

RULE your MIND

RULE your LIFE with a Powerful Mindset!



Suresh Sivaraman



Piyush Sharma



"The Mind is Everything. What you Think you Become"

Budhha

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Mind Power Secrets!

How can you get more satisfaction, happiness and fulfillment in life? Answers and the criteria vary from people to people. Success in career, wealth, good health, excellent relationships, travel, fame, acceptance and appreciation from others, contribution to society... We all relate to at least some of these aspects and dimensions of a life of fulfillment. Priorities may vary. Some of us may measure success with the attainment of big goals and outcomes. These are the flashbulb moments of glory and celebration. But then, it's very rare that you'll have too many such moments occurring too frequently.

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What happens between two such flashbulb moments? Life can be pretty ordinary at such times. There may be ups and downs, or a lot of neutral moments.

This is when we're caught up in a routine pace with nothing that spectacular or extraordinary. We may want to keep moving forward with the hope of a better tomorrow. Maybe we're busy with ordinary chores to fulfill our responsibilities. Some of it can be very predictable and even monotonous. We keep ticking off these mundane items on our to-do list.

Is there a way to light up these "ordinary" moments? For a moment, let's just assume there is. But then, you might wonder, what's the need for doing something like this? Maybe, you think your life won't change much. It has probably settled down into a predictable routine and pace. And you have come to terms with it. Now, what's the point in trying to perk up things that frankly aren't too exciting in any case? "I'd rather just be done with it", seems to be the familiar refrain. What exactly is the benefit, if there's any at all, in pretending to enjoy ordinary activities of life? "Does that mean I keep enjoying the dull predictability in life?" And not just that. There's actually a big fear attached with it. By doing so, is there a risk of "settling down" with minimal ambition and drive?

Let's keep that aside for a moment. Sometimes, even our ordinary moments are marred by problems and provocations we face in life. Let's look at a two sample scenarios.

"The empires of the future are the empires of the mind"

Winston Churchill

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The Royal SNUB!

For instance, you realize that you're often being snubbed by someone. Maybe it's a much admired colleague, or a friend. It could even be someone in your family, or someone else who is important. It hurts when we are cold-shouldered, at least it does that to most people.

Failing repeatedly in some activity or project:

You aren't getting anywhere with your weight loss goals. Or, there is a high-profile project that looks destined to fail with too many things spiraling out of control. Maybe it is trouble with job interviews. You're struggling to impress prospective employers in spite of having credentials and experience. When such experiences become frequent, the disenchantment spills over in to your life in general. "Why is this happening in spite of my best efforts"?

It may lead to self doubt, fear and other negative emotions. Disappointments and setbacks can corrode our confidence levels. Especially, when they occur frequently. Our logical brain tells us that with effective and well thought out actions we can work our way out of difficult situations. In delicate moments like these, many find it tough to maintain the right focus. The best ideas don't seem to pop up. We may also be prone to making more mistakes. The quality of actions suffers. What's worse, it may even lead to a vicious cycle of poor results driven by low self esteem.

"Get hold of the mind. The mind is like a lake, and every stone that drops into it raises waves. These waves do not let us see what we are"

Swami Vivekananda

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This is exactly the moment when you need to be tough and resilient. Alright, things aren't going your way, but you still want to maintain a 'resourceful' state of mind. Safeguarding this resourceful mindset is key to any hopes for renewal. How do we get this going?



So, what does this mindset look like? What are the most essential ingredients? Some people think it's all about willpower and single minded focus. Willpower is seen as the exclusive preserve of a few blessed folks who seem to be 'wired' that way! This thinking can be limiting. Some folks might think it is not within their reach. Let's demystify this resourceful mindset to make sure you don't fall into this trap. The key ingredients are belief, engagement, discipline, and acknowledgement.

- **Belief:** backed by strong intention & desire for best outcomes
- **Engagement:** involvement, ownership & fun
- **Discipline:** thorough followup and action
- **Acknowledgement:** Notice positives consciously with self and others. Celebrating each win.

Check out RULE, a practical framework to blend these four ingredients and install a resourceful mindset.

Learn how to use RULE in the Practice Chart:

[**Practice Chart & Notes for RULE framework**](#)