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