



9 one-minute  
reads!

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**“INSTEAD**  
of wondering when  
your next vacation is,  
maybe you should set  
up a life you don't  
need to escape  
from.”

Seth Godin

## **Introduction**

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### **Who is a catalyst?**

To understand that the concepts like leadership, stress management, creativity, conflict resolution, negotiation skills, team work etc., are not limited to professional life but to ‘life’ in general, we need the guidance of someone who can work with us / our teams / families at the levels we are to take us to where we ought to be.

This someone cannot be straitjacketed as a coach, mentor, trainer or even a teacher but the one who can perform these roles based on the need of those who approach them.

They give clarity on ‘WHAT needs to be done’ and provide us with ‘a framework on HOW’ but leave the work of detailing and execution to us because they know that the stamp left behind need to be ours and not theirs!

Finally, they are content to operate behind the scenes as you are protagonist in the movie i.e. your life!

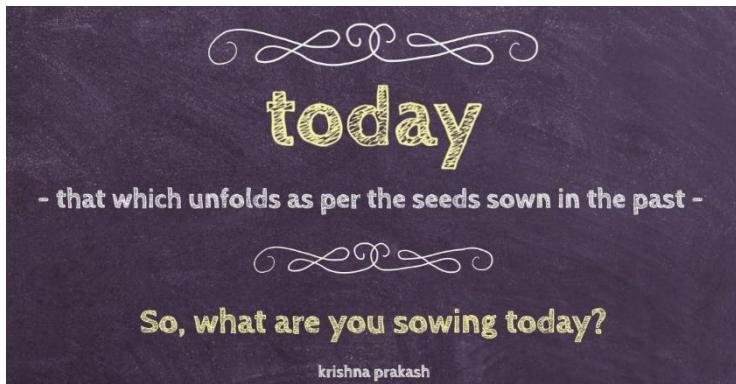
For lack of a right word, we can understand that this someone who is mentioned here can be called as a *catalyst*.

In the following pages, 9 one minute reads are provided and each comes with a set of exercises or questions. Finishing these little assignments could even result in your mini-autobiography.

**Come on, let us give a try....**

## 1. The best gift that we can give!

*Can we sow seeds today to harvest better mental health?*



Fear and death are great levellers. With the advent of corona, many of us are being pushed to ground ourselves in reality as each of us is its probable candidate!

Likewise the lock down necessitated by corona is making us, without exceptions, to look eye to eye with uncertainty (on future). Thus, consciously working on our mental health becomes imperative. Only if we are prepared, can we help others!

Adding to this, we (students to CXOs to entrepreneurs) are forced to sit and stare at the

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monitor for long hours. This is going to result in a host of other health issues at all levels.

Probably, one of the best ways to undergo, overcome, harness and benefit from the present situation is to follow certain guidelines

1. Identify a BUDDY who is a good listener (and try to be a good LISTENER as well)
2. <your own guideline> \_\_\_\_\_
3. PRIORITIZE (tasks) based on NEEDS
4. Travel and / or spend ONLY IF there is a need
5. To survive, we will anyway upskill or upgrade our professional skills but it is more important to learn and practice some HOLISTIC techniques that help you to explore and be at peace with our 'inner self'
6. RESPECT - self, others and environment
7. Learn to FORGIVE and SEEK forgiveness

The simplest way to start is to have a **theme for the day**. This approach would help us to stay focussed and

without saying, help us to manage mental health, as well.

The next step that you can do NOW is to decide theme for each day of the week from the above list. These guidelines, ideally, should be treated as examples. These are given to **provoke you to think for yourselves and make a list based on your need.**

So, which theme / guideline you wish to start with?

### My themes

1. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## 2. Ideas move the world

*Idea is a thought pregnant with implementable probabilities!*



### Who are you?

In fact **you are a wonderful idea born** to a couple who were exploring to discover an aspect of happiness! You are unique, no one was there like you before and no one will be like you in the future

**What can be done now?** (internalize the following instructions before closing your eyes)

1. Sit, with your spine erect, eyes closed and most important, wear a gentle smile
  
2. With closed eyes, relive your childhood. Recall the trust with which you interacted with others.

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Mentally feel the re-ignition of the joy and passion with which you played with friends, siblings and cousins

3. Now, forget what others would think (they anyway are going to comment with or without thinking!)... ask yourself the ideas that are worth investing time and working towards, at this stage of your life
4. After spending a couple of minutes this way, practice palming and apply the warmth of it on your eyes. Then holding the palms before your eyes like how you would read a book, open your eyes with a few blinks and look at your palms
5. Write down the ideas that erupted, without judgements or intellectual dissections on whether they are practical or not

Just know that there is at least one idea that is waiting to be discovered that would take you closer to who you aspire to be...



## **Next step**

Talk to someone whom you trust and to your utter surprise a road map would unfold effortlessly. Hearty wishes... Love thanks divine grace!

## **My ideas**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### **3. 5 secrets to finding happiness**

*Understanding our true nature is the only way to unlock the secrets of happiness. In fact there is only one secret!!!*



Seeking happiness outside of us is like a mirage

Everyday, yet another, calendar sheet is torn and 24 hours handed over to us.

People and situations continue to puzzle us endlessly. Many of us even doubt whether there is something called "HAPPINESS."

“Happiness is bound to be an endless journey when searched outside but it our very nature when understood from within”

By design, we are outward looking. Our senses are tuned to take inputs from the ephemeral world. The key is to understand that whatever happens outside, the reaction happens from within. So it is important to know the secrets to finding happiness

### **The 5 secrets to finding happiness**

1. Happiness is our natural state. Is this is a wild statement? No, no sane person wishes to be sad because deep within he or she knows that happiness is our natural state
  
2. Happiness is enjoying the **present moment** without the hangovers of the past and the expectations of the future, because, logically, past and future are not real, now

3. Happiness is the state of mind developed by constantly reminding oneself to be grateful
4. Happiness is not a product of comparison as what makes one happy need not necessarily make others happy. Instead of trying to make others happy, shine as an epitome of happiness as people learn from examples than sermons
5. Happiness is a conscious choice despite the absence or presence of a situation or a person or an object
6. Stop finding fault. Stop analysing why there are 6 secrets when the heading says 5. Now you got it, right?

So, what are you waiting for? Just be happy...

#### **4. Invest in things that money can't buy!**

*The best investment is the daily appointment with oneself!*



Daily, meditation is the only appointment worth waiting for, as it is a meeting with oneself!

Of late, am getting lot of personal messages on whether meditation is beneficial? How to meditate? etc.

This is a very subjective topic as the ability, quality and outcome of meditation depends on various factors.

But one thing is certain, PREPARATION is the key.

## **Now the next question: How long to prepare?**

The mind set and commitment decides how long one should prepare and not one's age.

### **Try responding to these questions...**

1) How intense is your longing to meet yourself. Why?

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2) Do you have the courage to let go (of notions, control)? Why or Why not?

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3) What is your plan to get out of competing mind set?

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4) Do you realize that you are unique? Why & How?

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5) Are you convinced that to be happy, one need to learn live without the need to compare? Why?

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6) Can you consciously withdraw from thoughts on societal status, intellectual accomplishments & material possessions. What next?

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You should have at least one response in your favour!

### **Next step is to find a teacher!**

Like the Systematic Investment Plan into mutual funds, we need to invest little amount of time daily consistently over a long period to experience meditation and its fruits. But the very journey itself is rewarding and transforming...

So, when are you going to start....

### **Notes to yourself!**

What can I do to find a teacher?

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I am going to start meditating from \_\_\_\_\_

## 5. Just relax...the 5 practical reasons!

*Relaxation helps us to rejuvenate, reinvent and relaunch ourselves, again and again...*



### Why Relaxation?

The spouse that supports, the child that feels that you are their superstar, the friend that needs, the parents who adore, the adversary that admires... you can provide what they are looking out for only when you are calm, collected and relaxed.

“Relaxation is like fermentation. It helps you to grow, expand and be ready to be usable by you as well as by those whom you wish to give license to do so!”

## The 5 practical reasons!

1. **Accept** that the World would move on despite you.
2. **Understand** that you need not be understood every time by every body.
3. **Manage** your emotions because no one is bothered about it.
4. **Unique**, yes you are unique. So are your problems and their solutions.
5. **Always** there is next time. We are trying to scale eternity in our infinite stupidity.

So, Just relax...

### Questions to myself

1. Why I need to relax?

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2. What can I do to relax, now?

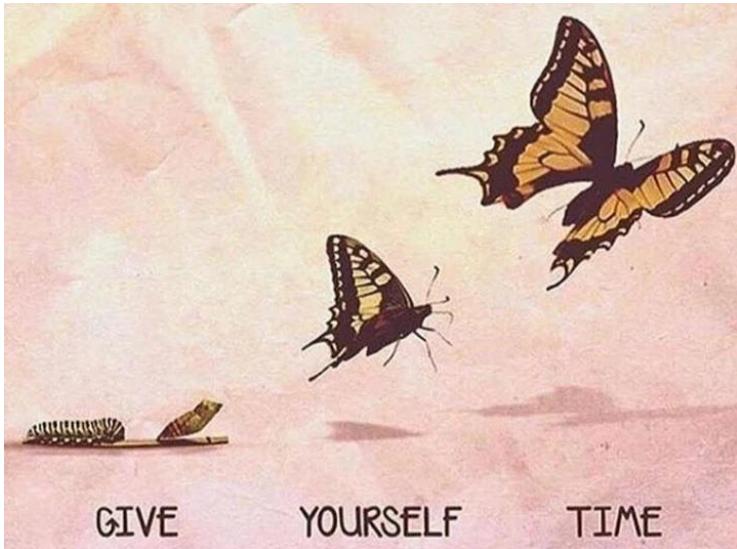
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## 6. In time, every time...

*More lessons and success await those who appreciate the importance of the waiting period!*



**Anything worthwhile takes time...**

- 1) The processes of metamorphosis on an average takes 10 to 14 days. It is after that, that the butterfly we see, get it's form.
  
- 2) Nature kept us in our mother's womb for 9 months 7 days. All the while, each second, there was incremental growth, change and development.

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3) For start ups too, it is essential to cross the proverbial 1000 days of existence. This initial struggle, hiccups and uncertainties are needed to have a strong DNA which determines its culture as well as very survival.



- 4) Malcolm Gladwell mentions that it takes 10,000 hours of deliberate practice to become World class in any field.
- 5) Unless we are a virus (like corona) or stumble upon a viral idea (I suspect even God cannot decode this

VIRAL stuff), we need to accept and work gradually to emerge who we have envisaged to be.

The trail that we leave behind is as important as the milestones and our ultimate goal. It is this trail that would be rechristened as our legacy.

In a nutshell, everything happens in time. When we realise, work and start to approach life in this way, right from scars of the past, worries on our future, stress, work life balance and relationships start getting resolved on their own.

**What are the goals & timelines that you are working on?**

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## **7. Just act... know yourself better!**

*Action alone can summarize, illustrate and be an example of your thoughts, ideas, vision and fuel your journey towards success*



Welcome to the one minute article on ACTION and SUCCESS.

Unless you have taken a decision to read, evaluate and act, kindly do not proceed to read this article, further!

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## **Design your success!**

“Books can give you knowledge, people can give you advice, experience can give you lessons but there is no shortcut to SUCCESS other than ACTION”

### **The 5 point action plan!**

1. Make a To-Do list ( 5 minutes)

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- Engage, right now, yourselves with one of your interests or hobbies (invest 5 minutes)

The hobby / interest is \_\_\_\_\_

- Tick the top most **priority** in the list- *refer to No. 1*

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- Collect information on this '**priority**'

I could collect / gather the following....

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- Just act on it NOW, with common sense, as the only yard stick

ACTION happens in the NOW! In the "NOW" there is neither SUCCESS nor FAILURE because these two are the result of the NOW in the future!

Results are always an useful experience. So use it before the next priority in the To-Do list.

So, just act... All the best.

## 8. Just change ... to stay relevant!

*A matured mind, sheds likes & dislikes, alike, like how a tree  
effortlessly sheds dry leaves.*



The mature mind sincerely attempts to adapt to situations and people by reorganizing itself to reflect truth. At the same time it ensures that the individual is helped to stamp his or her individuality on these very situations and people.

### Embrace ChAngE

The only changeless concept in the cosmos is the concept of change. The cells that we woke up with on our last birthday have given way to new cells. As this

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change is happening more at a micro level, beyond our present levels of perception, we do not appreciate the need to accept the need to change, reinvent to stay relevant.

“What we see as a butterfly today, was a caterpillar once. What we taste as curd today, was milk yesterday!”

None of us can be a finished product because learning is a life long process. We can only upgrade and upskill ourselves to stay relevant to ourselves and others in the journey of life. An open mind set is the license we give ourselves to stay relevant.

If you pause and think, you will note that we are capable of change when it happens without our knowledge or when it is beyond our present levels of perception. But when it is pointed out by others, despite their best intentions, our 'little' ego gets hurt and we refuse to accept the need to change.

## **How to train our mind to "embrace change to stay relevant?"**

1. NOW, fix an appointment with yourself. Take 5 deep breaths.
2. Ask yourselves what inspires you in life and work?

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Ask whether you are consciously contributing to keep the fire of inspiration on, always.

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3. Dig out your personal traits that help or hinder, to embrace change and stay relevant.

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4. If you are not equipped to deal with these traits, talk to a life coach or a life catalyst, NOW.

Yes, will talk NOW with \_\_\_\_\_

## **Conclusion**

Our cosmos is built in a way that each of us are its co-creators. It is a huge complex web of interconnected minds. So, if we change, the cosmos also changes!

So, what are you waiting for? Set out to educate and train your mind to embrace change to stay relevant!

## 9. Leadership, the awakening waiting to happen!

*It is no longer why but when and how. Read further, if you are interested to awaken it, now.*



### **Demystifying leadership**

We are conditioned to think that leadership is reserved only for a select few. The truth is that all of us have to awaken the leader within because there is no choice but to do so.

The word ‘lead’ has in itself the word ‘led’ that could be interpreted as the ability to understand the situation and decide whether to ‘lead’ or content ‘being led!’

The very thought of ‘being led’ is unthinkable to those who think leadership is an entitlement.

Leadership is not an inheritance but leaving behind a legacy that ‘serves as a stepping stone’ rather than a stumbling block for the successor.

Leadership is not attained by obtaining certificates on the same but it is a conscious journey that one undertakes to only discover that one had / has no choice but to awaken it within!

Also, the secret of leadership lies beyond the terms ‘lead’ or ‘be led’ but in leading oneself; on observing which others choose to be led by us. Thus, it is an inclusive idea that is a privilege and not a right.

Finally, these concepts should percolate into our day to day life and reflect in our family as well as social life. When this happens then alone is the journey of leadership is real else we would live under the illusion that leadership is only for corporate life.



Like how we inspire and take people along at work, we need to do it at all walks of life. It is after all just a role we choose to play for bringing the best out of us and others. Nothing more....

**Similar to the game of chess, once the play is over,  
all the 6 types of pieces go into the same box!**

So are you ready for this journey of awakening the leader within? Talk to someone whom you trust, right away. All the best.

Yes, I will talk with \_\_\_\_\_  
on \_\_\_\_\_ and get started!!!

# *its ABOUT you*

**Do you want to be successful, prosperous and peaceful?**

Like a musician unfolding the chosen musical note, Krishna works with his clients, be it individuals, corporate houses or entrepreneurs to decode their DNA, reprogram their thought processes, resulting in their transformation as successful, prosperous and peaceful entities.

Since 2008, he has been working with Life Coaches, both Indian and International Sports Professionals, Entrepreneurs, Musicians, Yoga Teachers, Corporate Leaders and Managers as well as 'improvement thirsty' individuals!

Without taking into account the work done from 2001 till 2010, since April 2011, Krishna has clocked more than 12,000 hours of teaching, consulting, coaching and

training hours on life, living and Yoga, thus crossing **Malcolm Gladwell's proverbial 10,000 hours of deliberate practice to become World class in any field.** His individual clients across 41 countries are the living testimonies.

### **Passionate About Inspiring Others**

Krishna has 20+ years of diverse work experience across IT, consulting, hospitality, academia & entrepreneurship. Since 2008, some of the individuals who have sought Krishna's guidance include: one of the best female golfer in its history, one of the winners of the prestigious euro-money awards, an internationally reputed voice culture specialist, a drummer of a celebrated international band, a female pop sensation, an awarded opera singer, a PS to the CEO of a top IT company, a few life coaches and scores of professionals from across industries, levels as well as countries.

### **Credits**

1. Adobe Spark

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The noun CATALYST is something or someone that causes a change and is derived from the Greek word katalúein, meaning “to dissolve.” It can be somewhat ordinary, like when moving to a warmer climate was the catalyst for getting a short, sporty haircut. Or it can be major, like how the World War II acted as a catalyst for Japan to emerge stronger and offer products of superior quality to the World

Thanks to ThinkMap team for defining what a catalyst is! Thanks to Sony Corporation erstwhile Chairman Akio Morita for his monumental book - Made in Japan

Thus in the World of trainers, coaches, mentors, speakers & teachers, Krishna prefers to be a ‘Life Catalyst’

