

Inspirational

Pratima Jagadeesh

*Founder-Director at Crecers Academy
(HR Strategist, Professional Life & Business Coach,
Speaker, Counsellor), Former General Manager
& Head – Human Resources at First American (India)*



Episode 27

This episode of INSPIRATIONAL features “Important & Valuable Life Lessons” from Ms. Pratima Jagadeesh (Founder-Director at Crecers Academy, HR Strategist, Professional Life & Business Coach, Speaker, Counsellor, Former General Manager & Head – Human Resources at First American, India)

“Put on a magnifying glass and your search starts now.

Can you find anyone across the globe who would deny being successful?

Can you find anyone who would refuse the secret recipe for success & happiness!

From times immemorial, human’s strive is always been in search of success in the name of excellence, perfection, accomplishment, and achievements. Yearning to earn. Longing to Last.

In reality there is no hack, no shortcut, no planner, no recipe, no tips, no guide, and no course to guarantee to make you successful, richer, and better.

I am sure you are now thinking – then why Am I reading this snippet!

Well, you are reading to evaluate your own habits, introspect, align to sync in for a pattern.

Scientifically, we are a bundle of habits. Our brain is a bundle of patterns that we have nurtured for years. You would be surprised to discover that even our thought process is habitual unless we want to make conscious changes resulting in mindful decisions and willful behaviors. Else, an M&S commissioned survey run by Dr. Williamson & Professor Salecl proves that a whopping 96% of what we do is in autopilot mode.

As it is endorsed that we are a bundle of habits & patterns – why not adapt some early lessons for a rewarding life. I acknowledge this personally as I was embedded with these lessons to have formed a habit in me since my childhood. It's a sum of pattern that has resulted from parental inputs, environment, and circumstances. I feel earlier we adopt more beneficial it is. And if you are a parent reading this – benefits are dual-fold.

Lesson #1: Big Bang Theory to Learning

I relate 'Learning' to big bang concept.

Big Bang is how the universe began. It is an idea that the universe arose as just a single point, then expanded and stretched to grow, to grow as large as it is right now and still enlarging.

LEARNING replicates it. Starts with the single most thing and keeps enlarging how much ever we want to increase, expand, amplify or acquire. When I was a child I was told by my father “Learn everything that comes your way”. No learning would go waste until you want to waste it. Learn riding to rangoli or cooking to computing. I have been an ardent follower of 'learning' which is omnipresent. Be it in the form of taking courses, reading, listening, observing people, just anything. Learning solidifies when you record it. I suggest, pen down your learnings every now and then. Make deliberate efforts to learn from other sources. Engage actively in intellectual conversations, exchange ideas, and more so be a lively listener and heartfelt appreciator for things around.

Lesson #2: With Great Responsibility Comes Greater Independence

My fantasy superhero is Spider-man. As he says, 'With great power comes great responsibility'. True enough. But when we start with responsibility, we end up with greater independence. As the eldest kid in a micro-family, circumstances made me take responsibility at an early age as my parents were employed & working. As I look back today, those small

responsibilities, made a big difference. If you are a parent, assign tasks relative to your kid's age. As a counsellor, one of the big gaps I see even today on most occasions is a failure in making them responsible and creating dependencies.

Taking onus makes you accountable. Being accountable makes you answerable. When you are the answering authority you tend to make decisions, and those decisions would have made you analytical. Sum of all traits makes you a confident & a person in charge and you start experiencing independence to do things by yourself making you dependable more than a dependent.

Lessons #3: Don't Underestimate The Power of Soft Skills

Learning has no end, improving has no closure, and soft skills have no expiration. Earlier we realize the attributes of communication, listening, being organized, social skills – and adapt to consistently improve it, the benefits are immense.

As a kid, my parents did emphasize on communication, verbal and written. The credit of my language in both modes completely goes to them because they nurtured reading & writing habits from a very early age. One of the top 3 skills of 21st century is communication. Encourage yourself to inculcate the habit of reading and journaling.

Lesson #4: Vini Vidi Vici – The Confidence

I came, I saw, I conquered.

Confidence is a mental setup and selective adaptation. (For example, you might present things with full confidence to your friend and feel unsure, behave nervous in front of your manager.)None of us are born with it. A lot of elements of the formative age contribute to having self-reliance.

Psychology says to grow with self-acceptance to self-esteem to self-confidence. But, simply put across you should compulsively practice being confident until it grows to be natural. People also call this as – Fake it until you make it.

Confidence is intangible. So, the only formula is - I understand, I make it, I conquer it.

Lesson #5: If The Fittest People Survive, Then People With Delayed Gratification Succeed

Instantaneous gratification has resulted in great loss in many ways. (Refer to Marshmallow Study). Aggression, temptation, obsession, hasty decisions are a result of lesser emotional intelligence. Regulation of emotions is vital and one knowingly or unknowingly starts displaying it through one's habits, attitude, thoughts, priorities, and decisions.

Today there is great prominence laid on patience, resilience, and persistence. Sum of all these constituents is the consequence of delayed gratification. More we become desperate for easy means, gratify our desires hastily, patterns and habits shape up to give up easily, develop urge which instigates frustration and stress and fail to regulate it.

Survival of the fittest has evolved. Try delayed gratification – one of the indexes for a good emotional quotient.

It's gleeful to see your childhood as an adult.

It is deep enough to think on your own roots.

It is a profound reflection with introspection to impart your realizations to others.

There are numerous lessons with each of us and these are some of them from my childhood and I am still growing with it. Our brain comes as a blank sheet when we are born, and billions of neurons play around as chemical transmitters lifelong building a pattern. We form those patterns which can be changed anytime.

Wishing you all to recognize your pattern, take a deep dive into your habits, and happy journey within for an evolved life. ”

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