

FOUNDATION FOR SELF REFORMATION & HEALING



INTRODUCTION

- Who am I ?
- Purpose of today's presentation

LATERAL THINKING

- Different way of thinking.
- Look at all different possibilities.
- Helps to weigh out all options.
- Let us look at it.

LATERAL THINKING EXERCISE

- A lady goes to her mother's funeral. She meets a stranger and falls in love with him. She doesn't see him again after the funeral.
- A week later, she kills her sister.
- Why did the lady kill her sister?

WHO IS THE MOST IMPORTANT
PERSON IN YOUR LIFE ?

YOU ARE THE MOST
IMPORTANT PERSON IN YOUR
LIFE !!!

SELF LOVE

- Love yourself unconditionally.
- Acknowledge your strengths and weaknesses.
- Make peace with yourself.
- Accept yourself for who you are.

GRATITUDE

- Live the attitude of gratitude.
- Be grateful for everything you have.
- Be grateful for the people in your life.
- Be grateful for your health and wealth.

LIVING A BALANCED LIFE

- Exercise.
- Diet.
- Rest.
- Relaxation and recreation. Doing things for self.
- Meditation.
- Prayer.
- Knowing what you want.

MEDITATION



KNOWING WHAT YOU WANT

GOAL SETTING

- Different ways to set goals.
- Importance of visualisation.
- Set Realistic goals.
- Must want something.
- Follow 5 keys to success

5 KEYS TO SUCCESS

- An honest and sincere desire to succeed. You must want to succeed.
- Find a set of genuine working principles.
- Apply the working principles.
- Perseverance to the end.
- Dua

TEMPLATE FOR GOALS

- Self.
- Career.
- Financial.
- Family.
- Spiritual.
- Physical.

TIME FRAMES

- Weekly schedules.
- Monthly revision.
- 6 Monthly revision.
- Year end analysis.
- Setting 5 year goals.

THATS ALL FOR NOW FOLKS ! ! !