



Shivani Verma conducts motivational courses through public seminars and television programs. In 2014, she was honored with Women of the Decade Achievers Award by ALL Ladies League for Excellence in Empowering Spiritual Consciousness.

## Word Power

There's a powerful connection between the words we use and the results we get. Poor chosen words can kill enthusiasm. Well-chosen words can motivate, offer hope and consequently alter results. To enhance and empower others, harness your word power to work for you, not against you!

## 8 Steps On The Road To Success (Part 2)

Just for a minute stop what you are thinking and ask yourself is a goal or an achievement so significant that you do not mind losing some of the beautiful relationships of love of your life, an emotion that is most cherished when in its pure and selfless form. Also, what use is an achieved mission if in the process I suffer sleep disorders or my digestive system is weakened or I suffer from high blood pressure or diabetes or even mental illnesses like depression or sometimes even an end result of attempting suicide when the same purpose of life can be achieved without losing mental peace, even if that means the achievement of the purpose takes place at a date later than the one intended?

So, **the first step on the road to success is revising your purpose to one that can be achieved at a slower speed** than the speed we might see others working at. Of course, it's needless to say that the wrong energy with which we are working that is giving us hurry and worry sickness is nothing but competition. Competition is not at all an un-required energy in mainstream society but **when competition is accompanied by or mixed with comparisons, it becomes negative or self-harming**. So compete, competition is healthy but do not compare, comparisons are unhealthy. Also, ensure that while moving towards the destination of success **it is important to set smaller goals to be achieved instead of targeting directly at the bigger cause**. This is important because this keeps us extremely light in our journey and keeps us on the road to success and does not let us become tired when the going gets difficult at times. This is a way of unburdening oneself while travelling on the road to success which can be long at times. Another important feature of a relaxed journey to success is **satisfying people who are a part of the journey** and not developing cold relations with them. Very often, people are so obsessed with work or professional targets that a 14 hour day at the workplace is a common practice with busy professionals with no time for their family members causing distancing and differences between them and also very often children and life partners being affected negatively by this and remaining dissatisfied.

(To be continued tomorrow ...)

## **There is an old story about two types of birds.**

The crow is the type that is attracted to dirt and filth. Wherever there is rubbish, I find the crow feasting noisily.

Then there is the swan. It sees only goodness and things of value. If there are pearls and pebbles, the swan easily discerns and selects the pearls.

To gossip, to lie, to use bad language is to have crow-like characteristics.

To see only the good in everything and everyone, to hear only what is uplifting is to have swan-like characteristics.

## **Message for the day**

### **You can remain stable when you learn to apply a full-stop.**

**Checking:** In any difficult situation, check if you are having thoughts like, "why do things happen with me like this or why is this person behaving in this way" etc. you can never remain stable when you have such questions.

**Practice:** Tell yourself that it is much easier to put a full-stop(.) than putting a question mark(?). understand the difference between worrying and finding solutions and worrying. If there is a solution, find it, if there isn't let things take care of themselves and put a full-stop.