act upon your thoughts nothing will change. Enhancing your self-confidence is like building your muscles. You have to work every day to enhance your muscle power. All that you read in this book will be futile if you do not act upon it. Just because you have read about self-confidence it does not mean that you will suddenly develop it. Reading does not translate into achieving a skill. Just because you are in the gym will not get you a fit body. What will convert it into reality is the time and effort you put in to following the steps that have been given. There is immense wealth lying within you but unless you take the time to unlock that wealth it is of no use to you. More often than not, our great ideas just remain ideas, if we do not get off that couch; if we do not convert our visions into reality; if we do not work hard; if we do not take necessary initiative; if we stop ourselves because of our fears; instead of just getting up and taking some action.

A journey of a thousand miles starts with one single step—I remember these words on a poster on the library wall of my school. By taking that one small step you set the ball rolling. As Les Brown so rightly says that you don't have to be great to get started, but you have to get started to be great. Remember, Rome was not built in a day. But constant effort to work on yourself will help you understand yourself better, know the real you and appreciate the miracle that you are.







Start with a small activity. Start to respect yourself. Respect yourself for who you are and who others are. If you do not respect yourself no one else will respect you. Honor the being that you are and in doing so you will create the miracle that you are meant to be. Respecting yourself means you need to stop putting yourself down, you need to accept your flaws as well as your good qualities.

When we respect ourselves we give value to our being. We accept who we are in totality and we cease to compare ourselves and our abilities with others. We stand tall in our reality and believe we are worthy of love and care. We give ourselves permission to take care of our well-being and happiness. We start to believe that we are enough. In giving ourselves respect, we also teach others to respect us and our space. Some days it will be easy while other days you might struggle, but the trick is to never give up on yourself, and have faith in your **'I am Enough'** space. As Bob Proctor says be like a postage stamp. Stick to it till you get there. You will falter and fail, but get up and make the effort once again. This is your life, and only you can make it the miracle it is supposed to be. Think for a while about all these stories.

- Beethoven's music teacher told him he was a hopeless composer.
- Colonel Sanders (creator of Kentucky Fried Chicken) was told "No" by over a thousand restaurants for more than a year while he lived in his car trying to sell his chicken recipe.
- Walt Disney was turned down by over a hundred banks when he tried to get funding to develop Disneyland.
- Abraham Lincoln had two business ventures fail, lost eight different elections and had a complete nervous breakdown before becoming president in 1816?
- Richard Bach, the author of *Jonathan Livingston Seagull*, was turned down by 18 publishers before finally in 1970, MacMillan published his book. By 1975, this book had sold more than 7 million copies in the U.S.



- Mark Victor Hansen & Jack Canfield, authors of the *Chicken Soup for the Soul* series, were turned down by 144 book publishers before somebody finally agreed to take a chance. They have since sold over a 100 million copies.

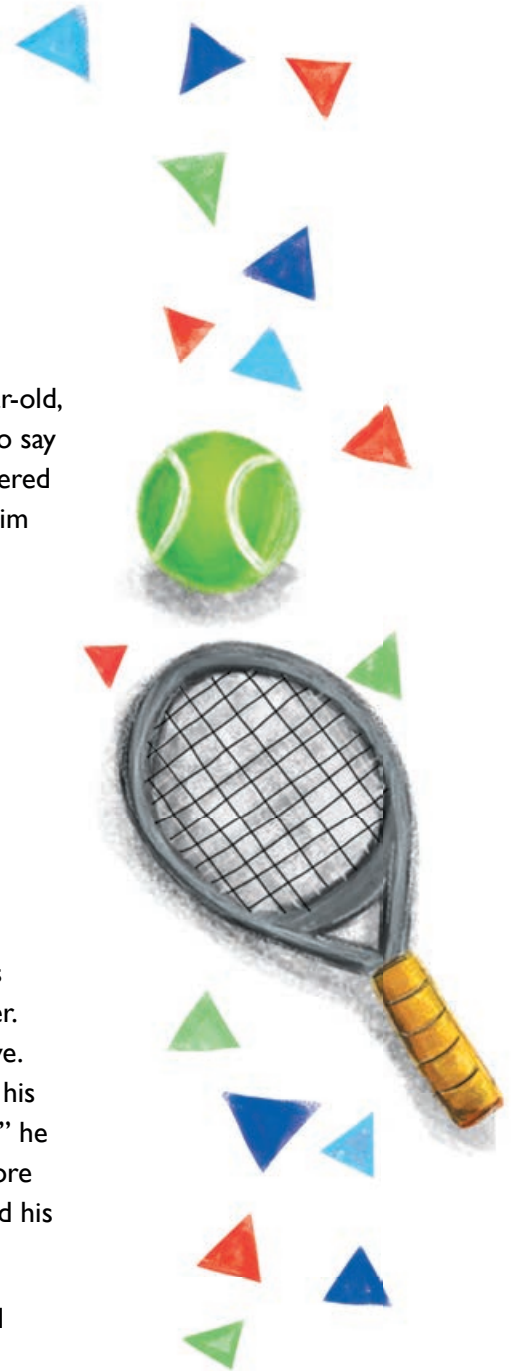
An inspiring story that comes to my mind is that of Kent Healy, an inspirational speaker and author. Kent's story is about facing challenges and overcoming them by taking concrete action and believing in himself.

Kent remembers his first school very clearly. He attended a 100 year-old, one-room country school with a total of 32 students. It was quite a scene to say the least. But Kent was comfortable with this situation. This somewhat sheltered existence suited him just fine; however, when he turned 9, his parents told him and his younger brother, Kyle something they didn't fully understand. "Guys, we've decided to move to New Zealand." Two questions came to Kent's mind: "Are they both going with their parents?" And, "Where the heck is New Zealand?"

A few months later, they boarded the plane and flew half way around the world to start their lives 'down under', where they would remain for eight years. Since they didn't know anyone or anything about this new destination, Kent hoped for a smooth transition. Unfortunately, things don't always go according to plan.

On his first day of school in New Zealand, his teacher gave the class a pre-test. Once he finished the assignment, he returned them to the teacher. The teacher briefly skimmed through the tests until one paper caught his eye. "Who is Kent Healy!?" he said in a loud and stern voice. Kent timidly raised his hand. "What is this, boy? How am I supposed to make sense of this rubbish?" he said raising his voice with each word before continuing his rant for a few more sentences. He made it clear that he did not like the way Kent had formulated his answers.

After singling him out in front of the class, the teacher then ordered him to sit outside and "Think about what he had done." He was (and still



is) trying to figure out what he did wrong! Unfortunately, his scolding continued outside. Finally, in a courtyard next to the classroom with all classmates watching, the teacher's last few comments brought him to tears. He was confused, humiliated, and crushed. On that day, he made the fatal decision that school was not the place for him. He stopped trying and convinced myself that he was simply a below-average student, and consequently, below-average at everything else he did. He accepted what many of his teachers told him, "Kent, you're doing just fine for your abilities."

No one ever questioned his self-perceptions until four years later, when not performing well on a test at his new school, his teacher confronted him, "Kent, what are you doing? You're capable of so much more than this." Huh? What? Who? Me? Kent thought to himself. And so, he met the first teacher who saw more potential in him than he could see in himself. This teacher shared various studying strategies and techniques with Kent. But most importantly, he just held Kent accountable and helped him see himself differently. If Kent didn't do his homework, his teacher was on his case the next day—no excuses! Sure enough, Kent started to see good grades on his report card for the first time.

His confidence began to grow. Over the course of the next few years Kent started a couple of business ventures some succeeded and some failed. But he did not lose his confidence. By the time he was seventeen he realized that there were some key fundamentals of life that were not taught at school. But where could he get this information? He asked himself questions such as, "What makes someone successful both in and outside of school? What separates those people who live an ordinary life from those who live an extraordinary life?"

He continued to search for answers about how to succeed in the real world and applied everything he learned. He interviewed successful people, read countless books, and attended all the success-seminars he could. He and his brother decided to write a book.




While going to school, playing sports, and running their *Mario & Squeegee Bros.* business on the side, they finally completed their first book, *Cool Stuff They Should Teach in School*. The full process took three and a half years of hard work and sacrifices, but in the end, it was worth every minute. It was such a strange, but rewarding, feeling to walk into a bookstore and see their book on the shelves.

At a book signing, he was asked the dreaded question, “Do you speak to school assemblies?” Thoughts rushed through his head: I could, but what if I messed up? What if people don’t like what I have to say? “Yes,” he quickly responded blocking out his thoughts of doubt, “Sure I do.” He exchanged information and later confirmed the speech. “What have I done?” he thought. He had given his word and now he knew he must give the speech—no exceptions! When the day finally came, he was sweating buckets. He struggled to cough up each word of his presentation, and not so surprisingly, he survived. He knew that if he could make it through that speech, then he could do it again, no matter how scared he felt initially. This taught him something valuable: When a scary opportunity presents a positive learning experience, just commit to it, and then find a way to make it happen. This way, he couldn’t back out due to fear. This way he found it’s much easier to take action and succeed when it’s the only option you give yourself.

Today, only a few years later, he gets to travel around the country and speak to people of all ages, sometimes in front of thousands of people at once. It’s one of the most exciting and fulfilling things he does. It’s also something he never imagined doing only a short time ago. In fact, since writing his first book, his entire life has changed. He now gets to do things he only once dreamt of doing. He travels nationally and internationally on exciting vacations with friends, appears on TV and radio shows; speaks to audiences of all ages and backgrounds; writes columns for newspapers and magazines; has authored five more books; trained educators; personally coaches students, and teams up with some of the most respected business leaders in the country. It’s taken a lot of hard work and focus, but the lessons he has learnt, the people he has met, and the things he has been able to do have definitely made the journey worthwhile.





Kent says he did not begin this journey in any unique situation with special abilities. He was just a normal person who wanted to get the most from his life—the way you all do. Like him, all of us have opportunities around us each day, but most people don't recognize them because they're often disguised as hard work. It comes down to our ability to see problems as opportunities and our willingness to take a leap of faith *without* the guarantee of success. Waiting for things to 'fall in place' or have someone say, "You can do this. You are ready" is not realistic. In fact, you may experience the opposite, just like he did, that in spite of what we're told to think, we can choose to think as we wish. As Denis Waitley once said, "It's not what we are that holds us back; it's what we think we're not."

Kent rightly says, "You have everything you need to be successful right now. Go ahead, take a chance on yourself; dream big and believe in your abilities. It's the best bet you can make."



# Activities



1. Nathaniel Branden in his book *The Six Pillars of Self-Esteem* says, "No one is coming." Short and sweet reminder that you are the one who needs to take responsibility. The ball is in your court. If you need help make the effort to get help. Until unless you make the decision to take charge of your life no one can help you. So think about what are the places you need to work on. Take responsibility for those. Write down in your journal the action points, and know that you alone have the power to create the life of your dreams.
2. Complete the following statements:
  - If I take 5 percent more responsibility of my behavior \_\_\_\_\_
  - If I spend 5 minutes in meditation \_\_\_\_\_
  - If I take 5 percent more responsibility of the choice of my friends \_\_\_\_\_
  - If I take 5 percent more responsibility for my health \_\_\_\_\_
  - If I were to express 5 percent more of who I am \_\_\_\_\_
  - If I spent 5 percent more time with myself \_\_\_\_\_
  - If I bring 5 percent more authenticity in my relationships \_\_\_\_\_
  - If I spend 5 minutes observing my breath a day \_\_\_\_\_
  - If I bring 5 percent more integrity to my work \_\_\_\_\_
  - If I take 5 percent more responsibility of attaining my goals \_\_\_\_\_



3. Write your answers and follow them and see your self-confidence grow after following this for 60 days.

4. Power of goal-setting

5. Our minds need focus and channelizing. The minute we set goals for ourselves we use the power of focus. Make a list of three to five things you want to accomplish in this semester.

(i.) \_\_\_\_\_

(ii.) \_\_\_\_\_

(iii.) \_\_\_\_\_

(iv.) \_\_\_\_\_

(v.) \_\_\_\_\_



J e a l i n g



"SO BE SURE WHEN YOU STEP,  
STEP WITH CARE & GREAT TACT.

AND REMEMBER THAT  
**LIFE'S A GREAT  
BALANCING ACT.**

AND WILL YOU SUCCEED?

YES! YOU WILL INDEED!

(98 AND 3/4 % GUARANTEED)

**KID, YOU'LL  
MOVE MOUNTAINS."**

-DR. SEUSS





## CHAPTER 7:

# *The Miracle*

Growing up is not easy at any time or any age. It is more challenging when you are trying to keep pace with your ever changing looks, the pressures of performing well at school, dealing with the bullies, channelizing your energy and controlling your mind. I have a fridge magnet that says 'life does not come with a set of instructions'. But if we look around us, there are clues everywhere. My research of all these years has led me to conclude that we are the architects and designers of our own lives. The ones among us who tap into their abilities and powers are the ones who grow up to be the self-confident individuals. The one who harness and align themselves to the wisdom they innately possess are the ones who become a better version of themselves.

Researchers and psychologists have now come to believe that one of most important building blocks for a well-adjusted individual is a healthy dose of self-confidence. Low self-confidence is the root cause of a string of emotional problems like anxiety, depression, poor performance, lack of confidence and stress.

The previous chapters have been an exercise in the direction of building self-confidence. But none of that will be of any value until you decide to use them for your well-being and progress. Self-confidence is not a destination; it is a forever-evolving journey that requires constant action and effort. It is like breathing—one cannot say I have done my quota of breathing yesterday so today I will not breathe. Building self-confidence is an everyday practice and the more we practice the better we get at it.

We all owe it to ourselves to create a person we can be proud of. It is after all your life; a precious gift, and—we are all born with our unique talents and skills. These when used are a great asset to the world we live in and will be our



contribution and legacy. Knowing and believing that you have that ability and then harnessing those qualities is the purpose of your life. But you cannot achieve any of it if you do not take charge and do something about it.

The magic word here is called 'choice'. We are the ones making the choices every second of the day. We have no one, but ourselves to blame for who we are. This lesson I learnt from observing my students way back in 1992. I had taken a group of students for a camp, and the bus tire got punctured. It was a hot summer day, and there were 38 of us in that same situation. Some of the students kept on complaining about how hot it was, how the tire could get punctured, how the driver could not see the nail on the road (which is ridiculous!), how coming on the camp was just such a bad idea and that they always knew the trip was going to get messed up, so and so forth. There were still others who found a place of shade and decided to read a book and chat among themselves and then there was this one student who had a camera and started to take pictures of the flowers, plants, his friends and ended up doing a photo-feature in the annual school magazine. A famous photographer ended up seeing it and offered him a summer internship. We all were facing the same situation and all of them had different ways of reacting to it. Each reacted differently. We all had a choice to make facing the same situation. This particular student made a choice of utilizing his time differently and in the process created a wonderful outcome. The choice will always be yours.

You need to start acknowledging and understanding your limitations as well as your strengths. What you need to fully understand is if you do not do it for yourself, no one else will do it for you. We cannot be good at everything, it is not humanly possible. Identify what is it that you are really good at—focus on those talents.

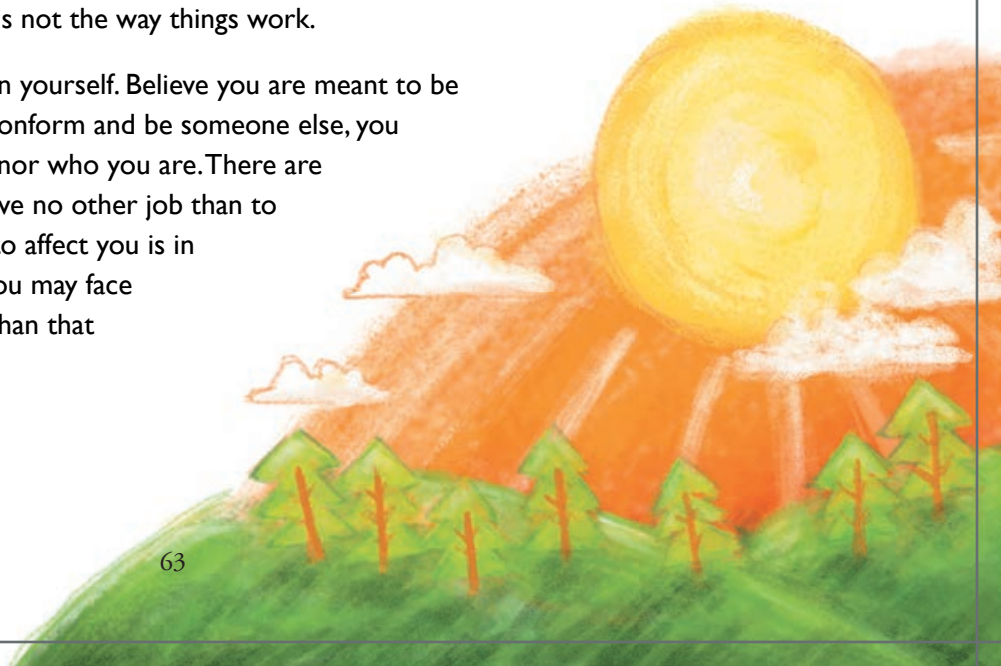
Work hard—there are no easy roads out there. It is interesting to consider how we idolize pop stars and sportspeople. Have you ever wondered how hard they work? They spend hours upon hours honing their skills while we probably spend hours upon

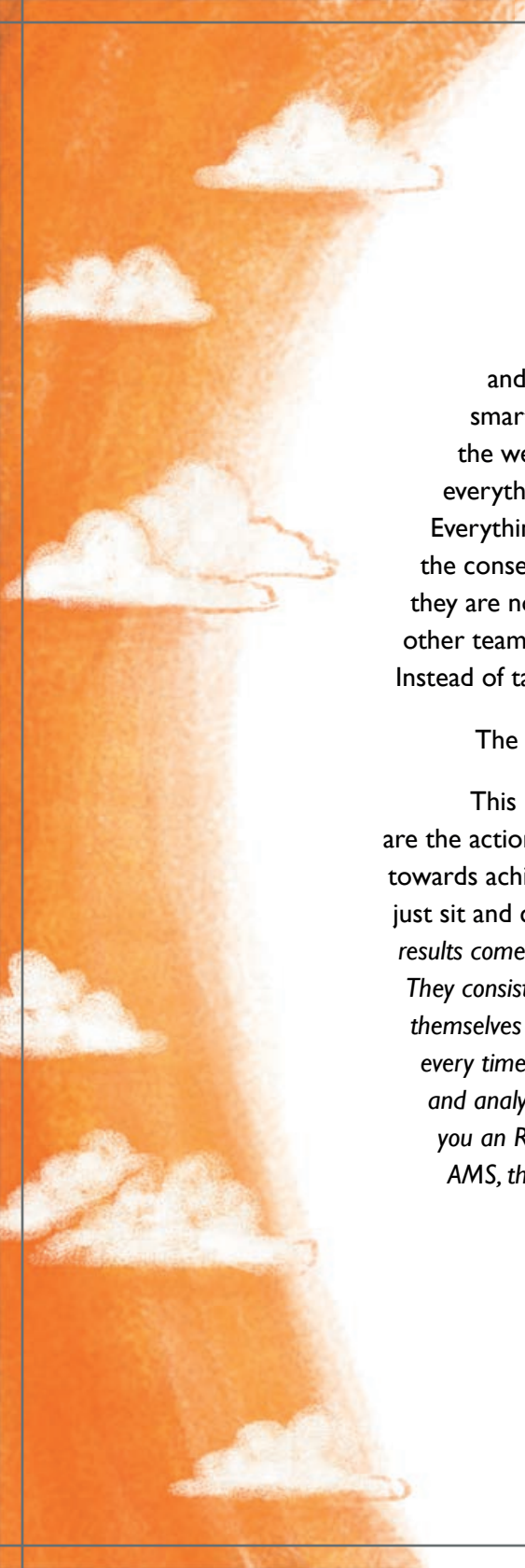
hours in front of the television. Over the course of twenty years of teaching I realized the ones who excelled were not necessarily the most talented but the ones who worked the hardest.

The magic genie you read about in Aladdin's story is not really a mythological character. It is the hidden treasure, the **'I am Enough'** space that all of you have inside of yourselves and my hope for you is that you will discover it, use it and engage with it to empower yourselves and emerge as the magnificent miracles you are supposed to be.

The other day I was trying to paint and I realized we all have been gifted with a blank white canvas and we all have the largest collection of colors. Our choices are like the box of colors that come in all shades of red, blue, green, orange and yellow. We are free to fill our lives with the hues and shades of our choices. Sometimes we choose to turn our lives black with the wrong choices. Sometimes we choose to fill our life with reds and oranges, the color of passion, when we go after our goals and work hard to achieve them. We give our best shot to everything we touch. Still, there are times when we choose to fill our lives with white, calm and pristine, when we choose peace and calm in our lives. There are no suggested choices and our canvas has no lines to color inside of. We can design our life as wildly as we dare to. The painting you will paint on this canvas is of your own doing. Sophocles, the great Greek playwright, wrote, "It is painful to look at your own trouble and know that you yourself and no one else has made it." Look at your life carefully. Are you where you want to be? And if you do not like it then make a different choice. If you want to lose weight start exercising. If you do not like the way your classmates treat you, stand up for yourself. If you do not feel you are good at Maths, go for extra lessons. Make a different choice and get a different result. According to Albert Einstein doing the same thing over and over and expecting different results, is not the way things work.

The key factor here is, believing in yourself. Believe you are meant to be here, know that amidst the pressure to conform and be someone else, you need to stand up on your ground and honor who you are. There are always going to be the side liners who have no other job than to ridicule others. But the power for them to affect you is in your own hands. Believe that whatever you may face in your life, you are bigger and stronger than that challenge.





Over the years I have come to believe all of us have two switches and the switch we choose to use will determine the quality of our life. I call the two switches RMS and AMS. The first one is RMS, or the Reactionary Mode Switch.

This switch is triggered off at the drop of a hat. We will blame anyone and everyone for the bad school grades, not being fit, not being liked, not being smart enough and so on. So, those who blame everyone and everything from the weather to our parents, from friends to siblings, teachers to the Principal for everything in their life, press the RMS constantly and love to play the victim card. Everything in their life is a cruel game being designed by others. They are just suffering the consequences of the same. If they get bad grades, the exam was very difficult; if they are not fit it is the responsibility of McDonalds; if they are losing the game the other team is responsible and so on. They refuse to take responsibility of their life. Instead of taking action they *react* to situations and circumstances.

The other switch is called AMS, or the Action Mode Switch

This is the powerful life changing switch. The ones that choose to use this switch are the action heroes. They take action. They make conscious choices. They plan and work towards achieving their goals and believe in their **'I am Enough'** space. They do not just sit and complain but follow what Mahatma Gandhi said, *"You may never know what results come of your action, but if you do nothing there will be no result."* They are the doers. *They consistently push themselves to achieve greater heights. They control themselves; believe in themselves and in their ability to achieve results. They may fail multiple times but they get up every time they fail. They are the ones who do not give up on themselves. Look within yourself and analyze your actions. Think hard and figure out which categories do you belong to? Are you an RMS or AMS user? If you are an RMS, the earlier you replace your switch to be an AMS, the better your chances will be to succeed.*



I leave you with this quote by Martin Luther King Junior:

If you can't fly then run, if you can't run then walk,

If you can't walk then crawl, but whatever you do, you have to keep moving forward.

So go out there, every single day, every single moment of your life, take control of your life, value yourself, respect yourself and honor the magnificent miracle that you are. And remember that the ball is always in your court, the choice is up to you.

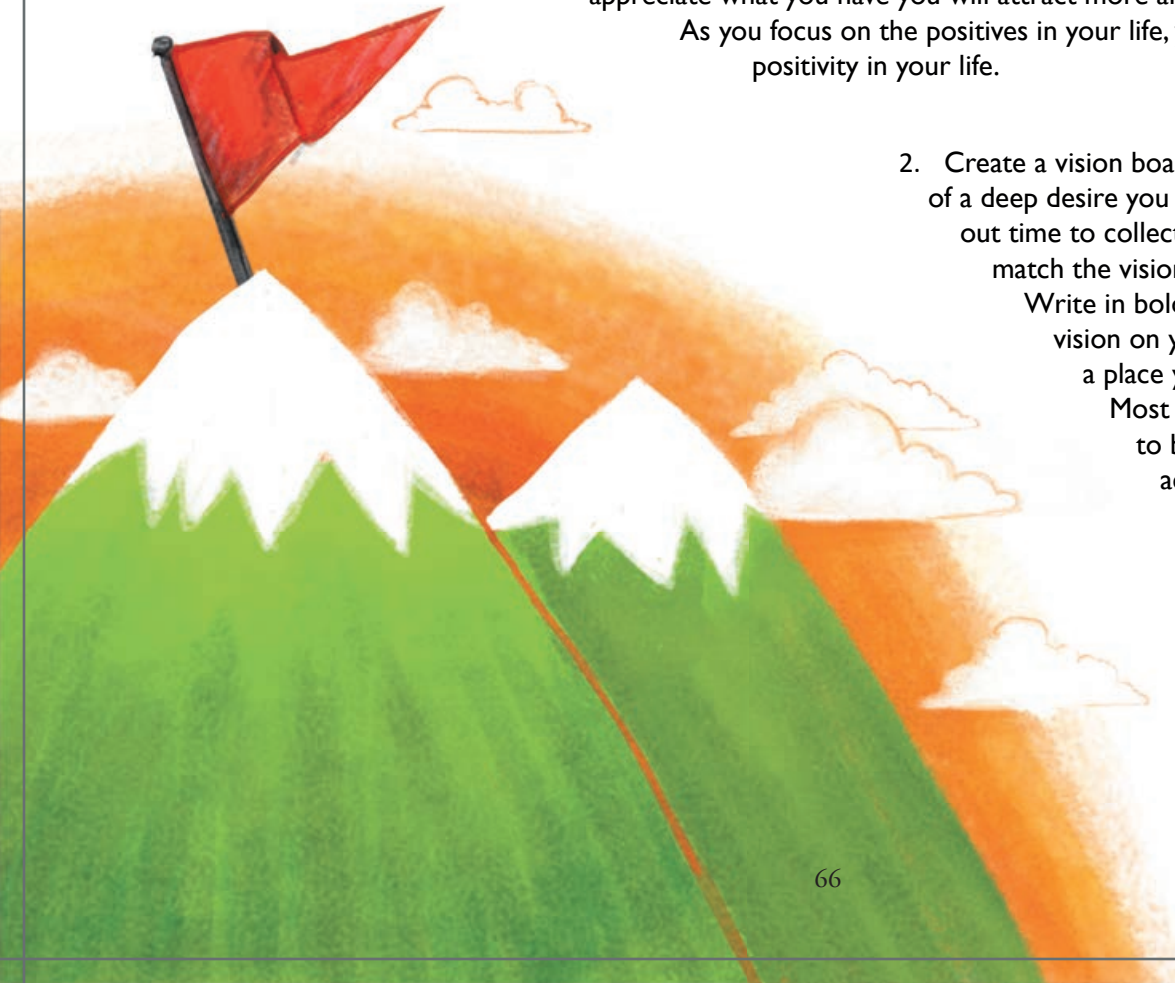


# Activities

## COUNT YOUR BLESSINGS

1. **Be grateful:** Start a gratitude journal. Every day, find something to be grateful for. Things that you take granted for. Start with your senses—your ability to see, talk, walk, smell, hear and feel. Be grateful for the clean air, for the food on your plate, for your parents and for your clean clothes. There is a natural law in place. What you focus on, that is what you get. If you learn to appreciate what you have you will attract more and more of it in your life. As you focus on the positives in your life, you will attract more positivity in your life.

2. **Create a vision board for yourself:** First think of a deep desire you have for yourself. Take out time to collect pictures, quotations that match the vision you have for yourself. Write in bold writing and stick that vision on your board. Keep it at a place you can see it regularly. Most importantly allow yourself to believe that you can achieve everything.



3. **W.A.T.C.H:** Watch your words, action, thoughts, character and heart. Take care of yourself and most importantly be kind to yourself. Watch your words, what you say does not take you away from the beautiful, awesome self that you are. Your actions will determine the direction your life will go on in. Your thoughts will be like your inner GPS. They will be the foundation of the action you will take. Pay special attention to them. Your character will determine your standing in the world. It is based on the value system you have. And once you take care of all this watch your heart become pure. Everything will come full circle.





Nalini Taneja, PH.D is an educator, awakener, author, child and adolescent expert and a transformational speaker. She is the Chief Enough Officer of I Am Enough Training Group.

She is recognized for her practical, solution-based strategies to strengthen individual behavior, character, and social development. A sought-after motivational speaker she has presented workshops in schools, colleges, universities, associations, corporates in South Korea, Thailand, Australia, India, Mozambique, and South Africa among others.

She has lived and worked in India, Australia, Sultanate of Oman and South Korea. She has worked with federal governments including those of Norway, China, Mongolia, Mozambique, Cambodia and Finland. In the development sector her experience includes working with APEC, UNICEF, UNESCO and UNAIDS on various aspects of health and education.


Dr. Taneja has been a contributor to many magazines and has been interviewed by newspapers. She organized the first ever AIDS WALK in Republic of Korea. Her articles have been published in more than 20 different magazines and newsletters. She was awarded the Red Cross award for her services to the health and education sector.





Dr.Taneja is a former classroom and college teacher and has had a wide range of teaching experience, including work in regular education as well as work with children with learning, physical, behavioral, and emotional disabilities. She believes teaching is a vocation and not just a profession and considers herself primarily an awakener/teacher. Dr.Taneja received a Doctorate in Social Human Values and has a Masters in Social Work from RMIT University,Australia and another Masters in International Cooperation.

She believes when you know better you do better. She hopes she can utilize her skills and experience to motivate individuals to understand and believe that they are enough.



BRING THE POWER OF  
*I AM ENOUGH*  
TO YOUR ORGANIZATION

## I AM ENOUGH WORKSHOP

Positive and meaningful changes are the result when your students, teachers, parents, employees, managers, members experience I Am Enough Workshop.

The workshops will empower and educate them and teach them to appreciate and understand themselves better that leads to more confident, resilient and productive beings.

The I Am Enough workshops include strategies and tools and workshop materials for each participant. The I Am Enough Workshop is ideal for groups such as:

- Students and educators
  - Parents
- School business officials and administrators
  - Social workers
- Professional Practitioners and their staffs
  - Government employees
  - Trade association memberships
  - Managers and executives

To arrange for one of our in-house workshops, visit [www.ahamiamenough.com](http://www.ahamiamenough.com) or email us at [iamenoughtraining@gmail.com](mailto:iamenoughtraining@gmail.com).





# READING LIST

1. *The Wonderful Wizard of Oz* by Frank Baum
2. *The Adventures of Huckleberry Finn* by Mark Twain
3. *Anne Frank: The Diary of Young Girl* by Anne Frank
4. *Chicken Soup for the Kid's Soul: 101 Stories of Courage, Hope and Laughter for Kids Ages 8-12* by Jack Canfield, Mark Victor Hansen, Patty Hansen and Irene Dunlap
5. *Chicken Soup for the Teenage Soul* by Jack Canfield, Mark Victor Hansen, and Kimberly Kirberger





6. *Jonathan Livingston Seagull* by Richard Bach

7. *Ignited Minds* by APJ Abdul Kalam

8. *The Day the Crayons Quit* by Drew Daywalt

9. *Oh, The Places You'll Go!* by Dr. Seuss

10. *The Success Principles for Teens: How to Get From Where You are to Where You Want to Be*  
by Jack Canfield and Kent Healy





