

# Life Purpose

- Give back to humanity and the world that has been enormously kind to me and my family. I will do this by sharing my wisdom, wealth, experience, inner happiness and knowledge with no expectation of a direct return

# Broad principles

- Take care of myself
- Take care of my family
- Take care of my community and beyond

If I were to die or get severely incapacitated tomorrow, what would I regret NOT having done?

A. How much did I give back?

How many people did I help provide medical care FREE?

How many people benefit from education to better take care of themselves?

How many people did I make happier?

B. Did I fulfil my own dreams and aspirations?

C. Did I exceed expectations of my family?

D. Did I meet my parents' key expectations of me?

# Plans for CY 2022

- Enlarge scope and reach of the Joshi Health Foundation (connection: A)
- Complete a short film of up to 30 minutes length and submit to a major film festival (connection B, also-broad principles)
- Provide support for my daughter's wedding with poise and grace (connection C)
- Help support my wife in a minimum of two tangible ways
  - Maintain regular cooking at least once a week
  - Be a good listener
  - Travel with her
- Maintain strong connections with at least: A, B, and C and their families (connection D)

# Plans for CY 2022 (contd)

- Perform at least ONE dedicated, recurring activity to provide happiness to selected seniors who may be lonely (through music or other entertainment or simply visiting them)—Connection A
- Create selected videos to make seniors (or others) happy by involving them-Connection A
- Take care of myself (see next slide-connection to Broad Principles)

# Take care of myself (Nurture my soul!)

- 5 days a week of regimented exercise program
- Read at least 1 book a month
- Absorb at least 3 Blinks a week
- Sing and record at least 4 songs a month

# What will I DELETE from my “To Do” list?

- I will NOT
  - Write articles or books
  - Formal participate in coordinating community cultural activity (I may help a specific part but NOT take ownership of a program etc.)
  - Do ALL aspects of work related to JHF (Find at least 5 areas to delegate both in patient care and other areas to free up time)—essentially I will DELETE aspects of existing work to make room for outlined priorities