March 2016

SUCCESS

You Can
Do It!

Dr. Attiya Anjum

Amna Chaudhry

Exclusive Interview

Former President of the National Speakers Association

Scott Friedman

Together, We Can Change The World CEO & Founder

How to teach an illiterate person
Waqar Waheed

By Qaiser Mukhtar Rajput



www.twcctw.org

Imagination is powerful than will Power

If you imagine that you cannot, it is absolutely impossible for you to do so.

Sreekanth V Pillai Personal Coach & Mind Power Trainer Mob:66327487



Amna Chaudhry

Renowed Trainer & Co-Founder National Outreach Prog



Dr. Attiya Anjum

Doctor, Trainer

A Great Guide



Waqqar Waheed
Teacher, Motivator



Tanja-Janina Große

Master Facilitator, executive coach, trainer

WASHINGTON



SEVERANCE AND OF TRYING WILL ES TO MAKE YOU AN OVERNIGHT

"TIMING, PERSEVERANCE AND TEN YEARS OF TRYING WILL IS ALL IT TAKES TO MAKE YOU LOOK LIKE AN OVERNIGHT SUCCESS."

Dick Costolo CEO, Twitter



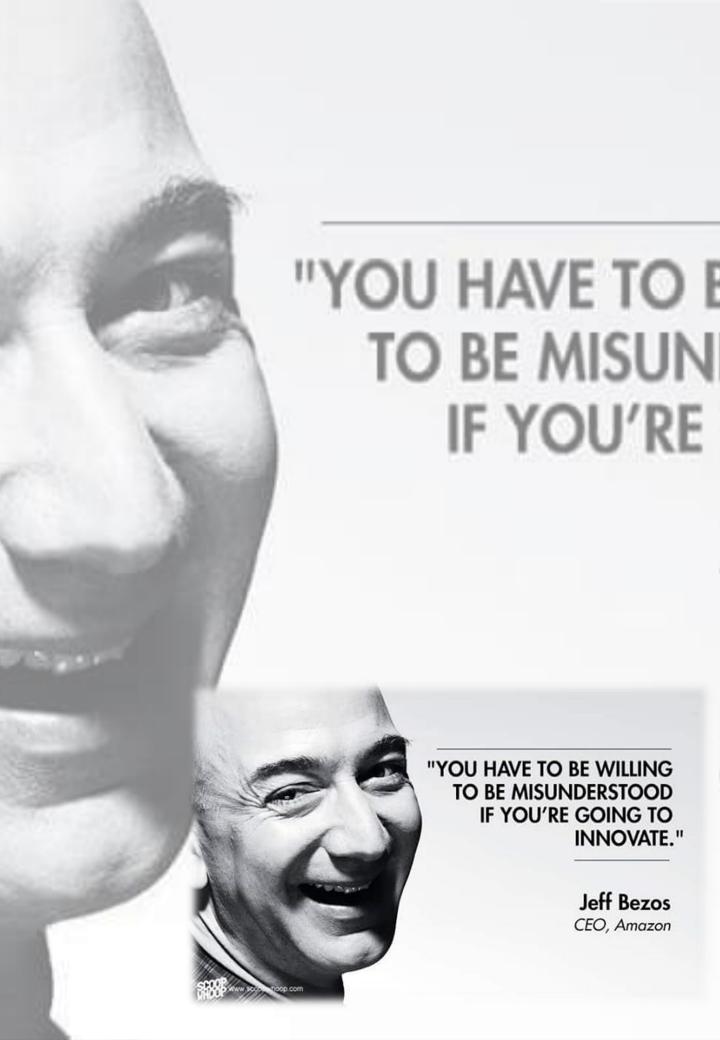
National Outreach Program

Ahmad Qureshi Founder

utreac



Amna Chaudhry Co-Founder



2011 WAS A TURNING POINT IN MY LIFE

Tanja Genina

Self-Employed and works at Master Facilitator, executive coach, trainer

For the last 15 years at that point in time I has been building up my real estate management company from scratch to managing 1,500 units, with a monthly cashflow from around 500,000 Euro. I was taking care of the stucture of the company and managing more than 200 bank accounts but at the same time I was paying myself only very little. My working hours reached easily more than 70 hours a week, and even though I was quite successful in business, I was feeling stuck and unhappy because I had no life. Due to all the work and tension my health was getting bad and my bathroom scale was showing more than 120 kilos.

Then my whole world crashed.



On a very cold, snowy and dark evening in March 2011 I was sitting on my red couch in my yellow painted living room, enjoying the smell and taste of my freshly cooked chicken soup, watching a soap opera on the TV, when my husband came home. He had this strange look on his face, so I asked him, what happened. He would not speak, just shake his head and sit down, next to me. Then he turned his face, looking at me and started speaking:" I'm going to move out tonight, I'm going to live with another woman." Then he went upstairs, packed his things and with a loud click the door closed behind him.

Did you ever feel, like you had been hit by a truck?

This is how I felt that night. Crushed. Ready to die.

"YOUR TIN DON'T WAS SOMEON

Lat

"YOUR TIME IS LIMITED, DON'T WASTE IT LIVING SOMEONE ELSE'S LIFE."

> Late Steve Jobs Ex-CEO, Apple

But the next morning I woke up. I opened the window, feeling the sun on my face, taking a deep breath of the fresh morning air with this amazing smell of spring, snow and fresh pine tree. Speaking to myself: "DO I allow myself to play the vitim? CLEAR NO! Do I take this situation as an opportunity to change my life and live the life that i really want to live? CLEAR YES!"

So I took a decision. A decision to live and change my life. To be free financially,

emotionally and time free as well.

So I started investing in myself, attending workshops and seminars about personal development and taking care of my health as well. Started growing and changing the way I was thinking and feeling about money and about my life. Suddenly I started seeing opportunities where before I had only seen risks and even though I was still scared of failing, I learned to act in spite of this fear. So I reorganized the real estate management company in a way, that it now works without me even being there. I found the courage to invest in real estate myself and found bankes who would finance it for me. I had been knowing those bankers for a long time before already but with my old way of thinking, I was simply lacking the courage to even talk with them about a loan. I learned to stick with my decision to live the life I truly want and found happiness in all areas of my life again. What I truly hope is, that my story inspires you to take action in spite of your fear because you deserve to be happy.



My special thanks go to **Waqar Waheed** and his "Who am I" academy for being a true role model for courage and serving others. Dear Waqar, you are a true inspiration. Stay blessed my friend and keep it up.

Another huge thank you goes to **Qaiser Abbas** for giving me this opportunity to share and inspire with my story. Your book Tic Tic Dollar is a true game changer for me and I simply loved reading it.
And last but not least, I want to thank you, you who is reading this article. Thank you for your precious time and truly hope that I could add some value to your precious life as well.

Lots of love Tanja-Janina Grosse

RELATIONS

Relationships a

charalate chip co

y are ma

ny ingred

nts are s

GREAT of

made wi

tempera

hur Carn

RELATIONSHIP

Relationships are like chocolate chip cookies.

They are made up of many ingredients, some ingredients are sweet, some are not. But no GREAT cookie has ever been made without mixed ingredients and hot temperatures.

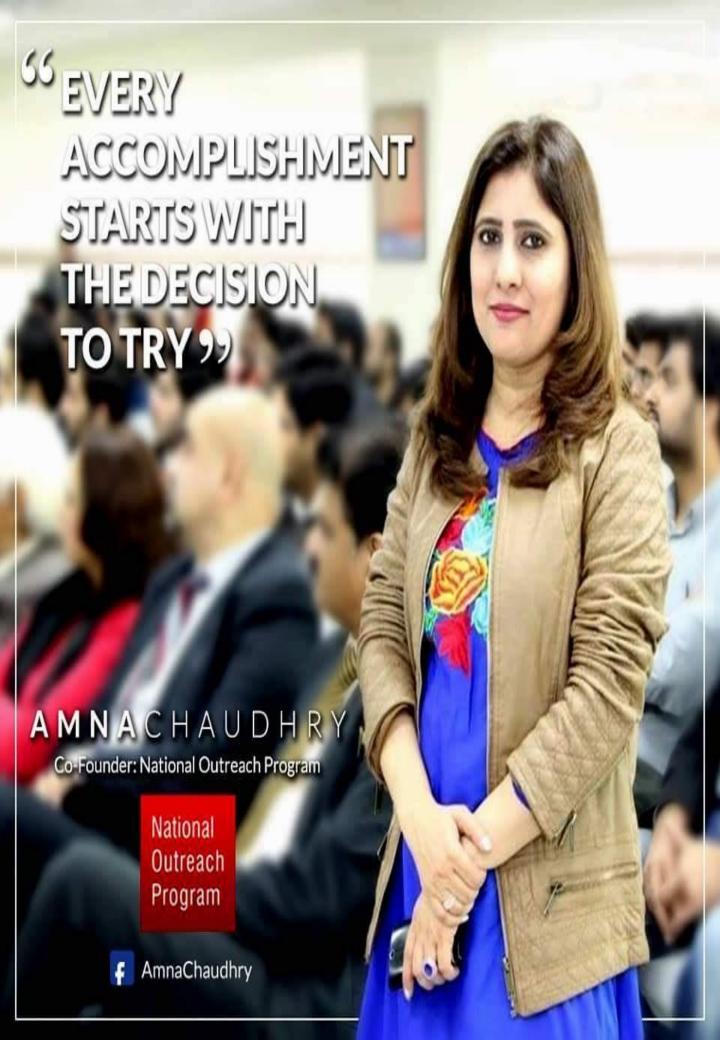
- Arthur Carmazzi -

www.carmazzi.net

www.directivecommunication.com

rmazzi.net

www.directivecommunicati



Success.com

Being successful often means learning from those who have already achieved their goals. Having a mentor is an amazing blessing to an entrepreneur, but not everyone can find one in person.

If you haven't yet found your personal business guru, here are 21 tips for young or aspiring entrepreneur to help get you started.

1. Challenge yourself.

Richard Branson says his biggest motivation is to keep challenging himself. He treats life like one long university education, where he can learn more every day. You can too!

2. Do work you care about.

There's no doubt that running a business take a lot of time. Steve Jobs noted that the only way to be satisfied in your life is to do work that you truly believe in.

3. Take the risk.

We never know the outcome of our efforts unless we actually do it. Jeff Bezos said it helped to know that he wouldn't regret failure, but he would regret not trying.

4. Believe in yourself.

As Henry Ford famously said, "Whether you think you can, or think you can't, you're right." Believe that you can succeed, and you'll find ways through different obstacles. If you don't, you'll just find excuses.

5. Have a vision.

The founder and CEO of Tumbler, David Karp, notes that an entrepreneur is someone who has a vision for something and a desire to create it. Keep your vision clear at all times.

6. Find good people.

Who you're with is who you become. Reid Hoffman, co-founder of LinkedIn, noted that the fastest way to change yourself is to hang out with people who are already the way you want to be.

7. Face your fears.

Overcoming fear isn't easy, but it must be done. Arianna Huffington once said that she found fearlessness was like a muscle -- the more she exercised it, the stronger it became.

8. Take action.

The world is full of great ideas, but success only comes through action. Walt Disney once said that the easiest way to get started is to quit talking and start doing. That's true for your success as well.

9. Do the time.

No one succeeds immediately, and everyone was once a beginner. As Steve Jobs wisely noted, "if you look closely, most overnight successes took a long time." Don't be afraid to invest time in your company.

10. Manage energy, not time.

Your energy limits what you can do with your time, so manage it wisely.

11. Build a great team.

No one succeeds in business alone, and those who try will lose to a great team every time. Build your own great team to bolster your success.

12. Hire character.

As you build your team, hire for character and values. You can always train someone on skills, but you can't make someone's values fit your company after the fact.

13. Plan for raising capital.

Richard Harroch, a venture capitalist, has this advice for upcoming entrepreneurs: "It's almost always harder to raise capital than you thought it would be, and it always takes longer. So plan for that."

14. Know your goals.

Ryan Allis, co-founder of I-contact, pointed out that having the end in mind every day ensures you're working toward it. Set goals and remind yourself of them each day.

15. Learn from mistakes.

Many entrepreneurs point to mistakes as being their best teacher. When you learn from your mistakes, you move closer to success -- even though you initially failed.

Success.com

Success.com

16. Know your customer.

Dave Thomas, the founder of Wendy's, cited knowing your customer as one of his three keys to success. Know those you serve better than anyone else, and you'll be able to deliver the solutions they need.

17. Learn from complaints.

Bill Gates once said that your most unhappy customers are your greatest source of learning. Let unhappy customers teach you where the holes in your service are.

18. Ask for customers' input.

Assuming what customers want or need will never lead to success. You must ask them directly, and then carefully listen to what they say.

19. Spend wisely.

When you spend money on your business, be careful to spend it wisely. It's easy to spend too much on foolish things and run out of capital too soon.

20. Understand your industry.

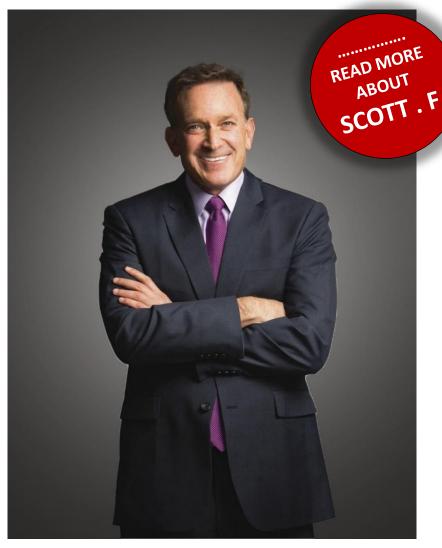
Tony Hsieh, the founder of Zappos, once said, "Don't play games you don't understand, even if you see lots of other people making money from them." Truly understanding your industry is key to having success.

21. Deliver more than expected.

Google's Larry Page encourages entrepreneurs to deliver more than customers expect. It's a great way to get noticed in your industry and build a loyal following of advocates.

Being a successful entrepreneur takes a lot of work, a lot of vision and a lot of perseverance. These 21 tips, from entrepreneurs who have already found success, will help you navigate the path much more easily. What's your favorite success tip for entrepreneurs?

Scott Friedman



Engagement and Innovation Expert, Motivational Humorist CCO- Chief Celebration Officer at Friedman & Associates

Scott Friedman, CSP, and former President of the National Speakers Association (NSA), is an internationally sought after speaker and author. As a motivational humorist,

Scott inspires and entertains with fun-filled, interactive and content-rich programs. He speaks on a variety of topics over 80 times a year. Scott's main area of expertise is employee innovation, celebration, and customer experience. In addition to being the CCO- Chief Celebration Officer at Friedman & Associates,

Scott has written

"Celebrate-Lessons Learned from the World's Most Admired Organizations," "Happily Ever Laughter-How to Engage Any Audience," and "Using Humor For A Change." He is also the co-author of four additional books. Scott's opportunity to entertain and engage as President of Salesmen with a Purpose (SWAP, now Sales Professional International) in 1985 created his desire for a career in professional speaking. He then took the marketing director position with Speech Masters, a company that trains lawyers, executives and professional speakers in presentation development, leading to the start of his professional speaking career in 1986. For two and a half decades, Scott has combined improvisational comedy, quick wit, and engaging material to become the speaker he is today. Scott's mission as a speaker and Chief Celebration Officer is to improve organization performance and productivity through the power of celebration and humor.



CAUGHT

Sometimes we are so cal

forget what we the si the distance the has



CAUGHT UP

Sometimes we are so caught up with our work and learning how to do it well, that we forget what we can learn from our children, the simplicity of instant forgiveness, the idea that anything is possible, and being the father of a child who is different, has taught me how to love better.

Arthur Carmazzi

www.carmazzi.net

www.directivecommunication.com

rmazzi.net

www.directivecommunicat



As a Certified Speaking Professional (as designated by the NSA) and trusted member of the speaking community, Scott continues to have a strong presence both domestically and globally. Scott is the 2013 NSA Cavett Award Recipient, presented annually to the NSA member whose accomplishments over the years have reflected outstanding respect, service, honor and admiration in the Association and the speaking profession. Scott was awarded the Meeting Professionals International (MPI) 2013 Recognizing Industry Success and Excellence (RISE) Award. "This award honors those rare individuals who by visionary hard work and creative insight have positively changed the global meetings and events industry community (MPI).

" In 1988, as the President of the National Speakers Association of Colorado, he founded the Meetings Industry Council of Colorado (MIC), a coalition of professional meetings industry-related organizations. He is proud to continue involvement with MIC and their latest event which included over 800 meeting professionals in March of 2013. In 2002 Scott was awarded the International Association of Speaker Bureaus (IASB) Pace Setter Award, given annually to an individual outside the IASB who played an integral role in partnership with IASB to further advance the speaking industry. The IASB recognized Scott for successfully developing and executing "an alliance between the NSA (National Speakers Association) and IASB [to encourage] partnering among bureaus and speakers to further advance the client relationships that serve both." In April 2005, Scott's vision brought the first Global Speakers Summit to Singapore with 300 international speakers and meetings professionals from 20 countries attending this event. Scott has remained actively involved in the Global Speakers Summit events in Dubai (2007), Cape Town (2009), Amsterdam (2011) and Vancouver, Canada (2013).

Ultimate Success +965 52550917





Scott now spends 30% of his time speaking throughout Asia and other locations around the globe. His international clients include Singapore Airlines, the Singapore Government, Gold Fields of South Africa, Young President's Organization, Hyatt Asia, HSBC and many Fortune 1000 companies. He offers all his clients a global and culturally sensitive perspective on how to get more out of work and life. His varied experiences have brought him success in many industries including: hospitality, meetings, real estate, insurance, health care, education, government and just about any association. Scott's customized programs are a perfect fit for kick-offs, closings, lunches, and midnight snacks. Participants will come away with tools to enhance their work, their lives and their future helping the to start

celebrating and live happily ever laughter.

Apart from speaking, Scott is very involved in philanthropic projects. Scott founded Together We Can Change The World (TWCCTW.org), an organization creating sustainability in children's

homes throughout SE Asia by helping poor, neglected children and women, and providing them

with a safe, secure haven and with educational opportunities.



Currently Scott organizes global speaking tours to create awareness, raise money and celebrate with the kids in Thailand, Malaysia, Singapore, Indonesia and Cambodia. Check out his philanthropy page to see the latest tour! He has been honored as Volunteer of the Year with Family Services of Colorado and was on the national board of directors for Camp to Belong for five years.

"You can make a profound difference in a child's life."

www.TWCCTW.org

Think of any big goal as a series of milestones; then. let each milestone be acknowledged and celebrated along the way. There's a lot of power in the celebration. Smaller milestone can be commemorated with a hand written note, a can of soda, a lunch, or even a kind word. Bigger milestones warrant a company dinner or outing of some kind. Most important is to ensure that everyone on the team feels the success: honor it. look each other in the eye, and know that you have the power to hit the next milestone towards that bigger goal!

"Some people push your buttons because they're doing things just like you do, and you don't like it."

Motivational Humorist SCOTT . F

After working as an events coordinator for a show productions company and in sales and marketing for a printing company, Scott Friedman found his calling as a professional speaker 28 years ago. Along the way, he has served as president of the National **Speakers Association** and helped create meaningful organizatio ns such as the Meetings Industry Council of Colorado, International Associatio n of Speakers

Bureaus/National Speak ers Association Council, Global Speakers Summit and Together We Can Change the World. "The work he is now doing in Asia is very impressive and is recognized by industry leaders as an incredible bridging of cultures," says Gary Schirmacher, who nominated Friedman. "Scott is an accomplished author and has written books that help readers to bring humor into their professional and personal lives."

Real-Life Lessons

Set Big Goals Together

Set ambitious goals together as a team, and let the team know that you truly believe in them and their ability to succeed. It's not their goal; it's our goal—we're a team! Be a cheerleader along the way, which will help turn fear and stress into inspiration for manifesting the vision. If the team doesn't reach the finish line on those big goals, chances are their "team captain" (a.k.a., you) haven't made the expectations clear.

As a motivational humorist, Friedman speaks more than 80 times a year, with 30 percent of his time spent in Asia and other global locations. Just back from a trip to Singapore, we caught him in Golden for a brief Q&A.

CO M+E: What motivates you to get up and do your job every day?

SF: Life is one long holiday for those who love their work. I love my work. I wake up every day with gratitude and passion to learn more. I love the opportunity to mak a difference and collaborate with good people. Loving what you do makes all the difference in the world.

CO M+E: How did you get into the meetings and events industry?

SF: Cavett Robert, the founder of the National Speakers Association, encouraged me to become a speaker. Being a collaborator and connector, it seemed natural for me to plan events and meetings and bring likeminded people together.

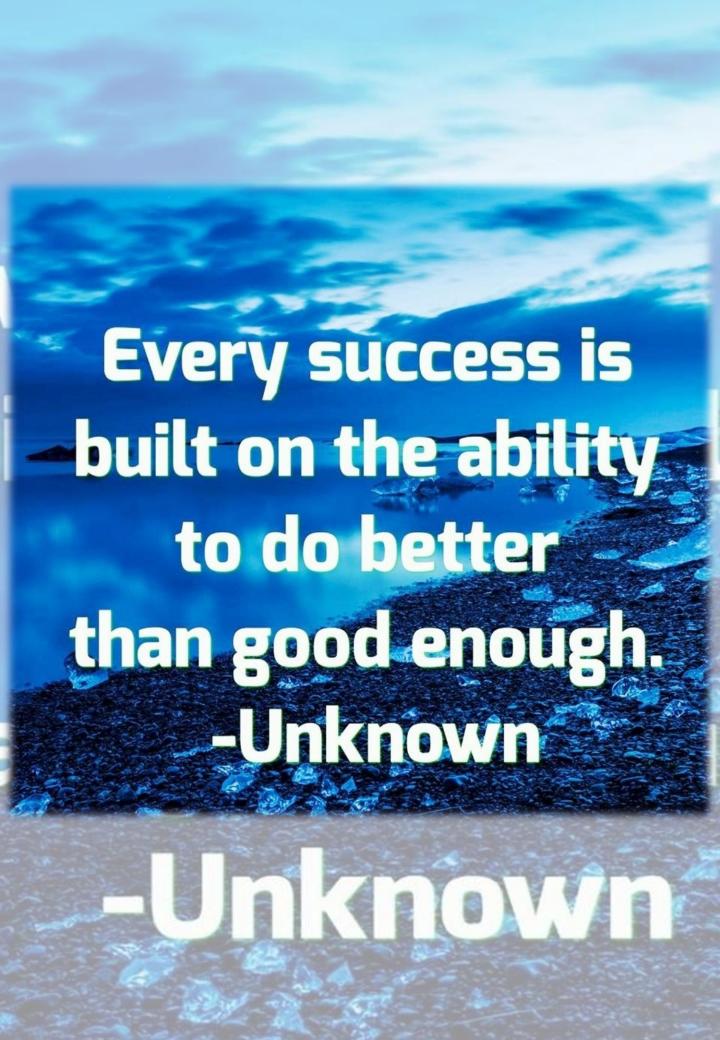
CO M+E: What advice do you have for up-and-comers in the industry?

SF: Collaboration is the new competition

Look for ways to leverage your relationships. Always come from a place of what can I give not what I can get and your life will be filled with abundance.









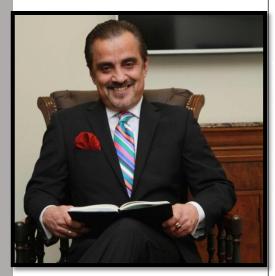
"ALWA"
MORE THAN

BUILDING

CONFIDENCE IN LIFE

... Where It's Hidden and How to Find It

Mir M.Ali Khan



I remember it was in the 8th grade that i was asked to get up on the stage at a school function and deliver a small speech. The speech was written for me by the school teacher i was asked to memorize it. I was NOT ALLOWED to read the speech. The more i tried to memorize it, the nervous i became thinking what if i forgot to DELIVER THE WORDS correctly. I had been a **VERY CONFIDENT child** and speaking from my heart had come naturally to me BUT to memorize a speech was proving to be difficult. I got up on the stage **RELUCTANTLY** and the moment i got up to the microphone, I HAD **FORGOTTEN** EVERYTHING. And I mean EVERYTHING. I stood there in utter silence for a few seconds. Everything was beginning to LOOK BLEAK. I thought i was going to FAINT.

People were looking at me and waiting for me to say something. My mind was blank. Then out of nowhere came this thought that i should just start talking. I began to to talk and i did not even remember until i came off the stage and was reminded, as to what was my first sentence. All i remember was that people had a smile on their faces. I was apparently telling them a JOKE. My favourite childhood joke. The very second i remember this feeling of HAVING CONQUERED THE WORLD. That very second was IMPRINTED INTO MY MIND forever, I went from feeling nervous to feeling absolutely confident. As a child, of course i could not understand what that means in human behavioural terms but as a grown up i have come to understand one thing, When you are forced to FACE YOUR FEARS,

BUILDING

CONFIDENCE IN LIFE

... Where It's Hidden and How to Find It

you will GAIN CONFIDENCE. People and some books may tell you that CONFIDENCE comes from repeating and practicing something. NO. It does not, repeating and practicing something WILL ONLY get you better at it than before. Confidence only comes from facing your fears. The only thing that will HOLD YOU BACK from doing anything is that THOUGHT THAT YOU COULD NOT DO IT. And the only remedy for that thought is that you PROVE YOUR MIND WRONG once by doing exactly the opposite of what your thoughts are saying. Your brain is such a powerful organ and your mind such a brilliantly MANUFACTURED PROCESSOR that it will immediately remember that you have proven

ITS thoughts wrong by facing your fear that it will never again try to put you through the same process of feeling anything less than CONFIDENT. Do one thing that scares you the most and you will see an OCEAN OF CONFIDENCE making waves in your personality. If

CONFIDENCE was a destination than FEAR is the WALL that blocks your journey to your destination, there is no other way but to BREAK THAT WALL DOWN in order for you reach your destination, there are always two thoughts in your mind about anything that you are about to do, one is the voice of fear which SCREAMS you that you will FAIL. And the other is the voice of confidence which WHISPERS that you will SUCCEED. Just because your fear

based voice is SCREAMING and is louder than your WHISPERING VOICE, it does not mean that you will fail. The Soothing and Whispering voice is actually the REAL VOICE. The voice of your creator speaking through you thoughts. Believe me when i say this to you that YOU ARE BRAVER than you think that you are. You are STRONGER than you think that you are.

But none of it can be proven until you FEEL IT for yourself by facing your fear. You have to jump into the pool to learn to swim. NOBODY in this world has ever learned to swim SITTING BY THE POOL. **CONFIDENCE** is created by constantly telling yourself IN A POSITIVE manner that you are doing the right thing for your future. By believing that you are going to a much beautiful place, your future. And one more important thing, CONFIDENCE does not mean ARROGANCE. I have seen too many people in this world gaining a little confidence and thinking they are God's Gift to earth. Nobody's is God's gift to earth, this earth is a gift from God to US. Staying humble gives you more confidence. Not insulting others when you have the power to, gives you more confidence. Keeping your mouth shut when facing an ignorant person and treating with him

UEL. IS CRUELLER. Y AFTER TOMORROW



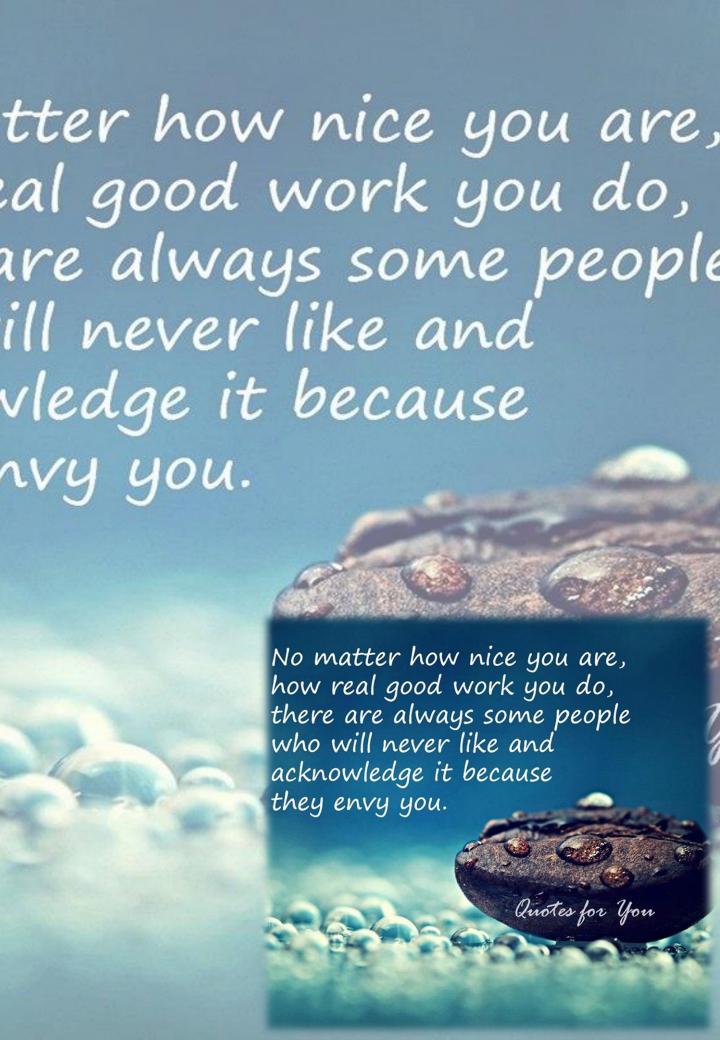
BUILDING

CONFIDENCE IN LIFE

... Where It's Hidden and How to Find It



PATIENCE gives you more confidence. Knowing more than many AND NOT flaunting it makes you more confident. And finally leaving everything to Allah after DOING YOUR BEST gives you not only confidence but patience to face the results, no matter even if they are not in your favour. So whatever your dream maybe, to become a Businessman, or a writer, Or an actor, Or a Finance Professional.... Whatever you may fancy, the only thing that is holding you back from ACHIEVING IT is that screaming voice of fear, Do not listen to the screams, Listen to those BEAUTIFUL WHISPERS of CONFIDENCE instead. And YOU WILL GE THERE.





"One just need to stop and ponder "

How to teach an illiterate person

As mentioned in my last article that I chose this profession of teaching to increase awareness in the people. On this road, I faced many hurdles. The most fascinating achievement of mine was to teach a totally illiterate person to read and write within 6 months. I made him capable of appearing in the matriculation exams. Everybody said that it's impossible to teach an illiterate in such a short period of time but I took the plunge and beat the odds!

My success in teaching those students proved that nothing is impossible 'if

Wagar Waheed
(MBS, M.PHIL,
PHD Continue..)
+923064002127

you are determined! From my experience, I observed that a human brain can learn anything anytime if a human heart wants to. Nobody could remain illiterate if he has the willpower and the determination to learn.

What I think is that a student who does write something in paper never fail but one who does not write at all, always fail. I believe in the fact that god has given everyone an equal amount of brain, but it's our own capability how to use it or whether use it all or not. A strong determination can move mountain and an active brain can even learn a whole dictionary.

T TO BE GLE

"WE WANT TO BE THE GOOGLE OF FOOD."

Pankaj Chaddah COO, Zomato

www.scoopwhoop.com



"IT'S OK YOUR EGGS IN ON

"IT'S OK TO HAVE YOUR EGGS IN ONE BASKET AS LONG AS YOU CONTROL WHAT HAPPENS TO THAT BASKET."

Elon Musk CEO, Tesla Motors and CEO & CTO, SpaceX

vhoop.com

CEO, Tesla Motors and CEO



Choose
Your
Own
Advanture

Amna Chaudhry

Co-Founder at National Outreach Program -



Exclusive Interview

"Every Accomplishment Starts with the Decision to Try"

Women can do amazing things. There are some women in this world who have changed it completely, and for the better.

Amna Chaudhry have had great influence on the world we live in, and have achieved more in their lifetimes than most of us ever dream about. Without further ado, here are twenty great women in history.

What is your Philosophy of Life

An overall vision of or attitude toward life and the purpose of life Life is the aspect of existence that processes, acts, reacts, evaluates, and evolves through growth (reproduction and metabolism). The crucial difference between life and non-life (or non-living things) is that life uses energy for physical and conscious development. Life is anything that grows and eventually dies, i.e., ceases to proliferate and be cognizant. Can we say that viruses, for example, are cognizant? Yes, insofar as they react to stimuli; but they are alive essentially because they reproduce and grow. Computers are non-living because even though they can cognize, they do not develop biologically (grow), and cannot produce offspring. It is not cognition that determines life, then: it is rather proliferation and maturation towards a state of death; and death occurs only to living substances.

What is your Ideology about Success

There is a companion aspect to the human Endeavour along with our innate will to survive.

We begin life with a curious fascination of what is possible in life and what we can become. We all have dreams. We all have hopes and aspirations, passions and thoughts. Some blossom into brilliant reality while others wither and die before ever taking form. Many of us look upon the success of others and lives lived with passion and purpose, success and triumph and wonder why for them and not for me?



There is a very real reason. It all stems from the philosophy we take into the process. All dreams and goals begin as a simple thought. Emotion is the next step in the process that takes over and pushes us to take the first step. That first step is what transcends thought into the beginning of physical reality. What truly creates success lies however is the continuation of activity, moving with purpose in the necessary direction to see it through. It is what stops this continuous action that steals away our dreams.

What did our young generation lack of? and what is the remedy

Our young generation is lack of Consistency.

Our youth now love luxury. They have bad manners, contempt for authority; they show disrespect for their elders and love chatter in place of exercise; they no longer rise when elders enter the room; they contradict their parents, chatter before company; gobble up their food and tyrannize their teachers.

Do u like failures? If yes than explain why?

Yes I do like failures, because failures are good for learning. I myself take my failures so positive that I consider them as my teachers. I don't have such a failures in my life but Success can't be achieved without failures



Everyone has felt like a failure at some point You are not alone. Quite frankly, it's normal to feel like a failure from time to time. We all struggle with this state periodically, and there's nothing wrong with you for feeling this way when you do. When you stop making yourself feel guilty for feeling like a failure and start to embrace it as a normal human experience, you have taken the first step forward.

Failure can be a great motivator If everything was sunshine and roses all of the time, there'd be nothing to reach for. The feeling of failure is often what inspires us to set off toward greater dreams and accomplishments. Failure can be a fantastic motivator and catalyst for transformation. Instead of wallowing in self-pity, all your feelings of failure to inspire you. -

The best victories in life are usually offset by failure, do you agree?

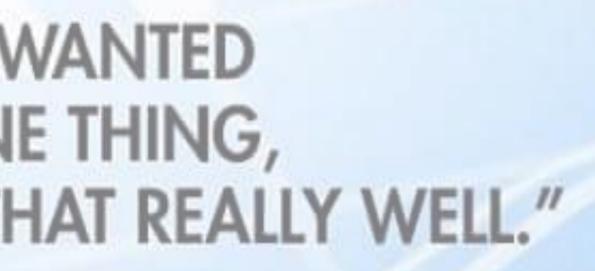
challenge you to think back on your greatest accomplishments. I guarantee you felt like a failure at least a few times on your way to your most

rewarding successes. Think of all of the world's best success stories of innovators, athletes, and revolutionaries. They are always filled with struggle and failure. Victory just isn't that sweet when it comes easy.

Failures make us more compassionate towards other Our struggles make us care about others and seek to help out others who are feeling the same way. It develops sympathy in us. Without feeling failure we wouldn't be as loving and compassionate as we've grown to be. The struggle you're dealing with in the present may make you more receptive to the needs of someone else who needs you down the road. Failures make great stories

When all else "fails," remember that eventually you will be able to tell the story of how you got knocked down and got back up. Someday, a present moment of failure may become one of the greatest inspirational stories of your life. You will be able to share this story with your friends, family, and children, and help offer them guidance through lessons you have learned. So the next time you find yourself defeated and ready to throw in the towel, remind yourself of these seven statements. Remember, your dreams and goals are worth every ounce of effort you put into them. Stumbling blocks are just part of the journey to success.





"WE ONLY WANTED
TO DO ONE THING,
AND DO THAT REALLY WELL."

Jan Koum CEO, Whatsapp



Why the Best Success Stories Often Begin With Failure

I ong before the iPhone made him the god of gadgets, Steve Jobs launched his tech career by hacking land lines to make free long-distance calls.

Bob Dylan's band, the Golden Chords, lost a high-school talent competition to a tap dancing act.

Behind every success story is an embarrassing first effort, a stumble, a setback or a radical change of direction. It's these first clumsy steps on the road to fame and fortune that fascinate writer Seth Fiegerman, who edits the blog OpeningLines.org, a collection of case studies on the origins of famous careers.

Ultimate Success +965 52550917

"When you see someone who's very successful, you almost imagine that it was a foregone conclusion, that they're a genius, that they were destined for great things," says Fiegerman, who began the blog in 2009, after an early setback in his own career. "I think the big takeaway is failure and setbacks, far from being uncommon, are in many ways essential."



After Fiegerman, now 26, graduated from New York University in 2008, he landed a coveted first job as a research editor at *Playboy* magazine. But he had worked there for just half a year when management announced that most of the staff would soon be laid

off.

As unemployment loomed,
Fiegerman felt adrift. He began to
explore the *Playboy* archives,
discovering a trove of interviews
with celebrities ranging from
Marlon Brando to Malcolm X. Many
of these successful people shared
tales of their less promising early
days, and Fiegerman quickly became
obsessed with these origin stories.

Ultimate Success +965 52550917

"It kind of paired well with this feeling that I had of, 'Oh my God, what do I do?'" Fiegerman says. "And I found solace, in some ways, reading about the obstacles that famous figures had to overcome." He began devouring biographies and soliciting interviews with writers and musicians he admired, using the blog to document the fits and starts that began the careers of the famous and the infamous. Success, he learned, was less a matter of innate talent and more the product of perseverance, a willingness to stumble and stand up again and again.

"You kind of assume that great geniuses [are] like Mozart," Fiegerman says. But few successful people were child prodigies, and prodigies don't necessarily find success. "Most people don't stick to it." Author Jennifer Egan stuck with it. She told Fiegerman that her first novel was so bad even her mother hated it. But Egan kept writing, and her writing got better—in 2011, she won a Pulitzer Prize for her novel about growing old in the digital age, A Visit From the Goon Squad.

RRY URE, HAVE TONCE."

ston

"DON'T WORRY
ABOUT FAILURE,
YOU ONLY HAVE
TO BE RIGHT ONCE."

Drew Houston
CEO, Dropbox

You can do it

Body and soul cannot be separated for purposes of treatment, for they are one and indivisible. Sick minds must be healed as well as sick bodies. ~C. Jeff Miller

Is there something that you want to do!

Any work, job, goal, job, dream or even studies.....

Before I ask you anything, I want to tell you that "YOU CAN DO IT"

I know you are thinking that how I know that you can do it?

Well, here is the answer.

I believe everyone can do anything. Provided that one has the skills or enough learning and the determination and gives enough time to it.

So how do the "DO IT" is to do it in a way it requires to be done. Suppose that it's a journey you are off to and pack your personal self with self worth & self confidence and take a map of how its done with you.

"How it's done" is my personal favorite

I believe, failure somehow looks like this:

Choosing destination, goals
Preparing yourself for it
mentally and physically if it's a
physical task

Mark the steps because nothing happens at once.

Stay determined

Stick to the plans and work hard Stay positive, prioritize your work; choose people and places which gives you positive vibes Avoid compromise your thoughts, abilities or anything, be free mentally and emotionally.

Be clear to see your way clearly Avoid distractions

Treat yourself well and appreciate yourself first, then only you can expect from people.

Once in a while when you have achieved a milestone, give yourself a reward. Example, go and buy something the sort you like or just go off your scheduled or routine, diet and get a sweet and sour truth.



You can do it

Drugs are not always necessary. Belief in recovery always is. "Norman Cousins

What matters are the small successes which are needed to be appreciated? And staying positive about the big ones. Here is the "Reminder," nothing happens all at once. It happens step by step, but we look for hurries and short cuts which cause negative vibes and dissatisfaction which equals poison to the process.

Remember that YOU are your own strength and the biggest one ever possible, but only if you want to be, and you can do it if you really want to be.

I emphasize on reality again and if you really want to



Ву

Dr. Attiya Anjum

G PROBLEMS IAN SOLVING OBLEMS."

and special projects

