



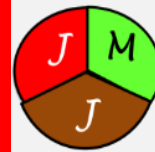
Quotes on Habits

Three major ingredients of a New Habit Formation



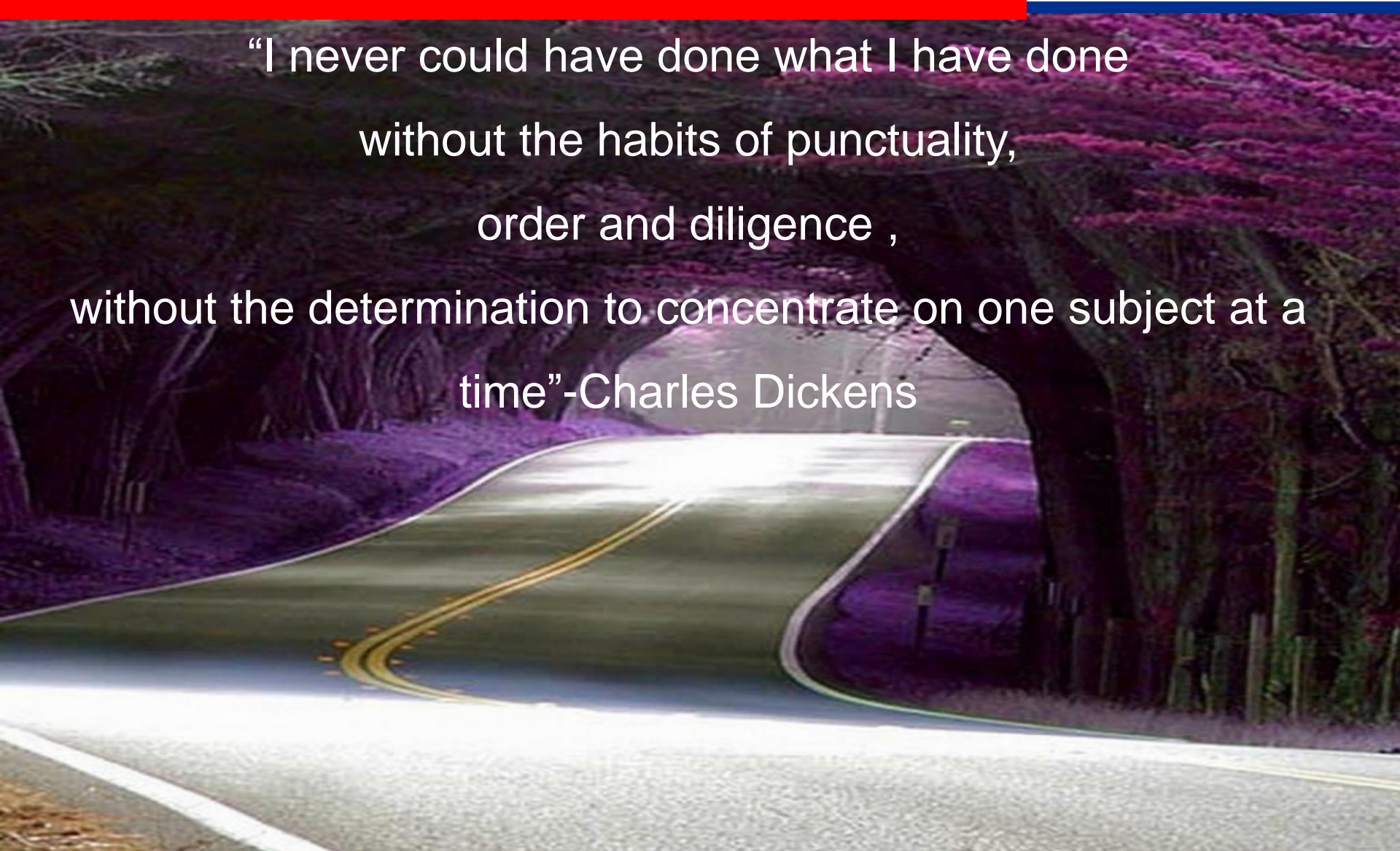
It takes 21
days
to change
Or
form a new
habit

HABITS



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“I never could have done what I have done
without the habits of punctuality,
order and diligence ,
without the determination to concentrate on one subject at a
time”-Charles Dickens





"You sow an action,
you reap a habit"

"you sow a habit,
you reap a character"

"You sow a character,
you reap a destiny"

AEFR

💡 Think Lean...



A



R



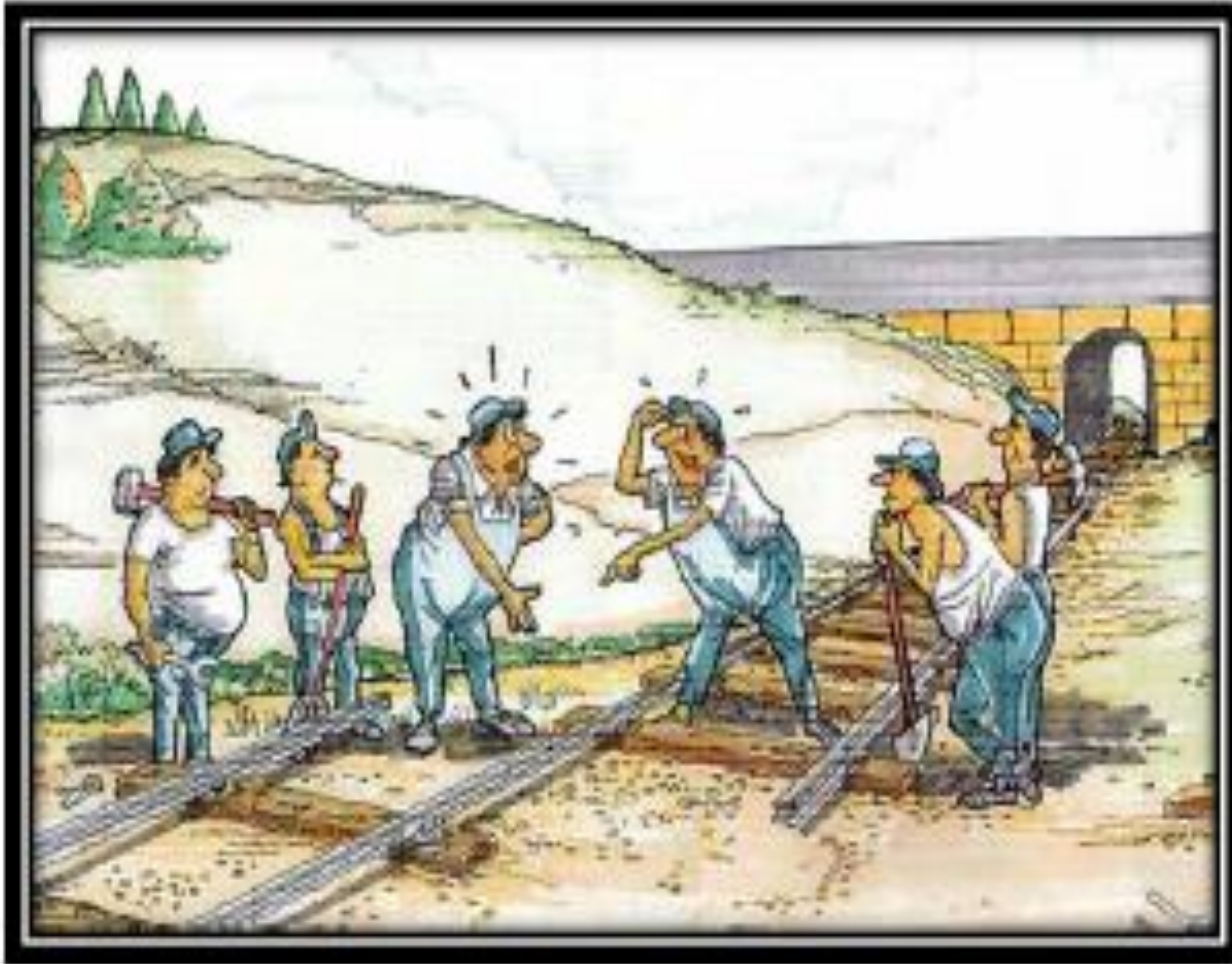
E



F



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Blame theory
due
to Miss-
Alignment with
Top,
Horizontal
And
Bottom



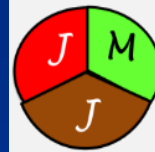
Chaos
due to no
clear
direction
by the
leader



Positive leader
spends
10%
time on problem
and
90%
time in solution
mode



A
WARSHIP
is safe in
harbor ,
But
that is not
what they are
made for



Be the
light house
(Direction setter)
for
your followers





Accept
Tough
Challenges
and be an
Achiever



Be
A
Coach



Be
a
Team
Player

And

a
Team
Builder



A New Aspiration



Be Analytical

Your Attitude Will Decide Your Altitude





Believe in
everyone but
trust no one,
trust only
actions on
ground work



Courage is
not absence
of fear ,
it is
overcoming
of fear

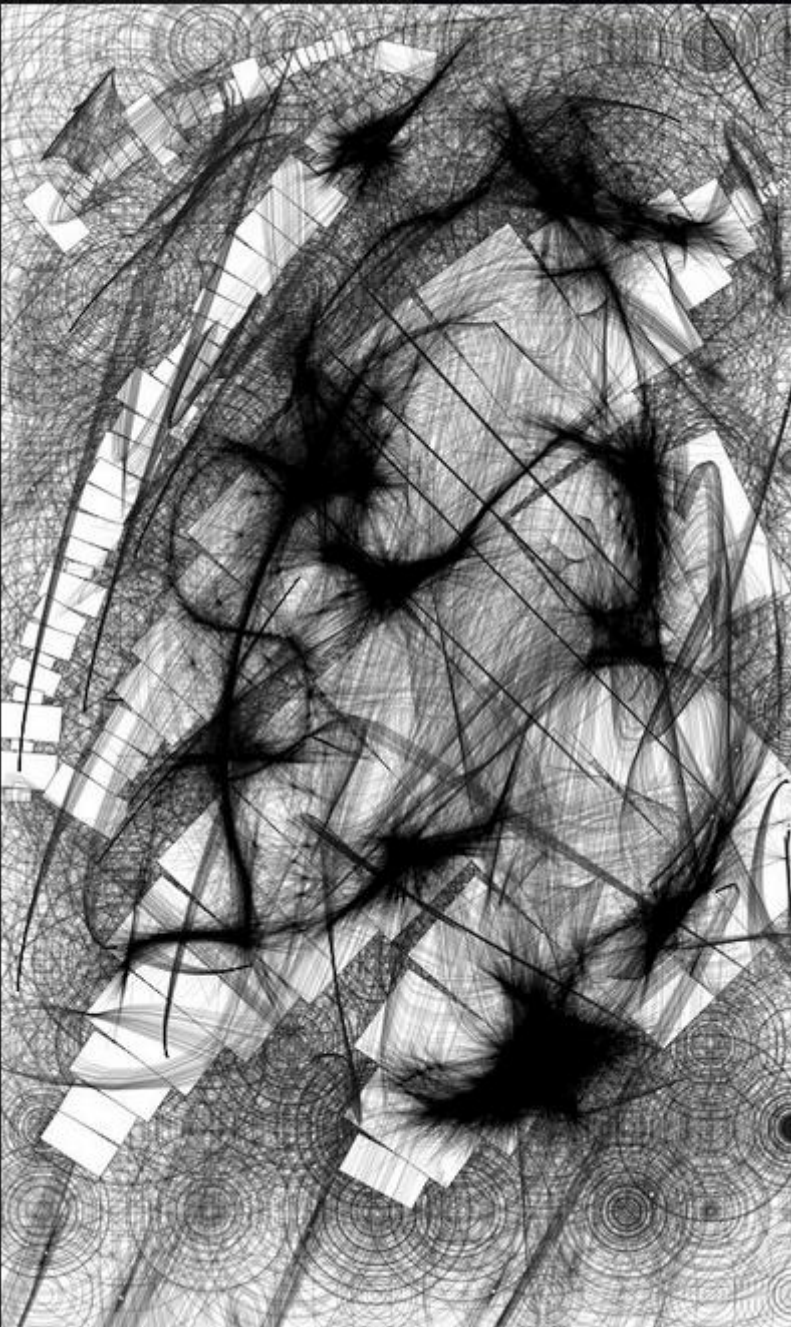
Believe in
yourself



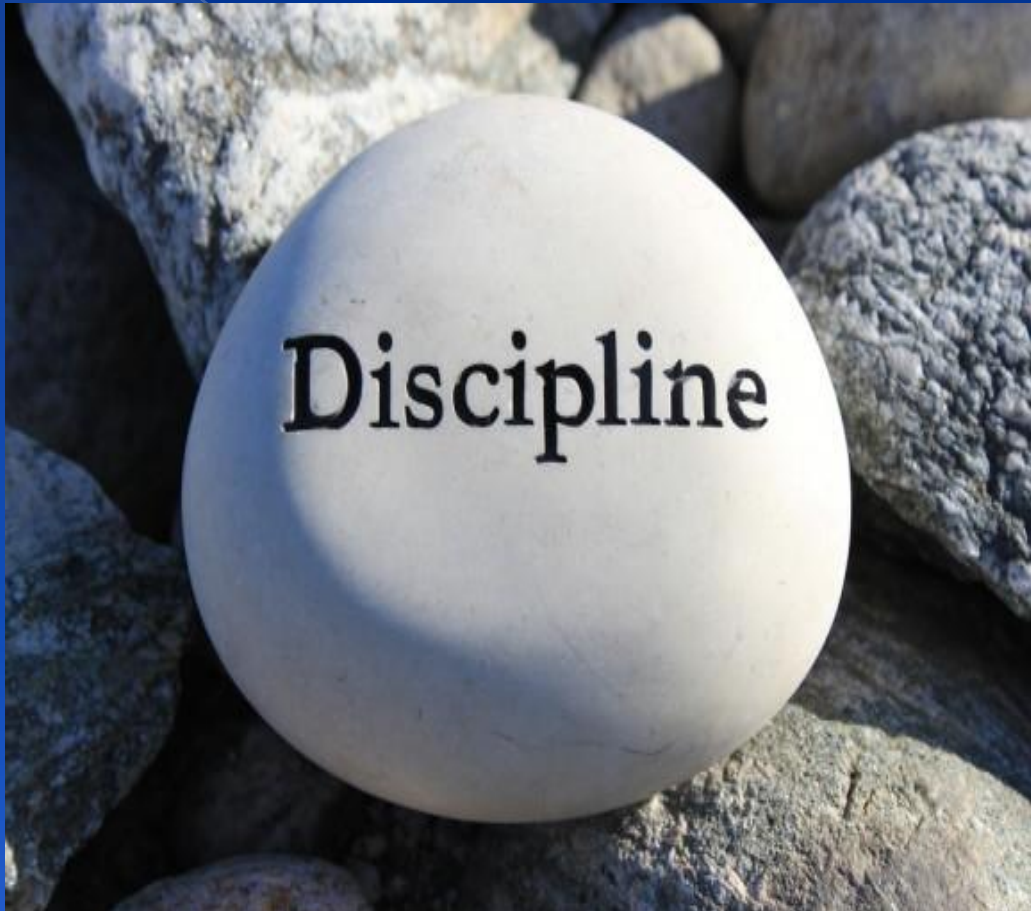
Build your self confidence and always say
"I can and I will , do it"



Change
your
habits,
change
your life



Be
a
problem
solver



**Discipline is the
bridge
between
your current
position
and
GOAL**



“Build people”



Good person
change others,
Better people,
change the
system
Best person ,
change himself

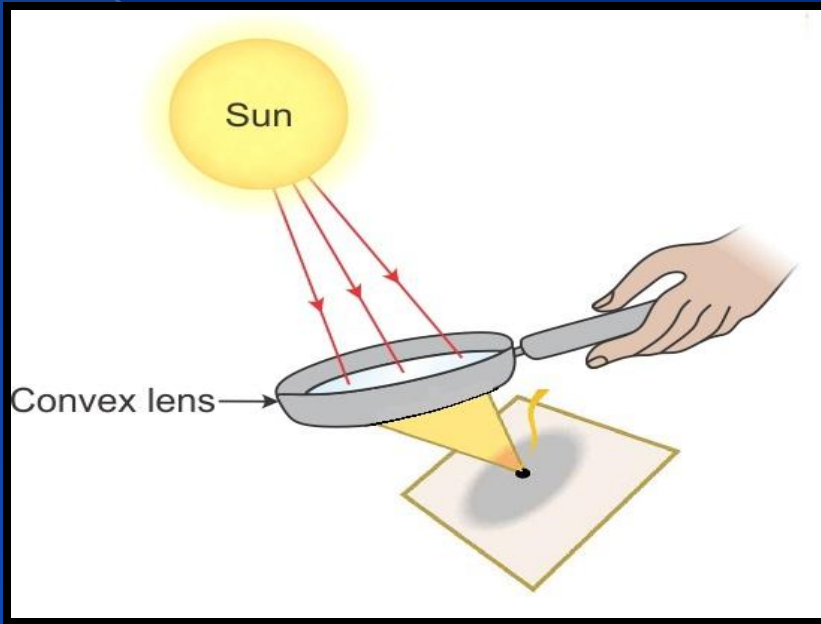


Have

“S M A R T”

Goal

Learn To Focus



Nothing in between you and the target





Let your goal be written on concrete
and let your path in sand



Bad



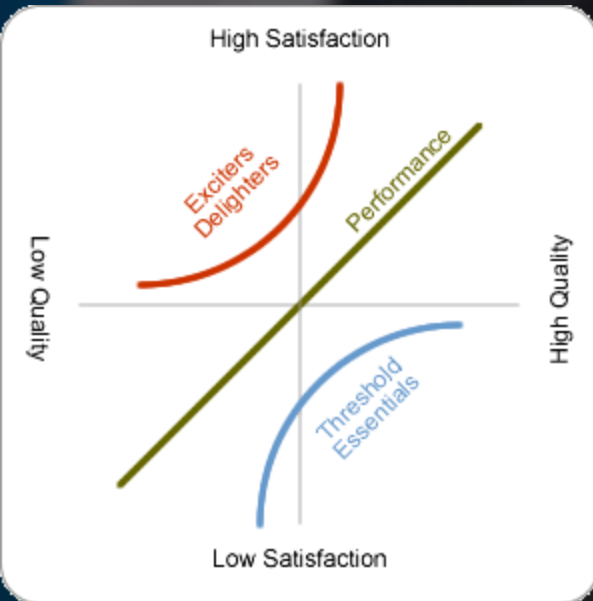
OK



Good



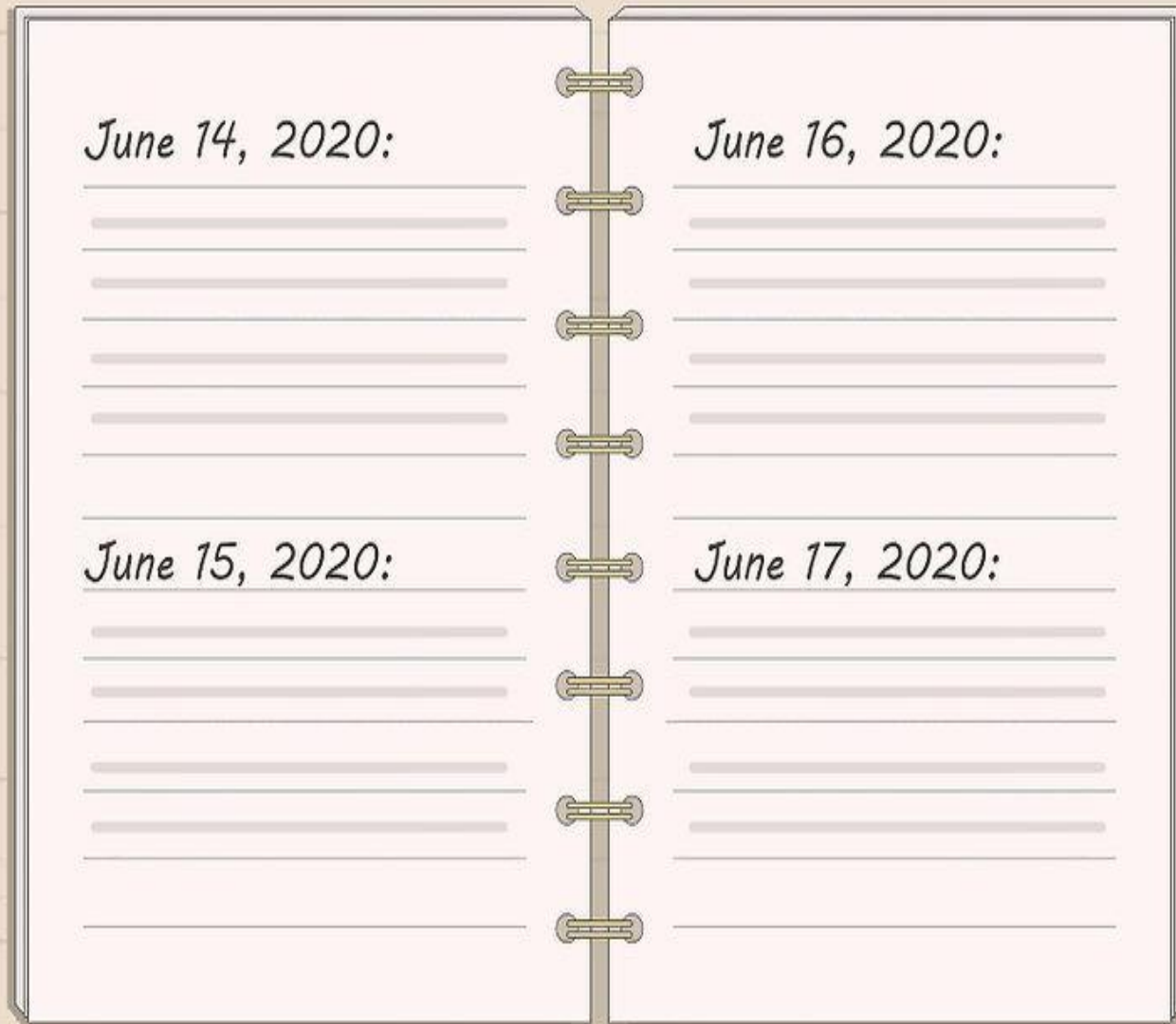
Great



Journey from
customer
satisfaction
to delight

Rise Early





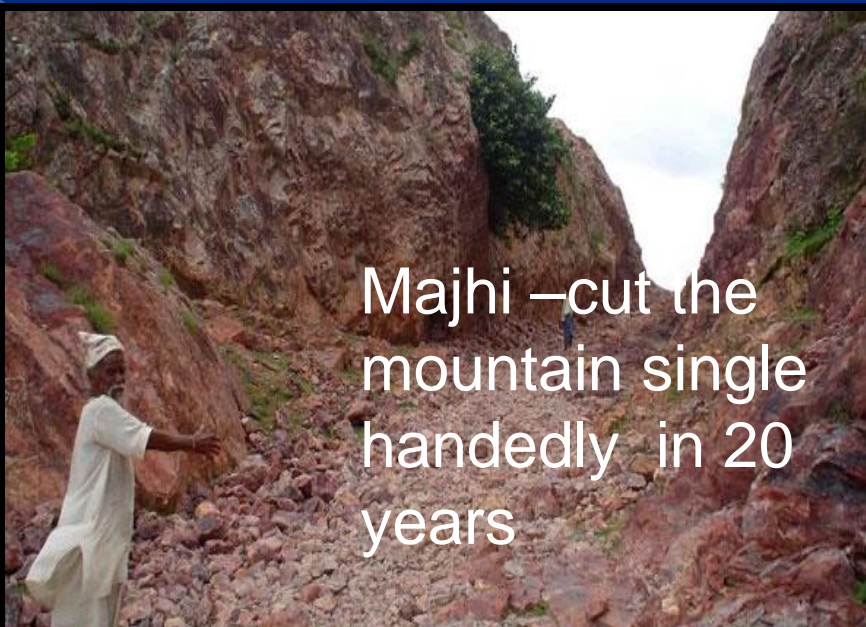
Maintain
a
journal

Listen To Soft Music





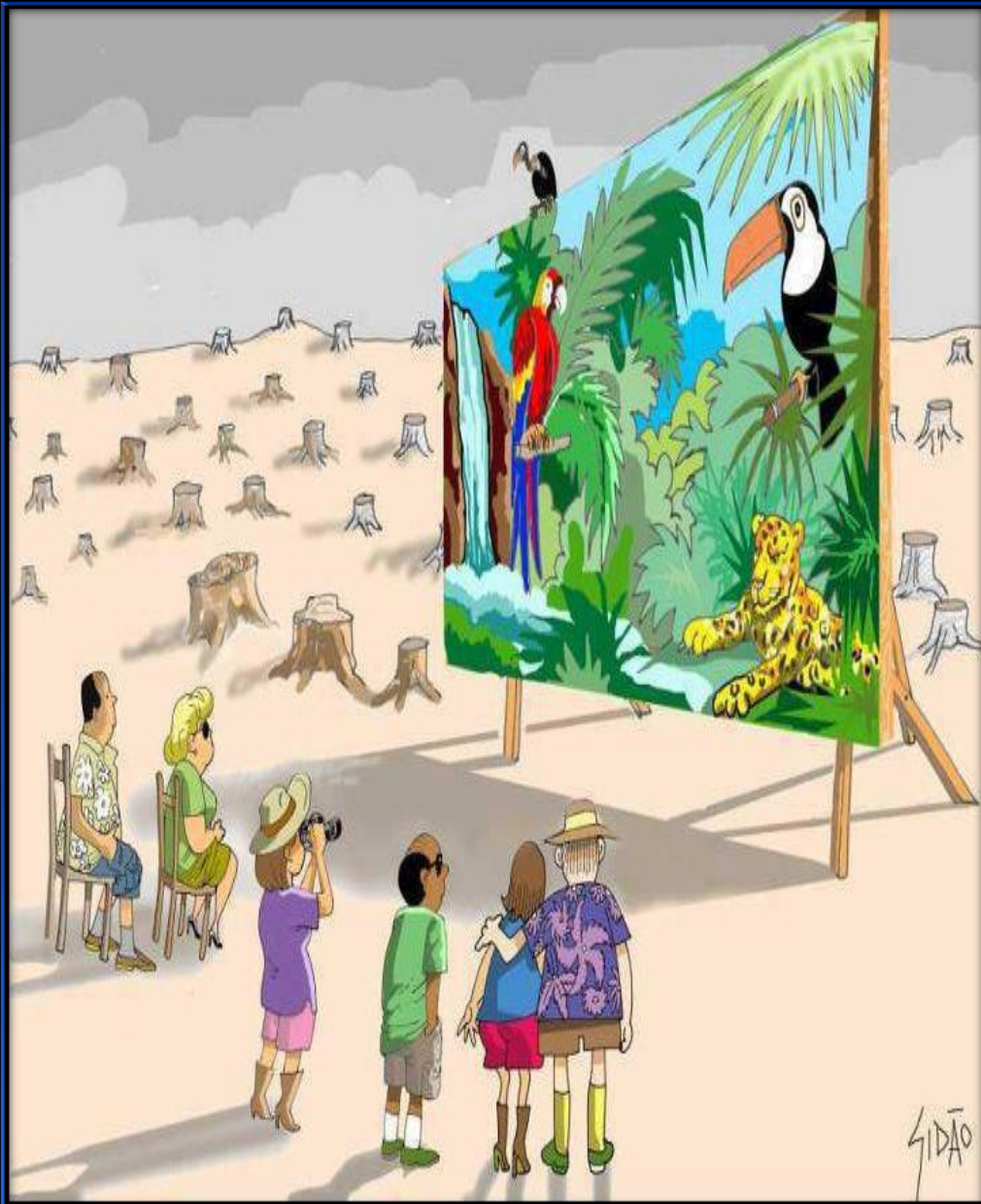
You can not
change the
direction the
wind ,but
can adjust
your sails to
propel



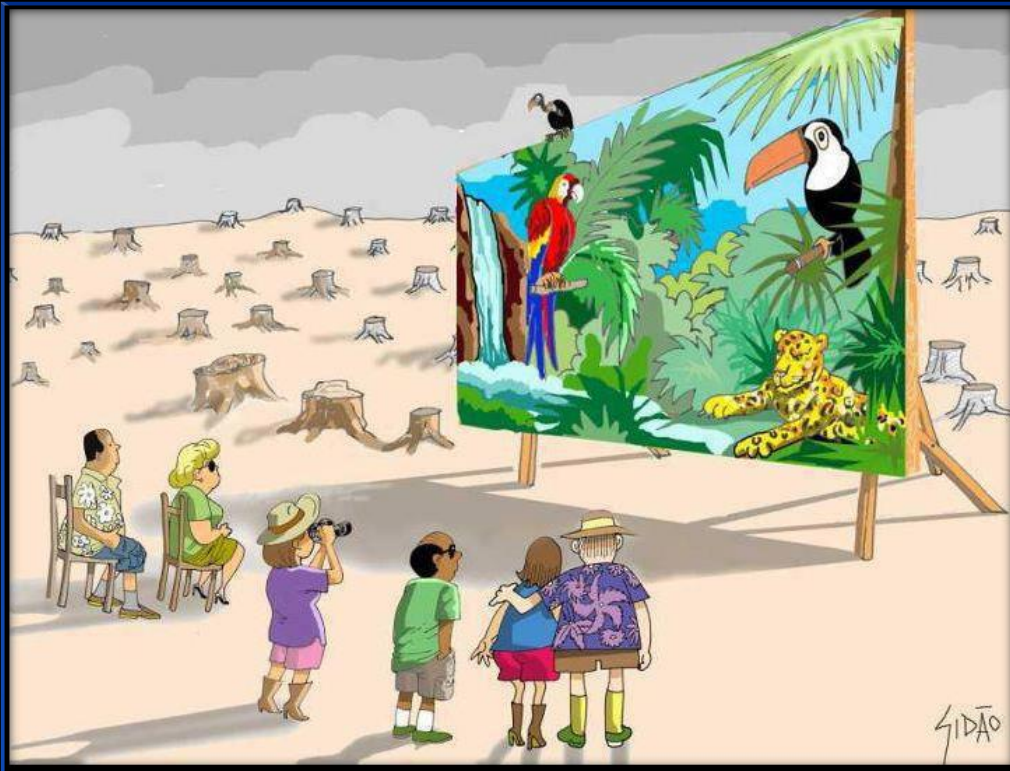
Majhi –cut the mountain single handedly in 20 years



“Sometimes
adversity is what
you need to face
in order to become
successful”
- Zig Ziglar



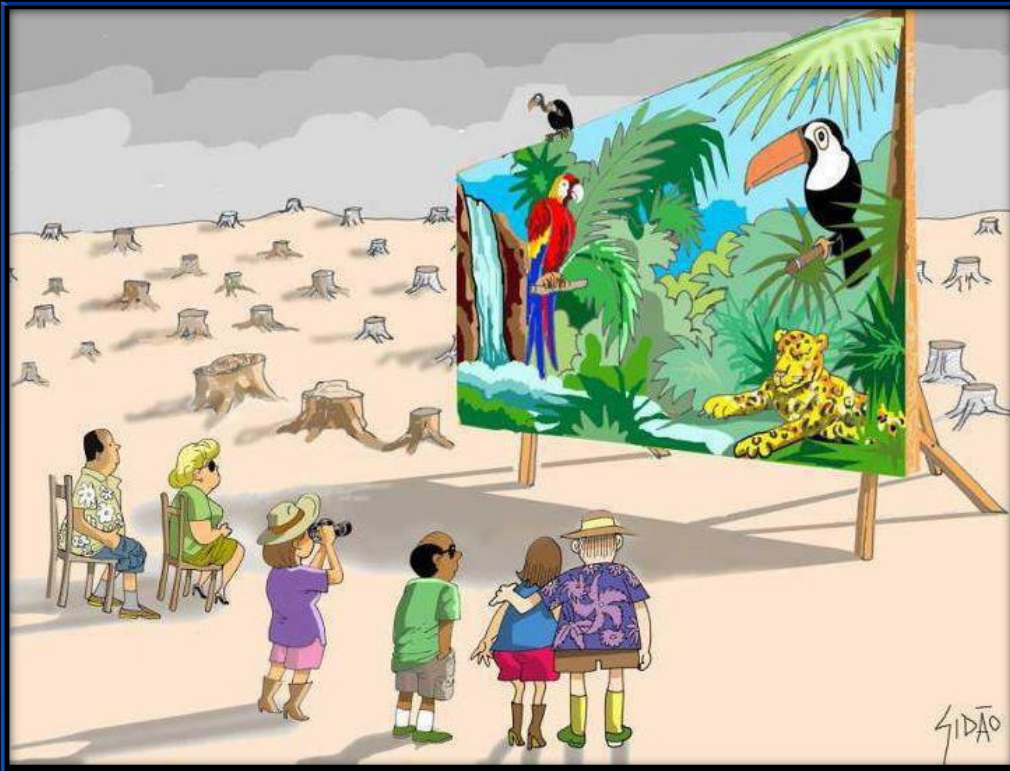
All
adversities
have hidden
seeds of
opportunities



All adversities have
“OFI”(Opportunities of
Improvement)

Adversity, it can break you or
make you if you let it, the
choice is yours

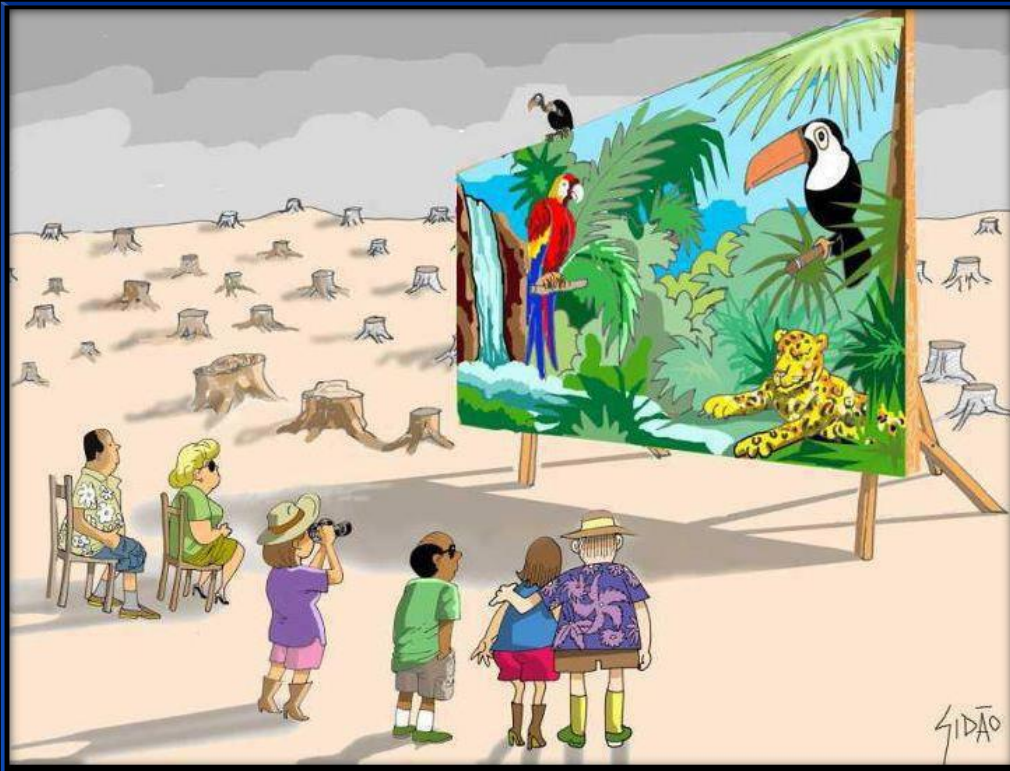
Many are touched by adversity, they fall down and they never get back up, whereas some go through adversity and discover their true self



“Hardships often prepare ordinary people for an extraordinary destiny.” - C.S. Lewis

A “Adversity causes some men to break; others to break records.” - William Arthur Ward

“Ones best success comes after their greatest disappointments.” - Henry Ward Beecher

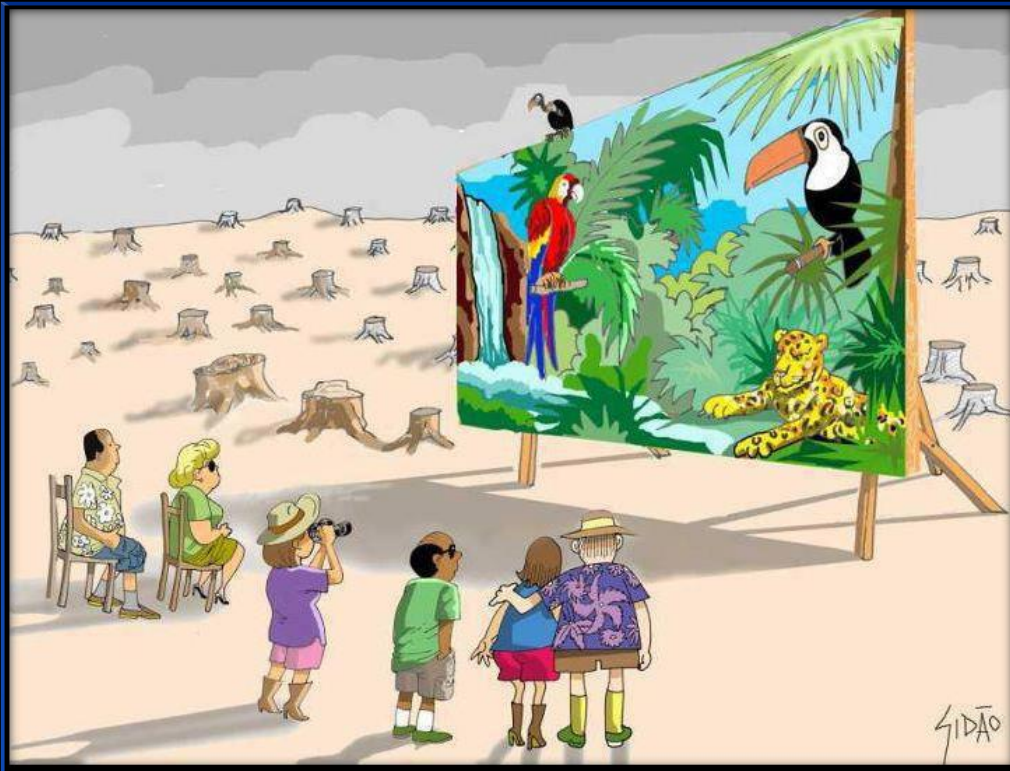


“Adversity introduces a man to himself.” - Albert Einstein

“It’s the man who overcomes adversity that is the true champion.” - Jock Ewing

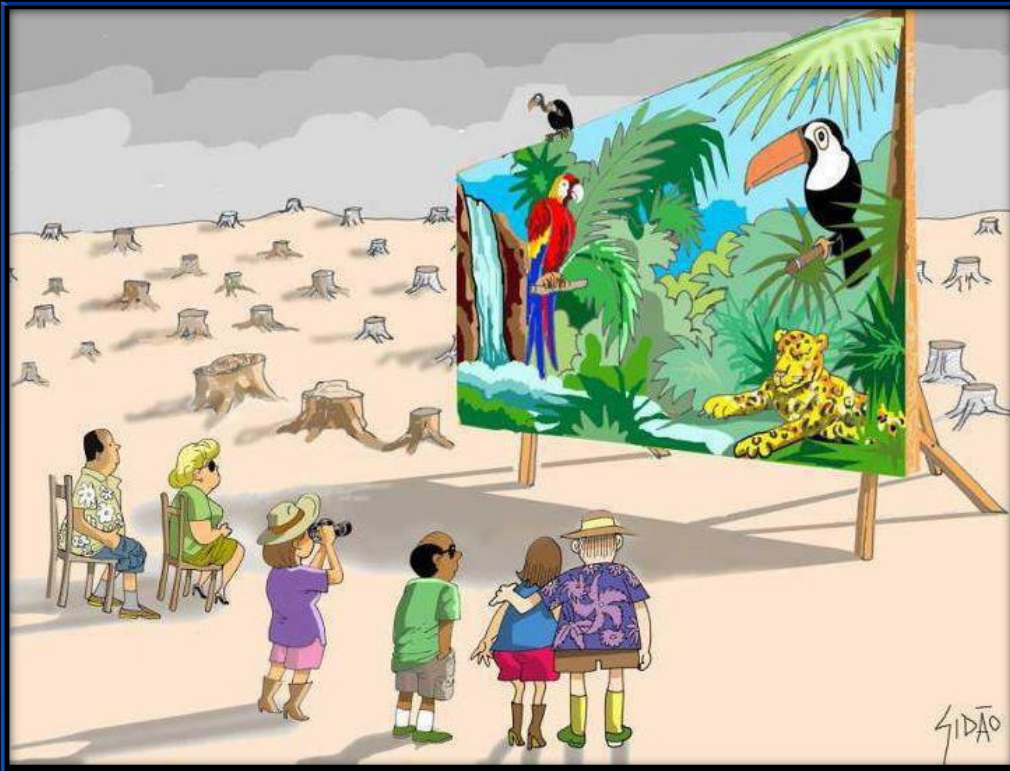
“I can bounce back from adversity and reinvent my life – it’s possible.” - Les Brown

“Prosperity tries the fortunate, adversity the great.” - Rose Kennedy



“Stars can’t shine without darkness.” - Anonymous

“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.” Mahatma Gandhi



“An optimist sees the opportunity in every difficulty.” - Winston Churchill


“There is no education like adversity.” - Benjamin Disraeli

“Bend of the road is not end of the road”

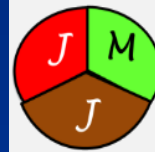
“Your hardest times often lead to the greatest moments of your life.” - Anonymous



*Care
is
unconditional
love*

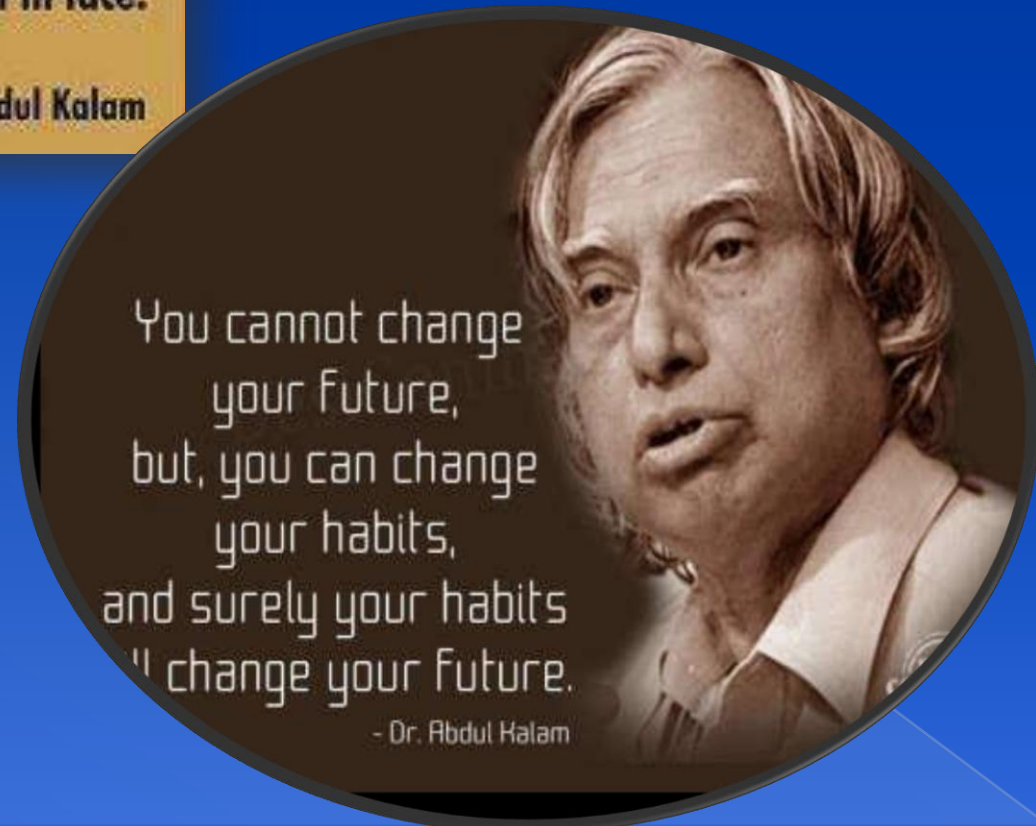
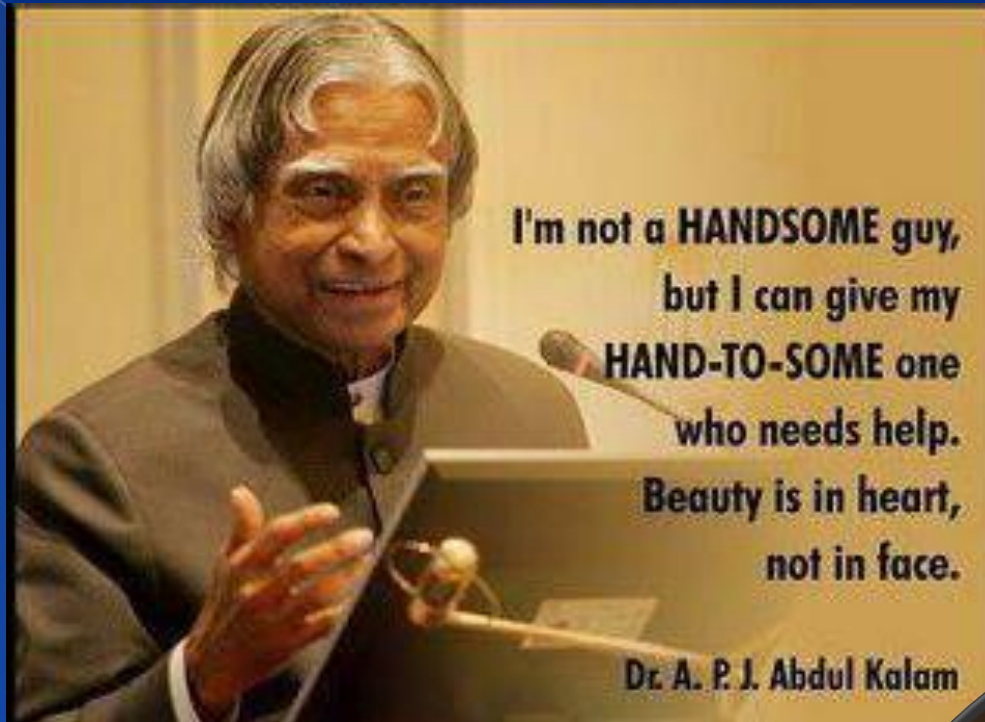
A close-up photograph of a pencil with a red eraser and a yellow and red striped body, lying diagonally across a piece of graph paper. The graph paper is on a wooden surface.

**Sometimes
we just need someone
who is like a
pencil with an eraser,
to write happiness,
and erase all the sadness.**



**Empty Pockets
teaches you
a million things in life "**

But,
**"Full Pockets
spoils YOU
in a million ways."**

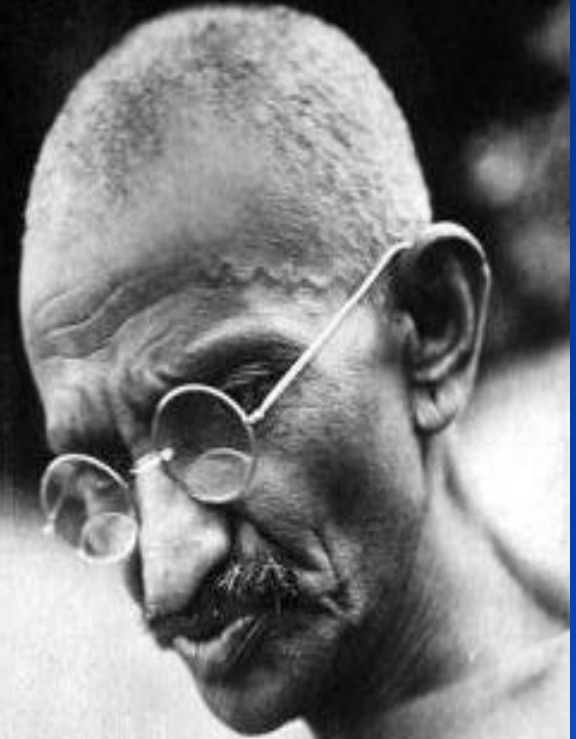


*An arrow can only be
shot by pulling it
backward.*

*When life is
dragging you back
with difficulties, just
imagine that it's going to
launch you into something great :)*



**“FIRST THEY IGNORE YOU,
THEN THEY LAUGH AT YOU,
THEN THEY FIGHT YOU,
THEN YOU WIN.”**



Mahatma Gandhi

(Indian Philosopher, internationally esteemed for his doctrine of nonviolent protest, 1869-1948)

Two things help success in life

The way you
MANAGE
when you
have nothing



The way you
BEHAVE
when you
have everything



Accept
your past without regrets
handle your present with
confidence
and face your future without
fear

Follow your dreams: <https://www.facebook.com/followyourdreamstoachieve>

EGO - KILL IT

LOVE - VALUE IT

SMILE - KEEP IT

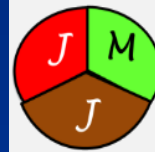
GOSSIP - IGNORE IT

SUCCESS - ACHIEVE IT


JEALOUSY - DISTANCE IT

KNOWLEDGE - ACQUIRE IT

CONFIDENCE - TRUST IT



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Every new day is
another chance to
change your life.

WARREN BUFFETT QUOTES

Risk comes from not knowing
what you're doing.

Price is what you pay.
Value is what you get.

Someone's sitting in the shade
today because someone planted a
tree a long time ago.

You only find out who is swimming
naked when the tide goes out.



fb.com/QuotesMug

Someone asked God
"If everything is already written in destiny, then why
should we wish for something?"

God smiled and said, Maybe in few places I have
written "As you wish"

~ rishikajain.com

You need Power,
only when you want to do
something Harmful,
Otherwise Love is Enough to get
everything done.....

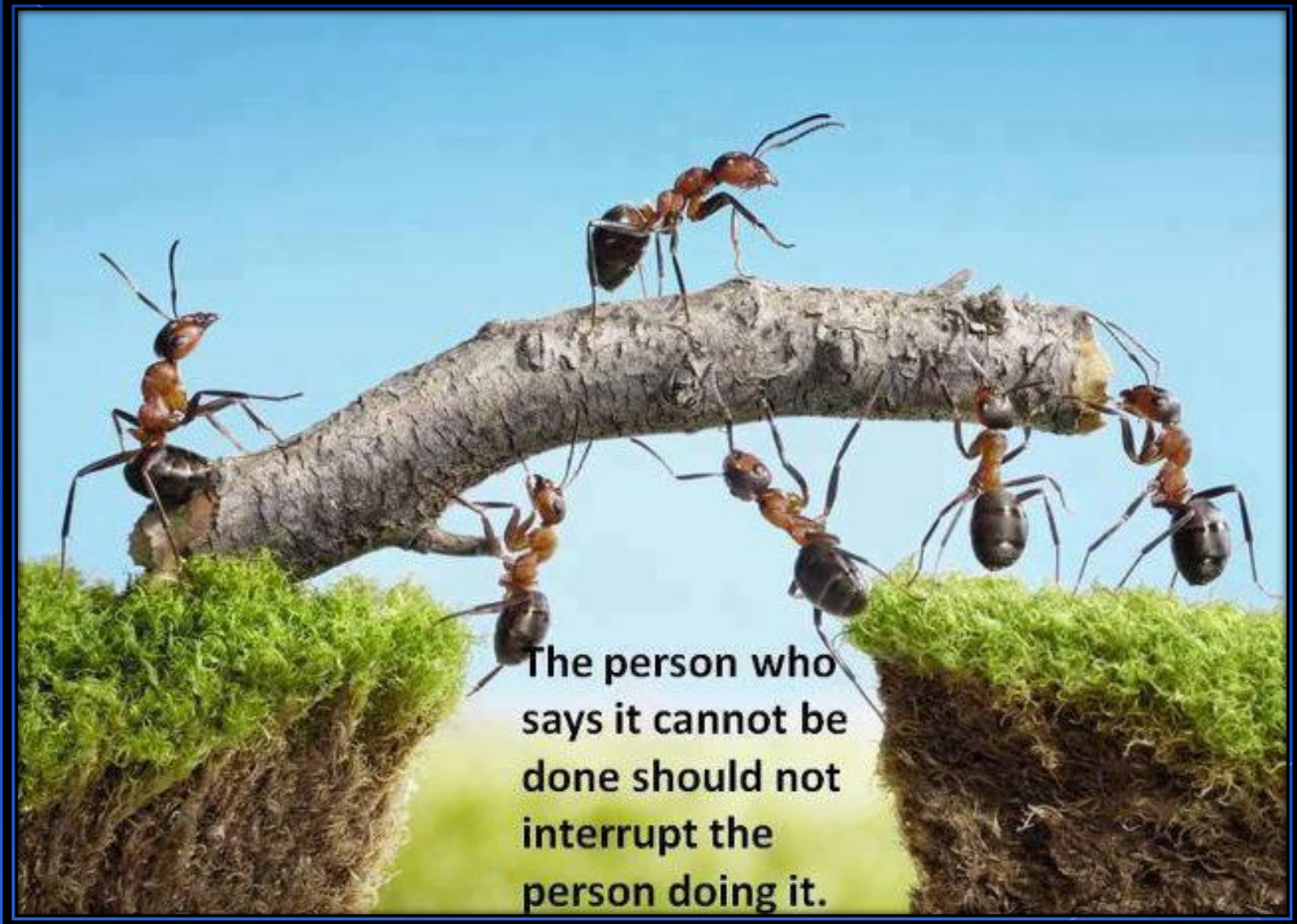
Five Simple Rules For Happiness:


1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

**Be bold when you loose
and be calm when you win.**




Heated gold becomes ornament.
Beaten copper becomes wires.
Depleted
stone becomes statue. So the
more pain you get in life you
become more valuable.



A rectangular frame with a light brown background and a dark brown border. The corners are decorated with ornate, dark brown floral and scrollwork designs. The text is centered within the frame.

When nails grow long,
we cut nails not fingers.
Similarly when
misunderstanding grow up,
cut your ego,
not your relationship.



**Sometimes
we just need someone
who is like a
pencil with an eraser,
to write happiness,
and erase all the sadness.**

Don't let someone who gave up
on their dreams talk you out of
yours.

- Zig Ziglar

Whether you think you can,
or think you can't. You're
right.

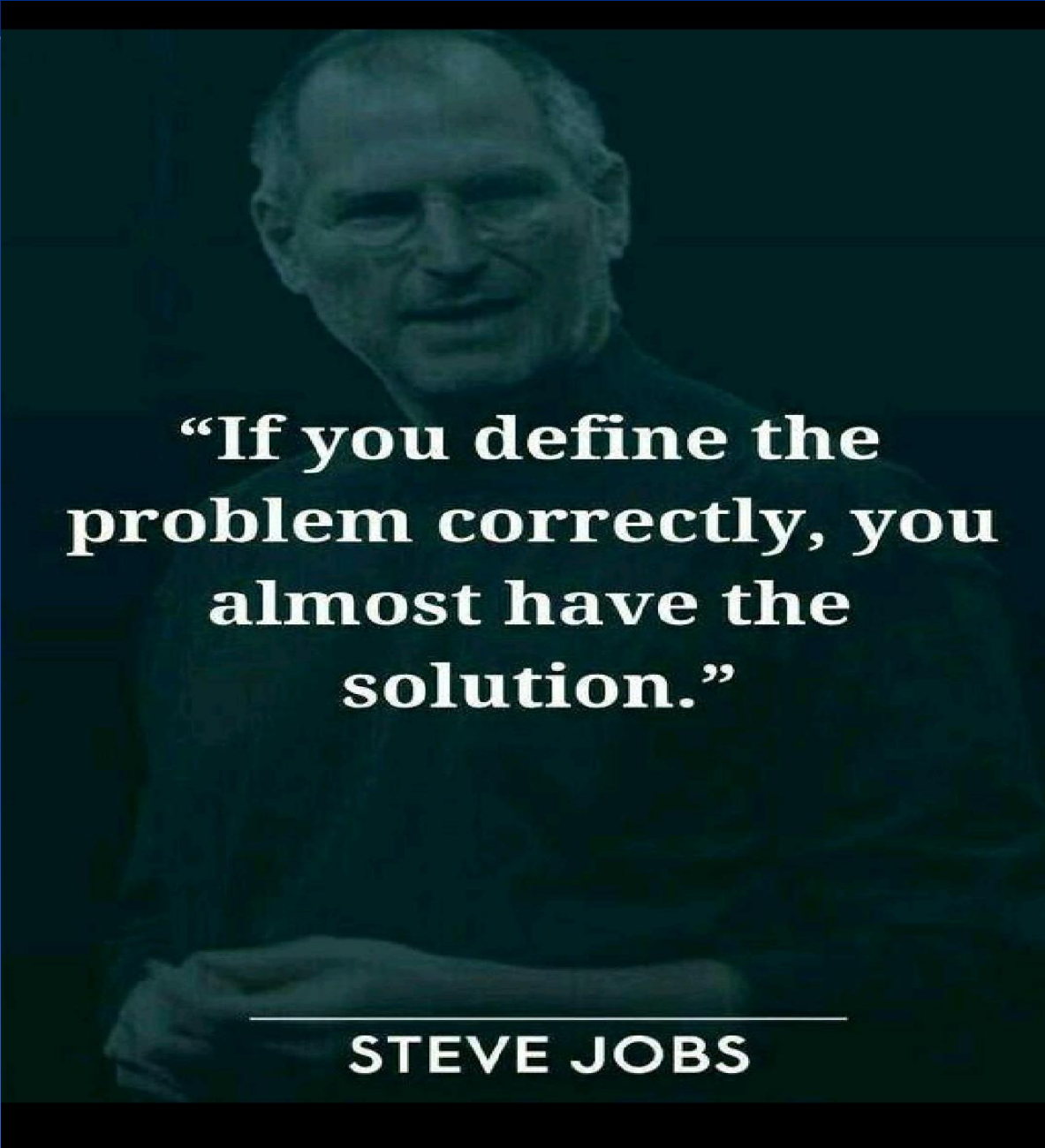
- Henry Ford

The two most important
days in your life are the
day you are born, and the
day you find out why.

- Mark Twain

POSITIVE: The positive thinker sees the invisible, feels the intangible, and achieves the impossible.

- Winston Churchill

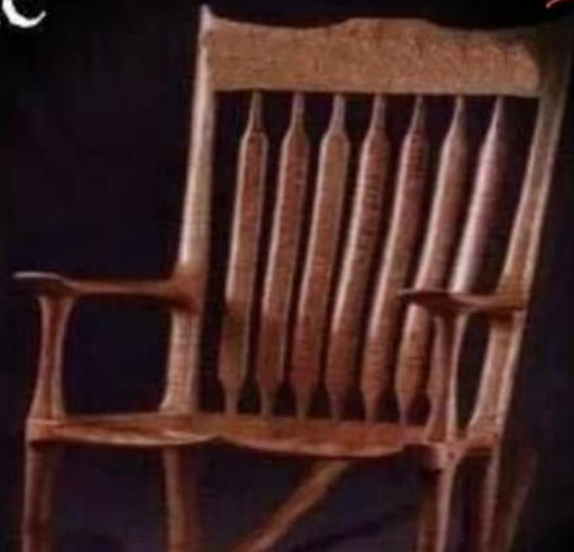


**“If you define the
problem correctly, you
almost have the
solution.”**

STEVE JOBS

If no body pats for you for consistency
of
your work or achievements,
take your right hand and pat on your
shoulders -
become your biggest fan

"Love your Parents
and treat them
with Loving Care.
For you will only
know their value
when you see
their empty
chair."



The background of the slide features a close-up, low-angle shot of a dry, spiky plant, possibly a type of grass or reed, with its long, thin stalks and sharp, needle-like leaves. The plant is in sharp focus in the foreground, while the background is a soft, out-of-focus landscape of similar vegetation under a hazy sky.

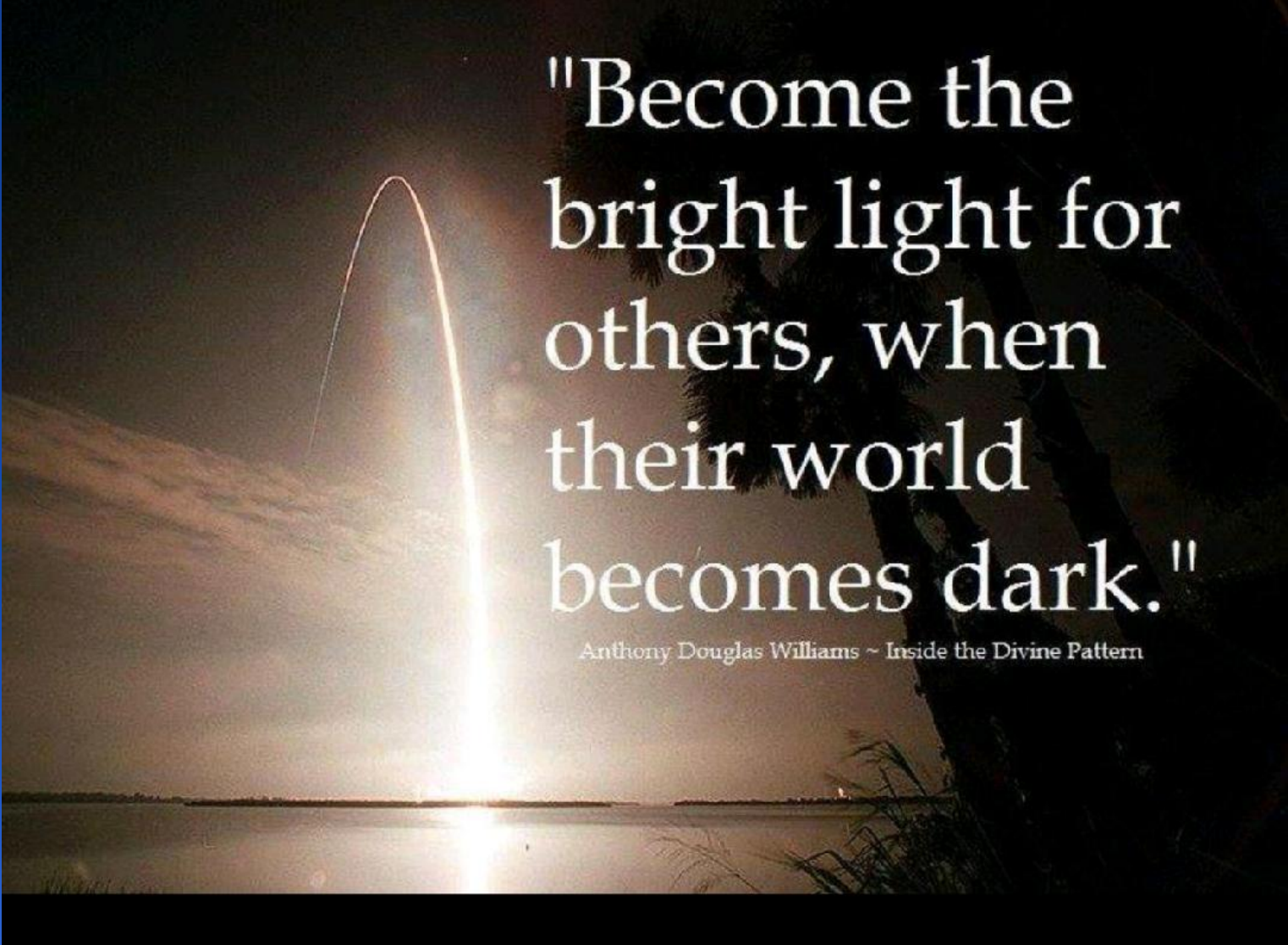
Some people
come into your life as
blessings others
come into your life as
lessons.



The secret of
getting ahead is
getting started

MARK TWAIN

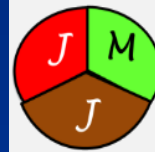
Ziglar.com



"Become the
bright light for
others, when
their world
becomes dark."

Anthony Douglas Williams ~ Inside the Divine Pattern





KNOWLEDGE

is knowing
what to say.

WISDOM

is knowing
when to say it.

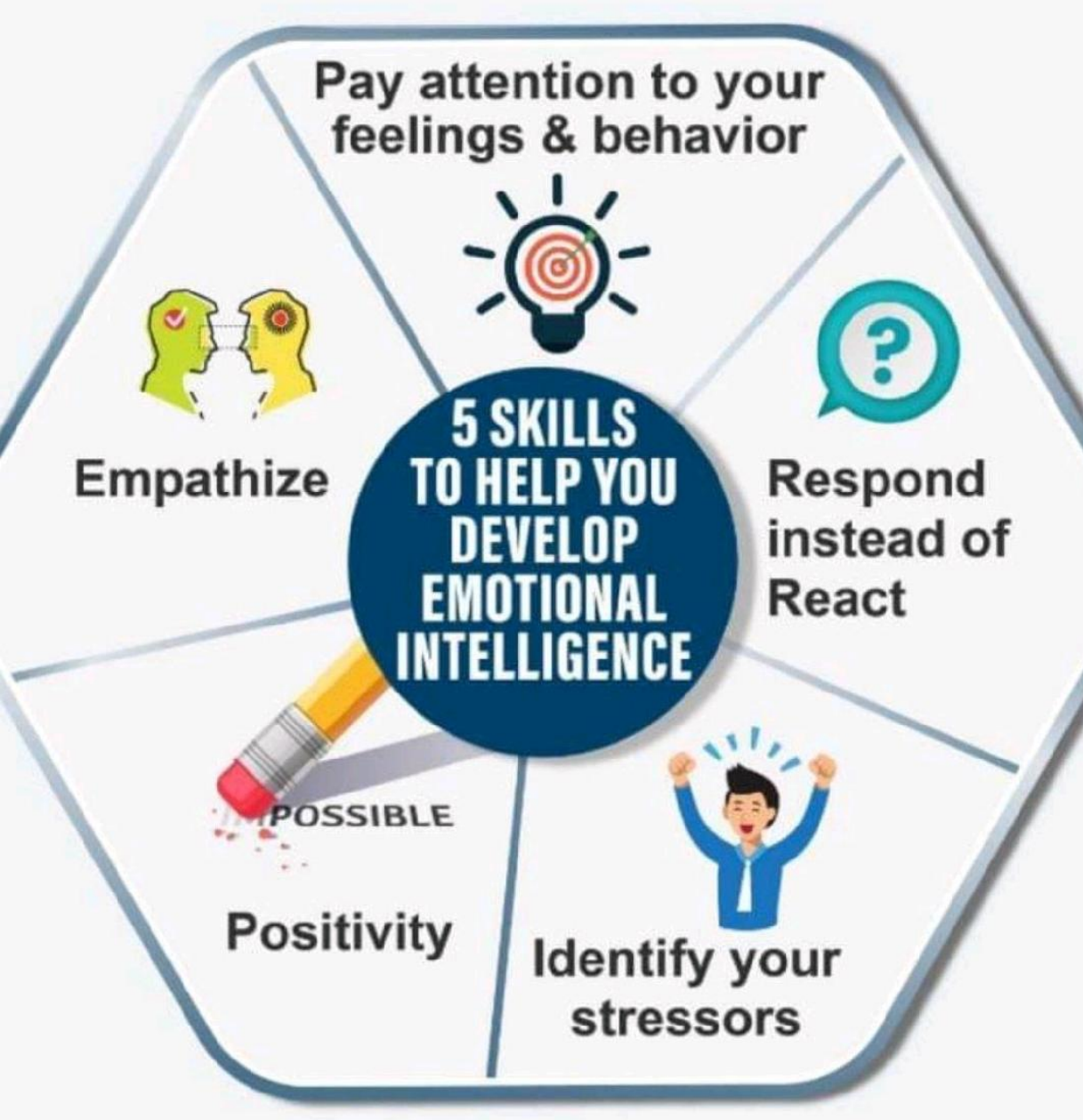




Promise yourself you'll
never
Giveup.

The background image shows a two-lane asphalt road stretching into the distance, flanked by lush green trees and foliage. In the far distance, a bright sun is setting or rising, creating a warm, orange and yellow glow across the sky and casting a soft light on the road. The overall scene is peaceful and scenic.

Every day starts with some
'Expectations' But every day ends
with some 'Experience'. This is Life...
So enjoy the day, every day !!




Everything is Temporary...
thoughts, emotion, people and scenery.



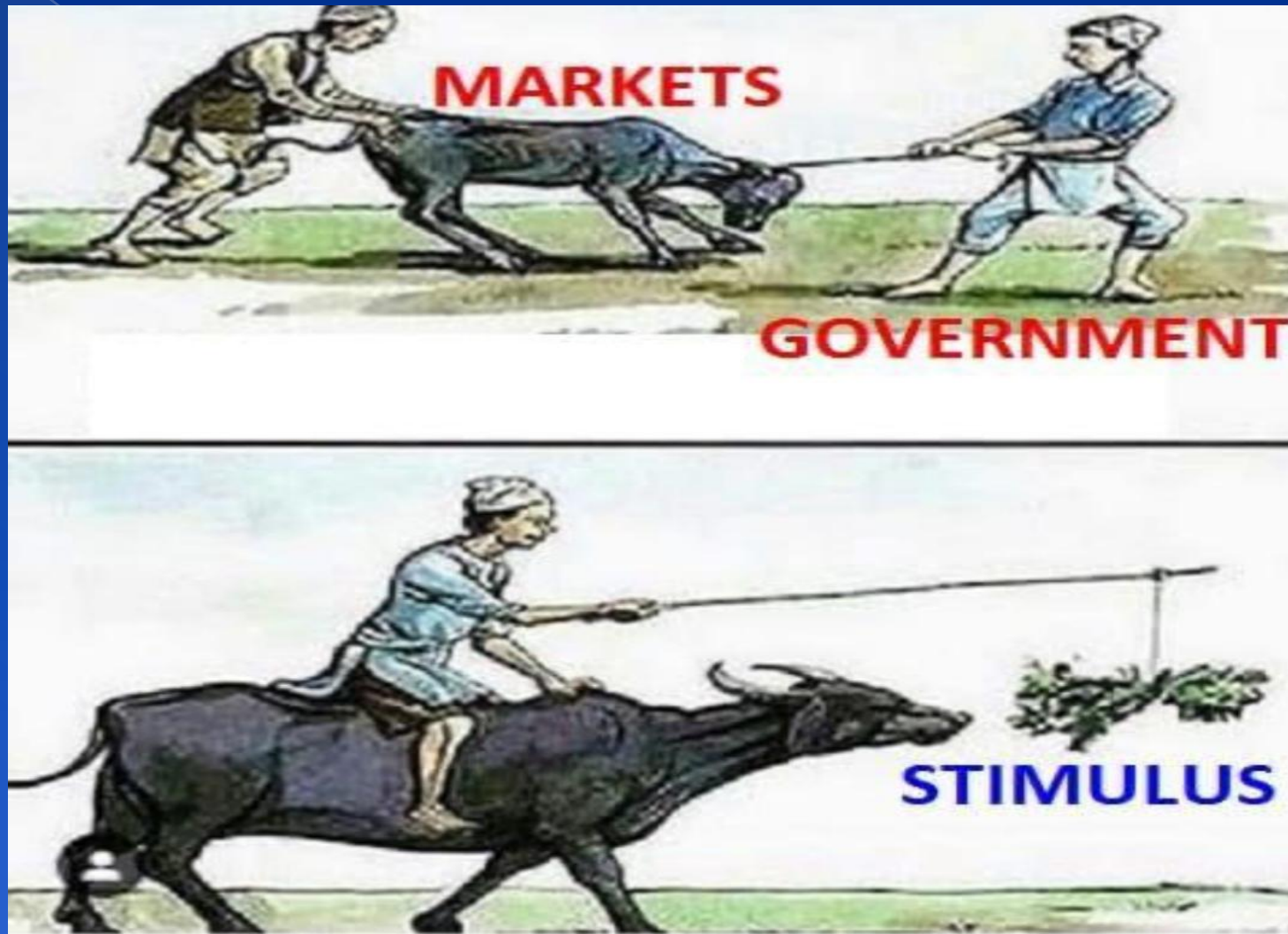
*Do not become attached,
just flow with it*

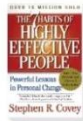
"SUCCESS IS A JOURNEY NOT A DESTINATION"



The background image is a black and white photograph of a long, straight street at night. The street is covered in a thick layer of fog or mist. On either side of the street, there are rows of ornate street lamps, all of which are turned on, creating a series of bright points of light that recede into the distance. Benches are visible on the sidewalks. The overall atmosphere is mysterious and contemplative.

When you finally trust
someone, without any doubt
you finally get one of the two
results,
A PERSON FOR LIFE,
OR
A LESSON FOR LIFE.

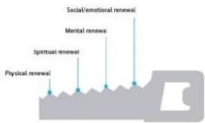




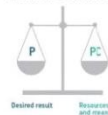
7 HABITS OF HIGHLY EFFECTIVE PEOPLE

Stephen
R. Covey

7 Sharpen the saw

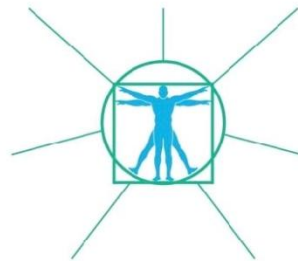


Maintain a balance



6 Synergize

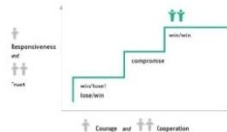
$$1 + 1 = > 2$$



5 Seek first to understand, then to be understood



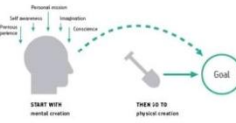
4 Think win/win



4 steps to win/win

- Put yourself in the other person's shoes
- Identify the key issues and concerns (not positions) not positions at stake
- Identify outcomes that would be fully mutually beneficial
- Think up new options and possibilities to make these happen

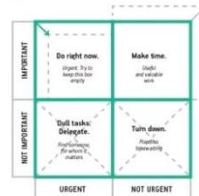
2 Begin with the end in mind



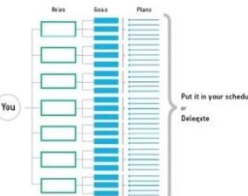
Draw up your personal mission statement:



3 Put first things first

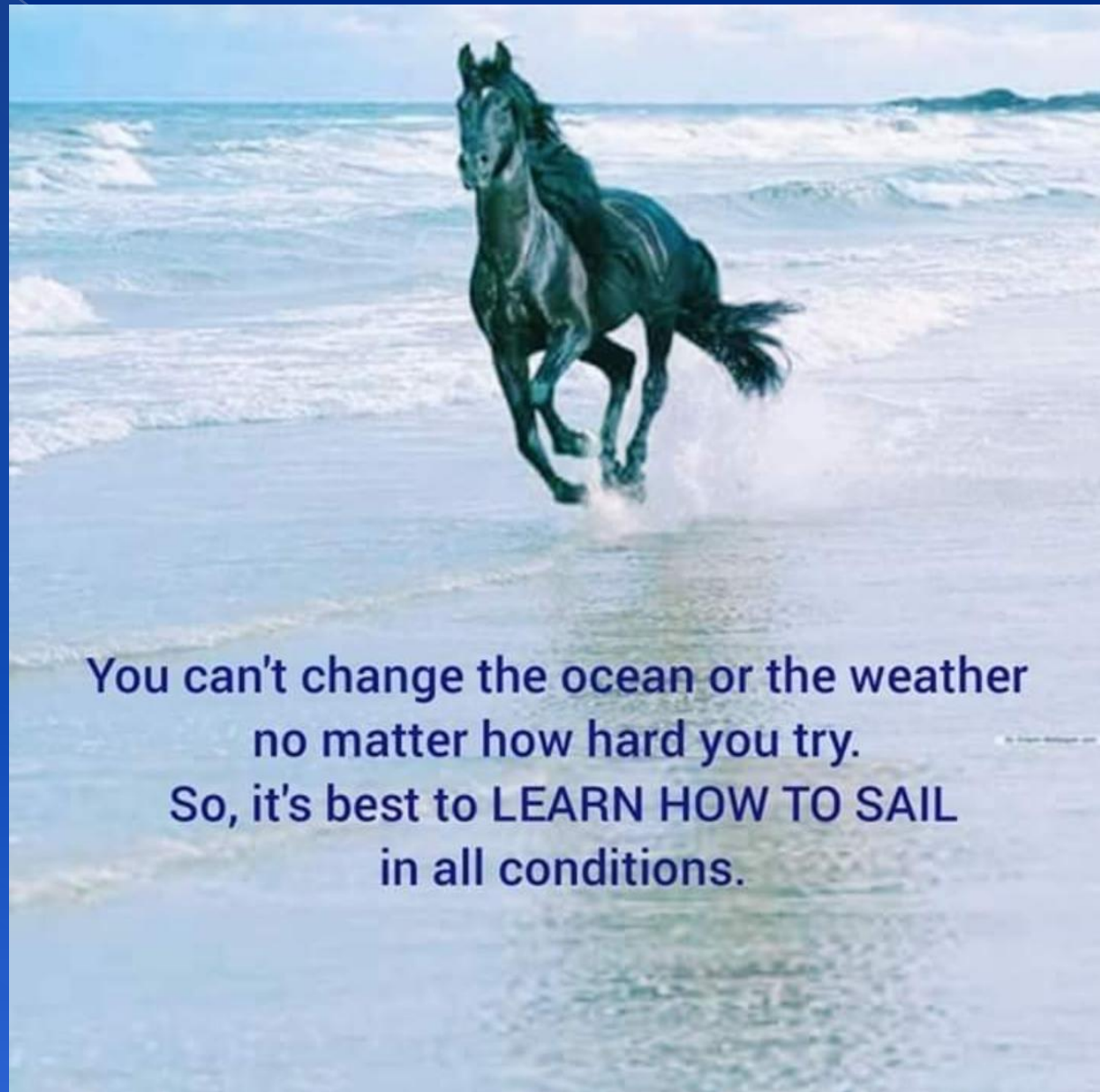


Weekly planning in 2nd quadrant



Seven Habits Of Highly Effective People

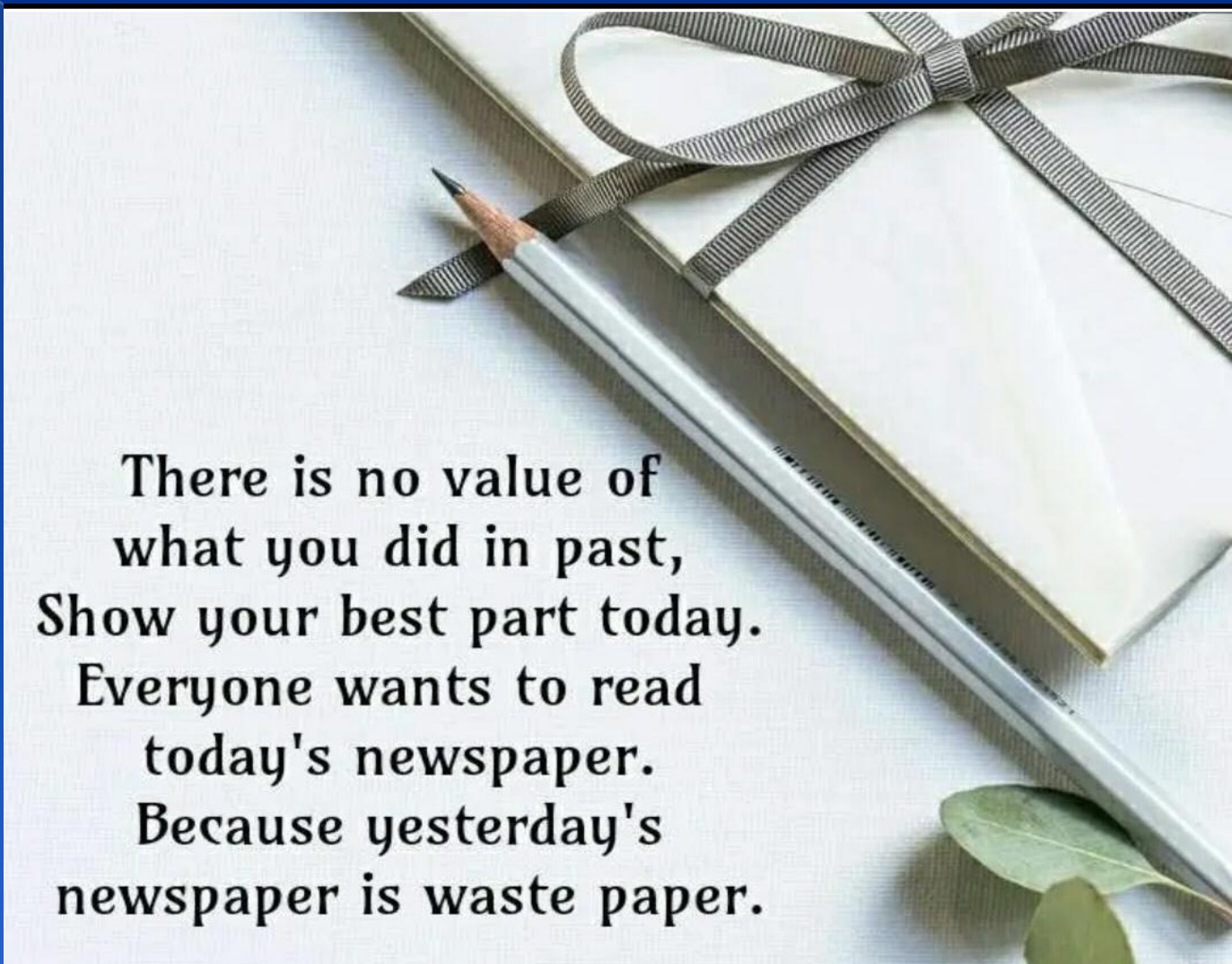
1. Be Proactive
2. Begin With The End In Mind
3. Put First Thing First
4. Play Win-win
5. Seek To Understand And Not To Be Understood
6. Synergy
7. Sharpen The Saw



You can't change the ocean or the weather
no matter how hard you try.
So, it's best to LEARN HOW TO SAIL
in all conditions.


Strive not to be
a success,
but to be of value.

Albert Einstein



There is no value of
what you did in past,
Show your best part today.
Everyone wants to read
today's newspaper.
Because yesterday's
newspaper is waste paper.

**“When you are happy,
you enjoy the music.
But, when you are sad,
you understand the
lyrics.”**



**Never tell
anyone your
plans,
show them
your results.**

KAMALDEEP SINGH

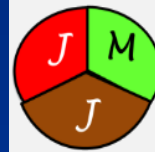
One great lesson
I learned from my life.
There is no market for
your emotions, so
never advertise your
feelings, just show
your attitude.

KAMALDEEP SINGH

**Satisfied life is better
than successful life
because our success
is measured by
others.**

**But our satisfaction is
measured by our own
soul, mind and heart.**

KAMALDEEP SINGH



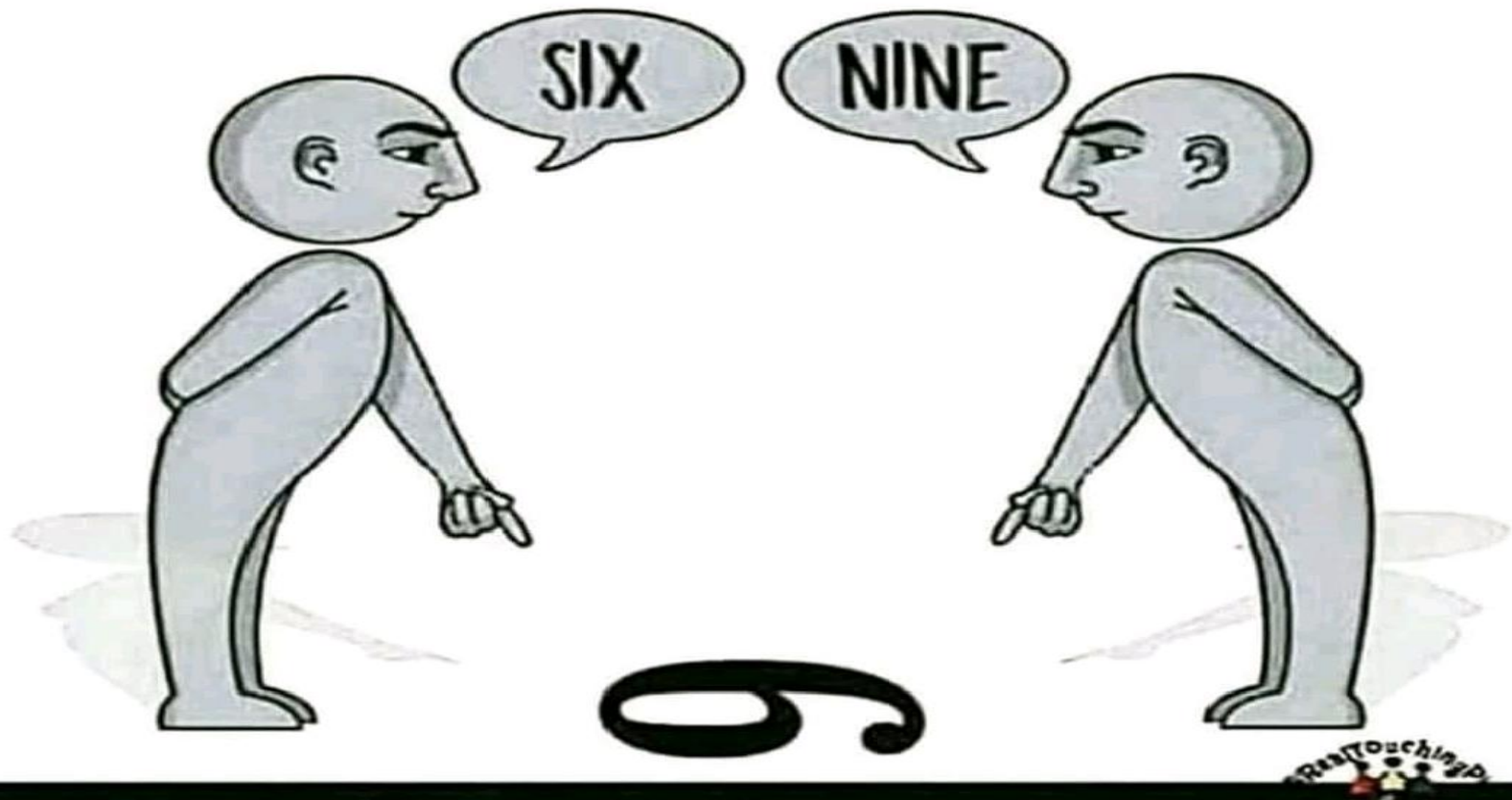
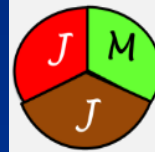
**Don't give
up. Your day
will come it
just a matter
of time.**

KAMALDEEP SINGH

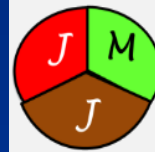
“

**Approach each customer
with the idea of helping him
or her solve a problem or
achieve a goal, not of selling
a product or service.**

– Brian Tracy –



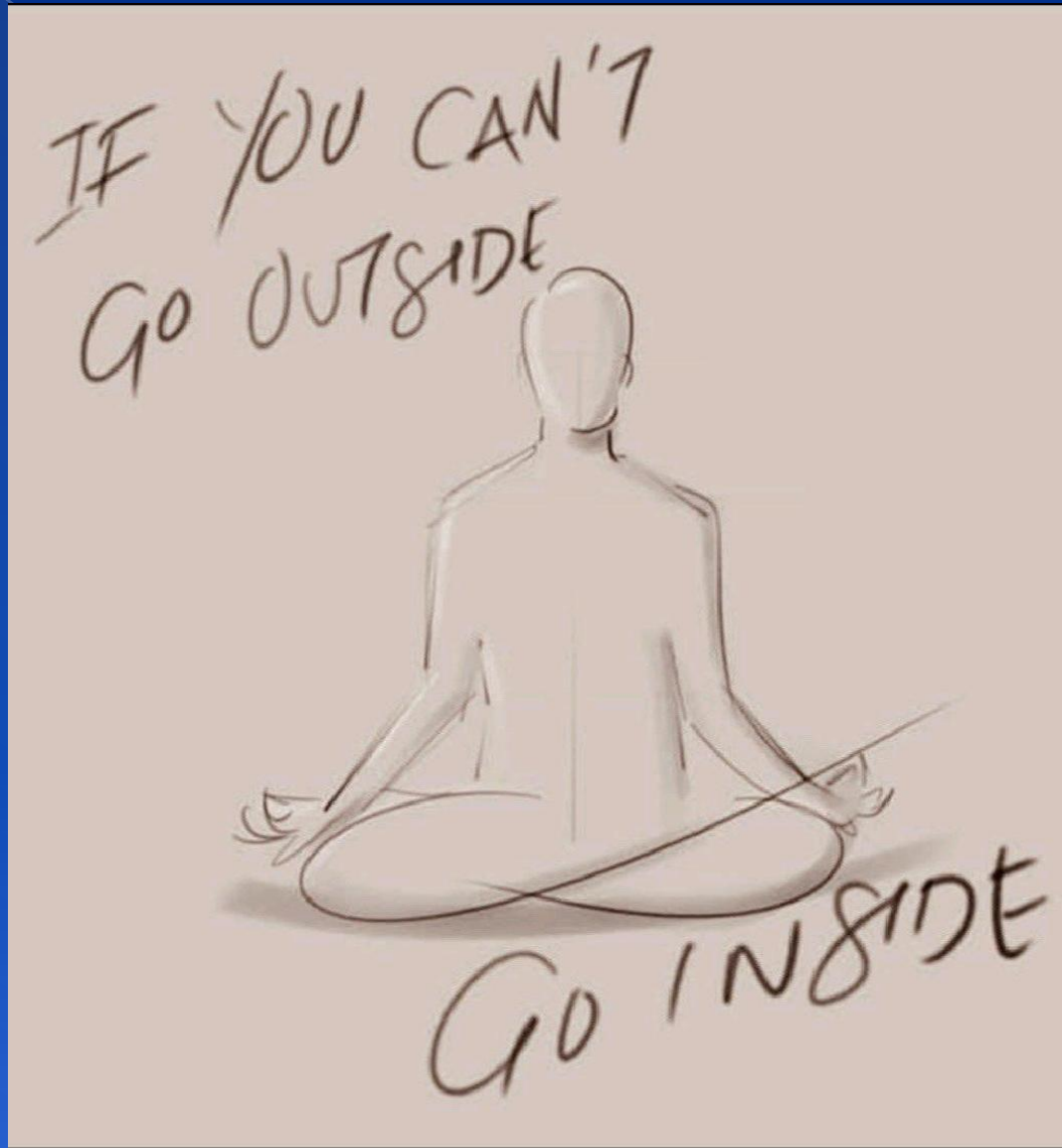
Just because you are right, does not mean, I am wrong. You just haven't seen life from my side.



Hard times will
always reveal
TRUE FRIENDS.

Type YES if you agree...





Sometimes in life
everything goes smoothly



And sometimes unexpected
happens,



The important thing,
knowing how to turn
problems into opportunities



HOW TO OPTIMIZE WORK-FROM-HOME



- 43%** EXPERIENCE LONELINESS
- 44%** FOUND IT DIFFICULT TO DISCONNECT
AT THE END OF THE WORK
- 32%** GET DISTRACTED MULTIPLE TIMES
THROUGH THE DAY

1. PLAN YOUR DAY



SET CLEAR PRIORITIES FOR YOUR WORK AND DAY. MAKE A REALISTIC AGENDA AND SET ASIDE DEDICATED TIME SLOTS FOR WORK THAT IS DEADLINE BOUND AND WORK THAT IS IMPORTANT BUT NOT URGENT.

2. HAVE A MORNING ROUTINE



EXERCISE, MEDITATE, READ, JOURNAL
OR SPEND SOME ME TIME SIPPING TEA
- WHATEVER GETS YOU STARTED FOR
THE DAY, MAKE SURE YOU HAVE A
MORNING ROUTINE!

3. OUT OF SIGHT IS NOT OUT OF MIND



CONNECT WITH PEOPLE AT WORK, ASK
THEM HOW THEY'RE DOING, AND IN
THESE TIMES OF 'SOCIAL DISTANCING',
PREFER VIDEO CALLING FOR BETTER
OVERALL COMMUNICATION. A FUN IDEA
- VIRTUAL TEAM LUNCH

4. MID-DAY MEDITATION



MEDITATE 15 MINUTES BEFORE LUNCH.
IT INCREASES ELECTRICAL ACTIVITY IN
PARTS THAT CONTROL THE IMMUNE SYSTEM
AND POSITIVE EMOTIONS. A GOOD WAY
TO BEGIN IS TO DOWNLOAD SATTVA.LIFE
FOR LOTS OF FREE GUIDED MEDITATIONS!

5. HAVE AT LEAST 1 MEAL WITH YOUR FAMILY

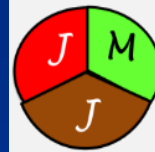


KEEP YOUR PHONE ASIDE, UNWIND,
AND RELAX.. MAY BE COOK A MEAL -
TRY THE RECIPE YOU'VE BEEN MEANING
TO, OR JUST EAT TOGETHER AND
INVITE POSITIVE, HAPPY EMOTIONS.



**“If you define the
problem correctly, you
almost have the
solution.”**

STEVE JOBS



**I AM NOT A PRODUCT
OF MY CIRCUMSTANCES.
I AM A PRODUCT OF
MY DECISIONS.**

Stephen Covey





Always Leave Office On Time

1. Work Is Never Ending Process. It Can Never Be Completed.
2. Interest Of A Client Is Important, So Is Your Family.
3. If You Fall In Life, Neither Your Boss Nor Client Will Offer You A Helping Hand; Your Family Will.
4. Life Is Not Only About Work. There Is More To Life. You Need Time To Socialize, Entertain, Relax And Exercise.
Don't Let Life Be Meaningless.
5. You Did Not Study Hard And Struggle In Life To Be A Machine.

**SUCCESS DOESN'T COME
FROM WHAT YOU DO OCCASIONALLY
BUT WHAT YOU DO
CONSISTENTLY**

The Ohno Method

come and learn

Cycle of Kaizen to Develop Yourself

Repeat the cycle of Kaizen!

Do not presume your potential!

- 1: Accept new challenges
- 2: Deny your success
- 3: Breaking the status quo

I see a higher peak!

Let's go higher!

Breaking the status quo!

Your True Potential

Tapping into more Potential

Tapping into Potential

Assumed Potential

by Collin McLoughlin

I see the top!

HANSEI

HANSEI

HANSEI



4 things you can't get back:

The stone after it's thrown.

The word after it's said.

The occasion after it's missed.

The time after it's gone.

