



PHILOSOPHY OF LIFE

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PERSONAL PHYLOSOPHY

- **Philosophy** is a set of ideals, standards or beliefs used to describe behavior and thought. **Philosophy** is defined as: the most basic beliefs, concepts, and attitudes of an individual or group. My focus is on **personal philosophy**, and the essential **philosophical** elements are centered on beliefs, concepts or ideas, and attitudes.
- Personal Phylosophy is a set of guiding ways set in mind by way we live life, how we look at life, the society, the world, the universe. It helps us solve our problems & make better decisions.
- How you think influences how you act! We should be positive & also practical.
- Also we shouldn't make rigid beliefs without being sure if they are right or wrong.

MY PHILOSOPHY TO LIFE!

- Happiness is a choice! We can be as happy as our mind permits. The best thing we can gift to ourself is THE PERMISSION TO BE HAPPY! If we choose to be happy we will atleast find 10 points/things we already have in our life to be Happy!
- Positivity is very important. It is within us but that needs to be highlighted and taken care of. To reach the super positive mind a guide is required to show the path – how to find positivity in every phase of life or in every happening of life!
- Endless positive quotes are available online & endless books on positivity are available, mostly they help & motivate, but a guide is required to answer your particular query.

HOW I THINK WE SHOULD FACE PROBLEMS?

- ACCEPTANCE IS MY RELIGION!
- In case of any problem, small or big, at professional level or personal. Firstly, we need to be positive & accept it. Donot run. Stay Calm, just smile(even if it doesn't come, just smile) after that think how can we solve it. If required take help from others. But never make the mistake of thinking why this happened to me! Yes we need to find out where was my mistake and correct it.
- But never think why this has happened to me. Rather find the positivity in it. Because everything that has happened or is going to happen has happened for GOOD FROM THE ALMIGHTY!
- Many suggest to divert mind, stay busy to come out of problems. I feel we should give it time face it well. And not run from the problem. Running will never help.
- And after that yes we can think of staying busy & doing activities to keep us happy, this can be a good support not a solution!

POSITIVITY- WE ARE STRONGER THAN THE PROBLEM!

- One should always have a positive view to life. Being positive helps us to face issues & also realise there is nothing which I cant deal with(shouldn't be mixed with being rude). Every problem in this world has a solution. I cant find the solution, no problem; go to someone who is a specialist in that field and ask for suggestion without hesitation. There is no harm in asking help/ support.
- Use the problem as a stepping stone, every problem in life makes you more stronger, happier & more beautiful inside.
- Just believe in yourself that you can do it!
- Remember - There is nothing which can break you, unless you allow.

BALANCE IN LIFE!

- Striking a good balance helps you lead to happiness. Ensures your growth as an individual & secures your mental peace and well being.
- Expect the unexpected & be prepared for it.
- Maintain a positive mindset. Positivity is the most important in life. But we always need to make a balance of it even. We can't go blind with positivity also, at times people take our advantage & at the end we are hurt, this should not happen. Mind should be very active everytime.
- If we don't face challenges, we can never grow!
- Sweet dish is always preferred after the meal.
- "After storm, comes calm."



