

Top 5 Values

1. Optimism

I believe that the value of optimism in life is extremely important. There are times where things do not go as planned and being optimistic towards such situations creates a positive reflection and builds **hope**, which is a strong and vital value to me as well. My belief towards optimism came from reading a book called "No Regrets" which focuses on how humans should look at the good side of things and live with no regrets and/or grudges. This value I think is the core principle towards a meaningful and fulfilling life. It leads to **gratitude**, which I believe is the key to happiness.

2. Respect & Compassion

Respect may mean different things for many people. For me, respect means the sense of identity a person has with himself and his surroundings. What makes you 'respectful' in your own eyes is far more important than what others think of you. Being raised with a respectful family name and history, I was taught from a young age to appreciate this value and understand that it should be reciprocated towards others as well. I believe if you are respectful towards others, then they will be the same to you. This value opens other values like **empathy** and **trust**, which are also extremely important to me.

To be compassionate towards not only people, but the environment, animals, and to yourself, is also very important for me (**Huquq**). Compassion depicts love and forms connections around your surroundings; it is the simplest and most effective way of connecting to anything. My appreciation towards compassion came from being exposed to the less fortunate in the society. Growing up in India, I could see the troubles and problems people were facing. Many dying from hunger, thirst, diseases, disasters, etc. I am a part of a non-profit as well, focusing my career towards giving back and creating opportunities for the poor. These experiences shaped my value for compassion.

3. Spirit & Ambition

Success in anything highly relates to the passion you have towards achieving that goal. The drive to succeed is contagious and I believe it brings out the best within an individual. This is what I like to call the 'spirit' of a person; having a bright, positive, energetic, and significant attitude towards life. The feeling of **being a kid** again and viewing the world as a wonderful place of opportunities and wonders. I truly believe that our spirit is what guides us to becoming our best selves.

As a business student, ambition fuels motivation. It gives hope and turns you into a **pro-active** person rather than a passive person. Spirit is what sparks a light of ambition in me. I learned the importance of this value when I looked at my career idols; those who had the perfect lifestyle that fits to my aspirations in life. For me, that meant who were the most influential change-

makers in the world today. Ambition, backed by their spirit, led them to achieve greatness and created a life of meaning for them.

4. Freedom

Freedom has many meanings, however, this value for me means the importance of **flexibility** in life. I think that creating a **balance** among everything is vital. Freedom to be who you want to be and do what you want to do in life is what makes you achieve great things. Being restricted and 'tied-up' creates loneliness, which restricts creativity and actions. The ability to control and dictate life the way you want to live it is very important to me. This developed when I saw many people being trapped in their careers and unable to free themselves from unwanted 'obligations' in life. That is why I believe you should understand the **power of choice** and be free to create and decide your own destiny in life.

5. Moments

Time is the most valuable resource in this world, and many fail to appreciate and cherish it. Every single person has the same 24 hrs in a day, but not everyone spends these depleting hours wisely and live to their fullest. Time goes by quickly and we come to regret not the things that we did, but the things that we did not. This is why the value of moments is something very important to me. I **intentionally** make sure that my time is being utilized in the most beneficial and rewarding way for me, ensuring that I don't waste it on anything that is not worth it. These purposeful actions may last for a couple of seconds, but they create a lifelong series of valuable incomparable moments; they build your **legacy**.