

***Leading***

***Life with***

***Purpose***

**Dr. Y S S R MURTHY**

***Success ?***

***Being Happy***

***Life is Beautiful***

***Lead Life with Purpose***

# Case Studies

- Chief Engineers – Public Health, Water works, Pollution Control Board
- Superintendent Engineers – R&B, Municipalities
- Executive Engineers – AP Housing Board
- MRO ,Circle Inspectors - Police, Excise
- ACTO, Office Superintendent - Revenue
- Bank Officers - DGM, ZM
- Army Officer, Soldier, Dr APJ

# Psychology Theories

- Floyd Henry Allport – Feeling & Emotion - **Pleasure**
- Alfred Adler - Inferiority, Superiority and compensation – Leadership – **Power**
- Viktor Frankl - Without **Meaning**, people fill the void with hedonistic pleasures, power, materialism, hatred, boredom, or neurotic obsessions and compulsions - **Purpose**

**Epigenetic principle: genetically determined unfolding of maturation; HOW we turn out is a function of social/environmental forces and experience in interaction with genotype**



**Erikson's theory of personality development asserts that people move through eight stages during their lives. Each stage brings a *psychosocial crisis or conflict* that needs to be resolved interactively. *Each* involves confronting a question such as, "Who am I and where am I going?" The stages are described above in terms of personality traits that are potential outcomes from handling these crises.**

# Erik Erikson's Psychosocial-Developmental Crises (Stages) of Personality Formation

Created by Dr. Gordon Vessels 2004

| Developmental Stages and Age Ranges          | Psychosocial Crisis or Conflict | Significant Relations                          | Important Events                          | Healthful Virtues                     | Problematic Traits                        |
|--|---------------------------------|--|---|---------------------------------------|---|
| Oral-Sensory<br>Birth to 12-18 Months        | Trust vs Mistrust               | Mother   | Feeding                                   | Hope Faith                            | Sensory Distortion<br>Withdrawal          |
| Muscular-Anal<br>18 Months to 3 Years of Age | Autonomy vs Shame/Doubt         | Parents  | Toilet Training                           | Will Independence                     | Impulsivity<br>Compulsivity<br>Self-Doubt |
| Locomotion<br>3 to 6 Years of Age            | Initiative vs Guilt             | Family   | Exploration<br>Doing Things               | Purpose Courage<br>Imagining          | Cruelty<br>Inhibition Fear<br>of Failure  |
| Latency<br>6 to 12 Years of Age              | Industry vs Inferiority         | Neighbor & School Children                     | School Making Things Well                 | Competence Skill, Pride<br>Conscience | Inferiority Lack of Self-Confidence       |
| Adolescence<br>12 to 18 Years of Age         | Identity vs Role Confusion      | Peer Cliques<br>Girl/Boy Friend<br>Role Models | Consolidation of Roles<br>Identifications | Fidelity<br>Loyalty                   | Fanaticism<br>Repudiation                 |
| Young Adult<br>19 to 29 Years of Age         | Intimacy vs Isolation           | Friends & Life Partners                        | Committed Relationships                   | Love Trust                            | Promiscuity<br>Exclusivity                |
| Middle Age<br>30 to 55 Years of Age          | Generativity vs Self-Absorption | Household Members & Work Mates                 | Supporting Next Generation                | Caring<br>Altruism                    | Over- Extension<br>Rejecting              |
| Old Age<br>56 to 100 Years of Age            | Integrity vs Despair            | Mankind or "My-kind"                           | Physical Decline<br>Death                 | Wisdom                                | Presumption<br>Despair                    |

Arranged by Dr. Gordon Vessels 2004

# Preparatory Exercise for Retirement

- Statement of Finances
  - Liabilities, Assets , and Disposable fund
  - Min. Monthly Expenditure
- 
- Health Status – Medical History
  - You and Dependents

# Preparatory Exercise for Retirement

- Relationships
  - Family, Brothers & Sisters, Relatives, Friends & Neighborhood
- 
- Activities to be involved in after Retirement
  - Spiritual, Social, Commercial or Combination
  - Hobbies, Habbits, Interests and Skills



# Start Your Day Well

- The way we begin our day determine the way we will live our day - Robin Sharma

# Talk to Yourself

- I am so grateful that I am a serene and tranquil person
- Hazrat Inayat khan – “the words that enlighten the soul are more than jewels”

## Model a Child

- Make the time to connect your more playful side
- Take time to study the positive qualities of children and model their ability to stay energized, imaginative and completely in the moment

## Care for the Temple

- Those who don't make time for exercise must make time for illness
- Act of caring for physical temple reminds life's greatest pleasures are often life's simplest ones.

# Every Day, Be Kind to a Stranger

- A meaningful life is made up of a series of daily acts of decency and kindness, add up to something great over the course of a lifetime
- Every person we pass during the moments gives us an opportunity to show little more compassion and courtesy that define our humanity
- Kindness is the rent we must pay for the space we occupy on this planet

# Maintain Your Perspective

- Story of two persons illness
- To live happier – while encountering difficult situations – keep shifting our perspective – ask ourselves – “Is there a wiser, more enlightened way of looking at this negative situation
- Stephen Hawking – we live in a planet of average star located with in outer limits of one of millions of galaxies
- We walk on this planet for short time – our lives are blips on the canvas of eternity – have the wisdom to enjoy the journey and savor the process

# Practice Tough Love

- Habit of self-discipline – getting tough with oneself – very loving gesture
- Be strict to oneself – begin to live life more deliberately on own terms – reacting to life the way leaf floating in stream
- Thomas Henry – “the most valuable result of all education is the ability to make yourself to do the thing you have to do, when it ought to be done, whether you like it or not”

# Keep a Journal

- Journal – not a dairy – record insights – key success strategies – place for analyzing and evaluating events
- Promotes personal growth and wisdom – giving a forum to study – then leverage past for success in future
- Medical research – writing 15min journal a day improves health – functioning of immune system – overall attitude

# Develop an Honesty Philosophy

- Living in a world of broken promises
- When we don't keep word – lose credibility – means break the bonds of trust – leads to string of broken relationships
- Begin to monitor how many small untruths we tell over the course of a week
- Fail to do right thing means fueling the habit of doing wrong thing

# Honor Your Past

- Time we dwell on past steals that from future
- Use lessons learned from past to rise to a whole new level of awareness and enlightenment
- Life's greatest setbacks reveal life's biggest opportunities
- Happy people have often experienced as much adversity as those who are unhappy
- Booker T Washington – success not measured by position reached – obstacles overcome – trying to succeed



# Laugh More

- Average four year old laughs three hundred times a day while average adult laughs about fifteen times
- William James – We don't laugh because we are happy, we are happy because we laugh
- Daily laughter elevate our moods, promote creativity and give us more energy
- Laughter therapy – cardio vascular exercises -used to cure illness and heal those with serious ailments

# Learn to Say No Gracefully

- If our priorities don't get scheduled into our planner, other people's priorities will get put into our planner
- Man who forged swords to maharaja
- Learning to say no to the non-essentials will give more time to devote to the things that have power to improve the way we live and help to leave legacy in our heart we are destined to leave

# Schedule Worry Breaks

- Most of lost the ability to laugh, love and share joy because challenges at work are consuming them
- We spent best years of our lives struck in constant worry
- Jot down the worry things - Schedule fixed times to worry – train to leave troubles behind work on more productive – walk in natural surroundings – reading inspirational book – good conversation with whom you love

# Learn to Be Silent

- To reconnect with who you really are as a person to come to know the glory that rests within you, you must find the time to be silent on a regular basis
- Old light house keeper
- Experiencing solitude, for even few minutes a day, will keep you centered on your highest life priorities

## Think About Your Ideal Neighborhood

- Listing of “Ideal Neighbors” will connect us to many of the values and traits we respect the most in people and helps us to discover more about ourselves as a person

## See Your Troubles as Blessings

- We would not have the wisdom and knowledge we now possess were it not the setbacks we have faced, the mistakes we have made and sufferings we have endured

# Live a Life

- We all travel different roads to our ultimate destinations
- For some of us, the path is rockier than others
- No one reaches the end without facing some form of adversity
- So rather than fight it, why not accept it as the way of life?
- Why not detach ourselves from the outcomes and simply experience every circumstance that enters our life to the fullest?

# Live a Life

- Feel the pain and savor the happiness
- If we never visit the valleys, the view from the mountaintop is not breathtaking
- Remember, there are no failures in life, only results.
- There are no true tragedies only lessons.
- There really are no problems, only opportunities waiting to be recognized as solutions by the person of wisdom

# Live Fully

- We have taller buildings but shorter tempers, more possessions but less happiness, fuller minds but emptier lives
- We spend our days striving to get the things that will make us happy rather than having the wisdom to realize that **happiness is not a place we reach but a state we create**



# Live Fully

- Happiness and a life of deep fulfillment come when we commit ourselves, from the very core of our soul, by spending our highest human talents on a **PURPOSE** that makes a difference in other's lives.
- **The purpose of life is a life of purpose**

# Discover Your Calling

- When we were born, we cried while the world rejoiced. Live our life in such a way that when we die the world cries while we rejoice
- We are here for some unique **purpose**, some noble objective will allow us to manifest our highest human potential, at the same time add value to the lives around us
- Gandhiji says “ Be the change that you wish to see most in your world”
- Once we do our life will change

- My sincere Thanks to Robin .S. Sharma for sharing his wisdom through his books “The Monk Who Sold His Ferrari” and “ Who Will Cry When You Die”

# Laughter Therapy

- Courtesy to Dr. Madan Kataria
- Clapping, Breathing, Childlike playfulness
- Greetings, Shaking Hands
- Milkshake laughter
- Argument laughter
- Bill laughter
- Ants in pants
- <https://www.youtube.com/watch?v=Fq4kTZuLops>

“Happiness cannot be pursued;  
it must ensue.”

Viktor Emil Frankl

**Thank You**