

CHILDREN'S YOGA EDUCATION

TIPS FOR SUCCESS IN LIFE

1. Never and ever sit Idle. It leads to loose your creativity and you become nervous in every work. Put your life busy in some work.
2. Always remember that "A Journey of thousand Miles starts with a single Step". First you commit for a work even though it is very hard to complete. First time very hard... Second time hard.... Next you feel easy... And lastly you'll be habituated for the work to complete happily.
3. Whom do you Trust in this World.....?
Now please close your eyes and answer this question.....!
Think?
Think again?
It's sure that answer would be something else or some other people related to you... Actually this is a common answer that we listen to like I trust God... I trust my Parents or I trust my friends.... Here the Problem is, when you are trusting others why are you not trusting you first.
First believe yourself, trust yourself, live for yourself, love yourself!
My Dear friend, never forget that "Truth and good always smells & tastes bad and bitter". Here you just accept it. Then only you can get the nector of success...!
And now who can win positive results.....!
 - a. Who trust themselves first?
 - b. Who trust their capability and intelligence?
 - c. Who things broad, check every reason of planning and who starts implementing their plans towards goal.
 - d. Be good to all and spend time happily with others.
 - e. Complete the work given to you in time with patience and feel happy to complete the work in time.
4. Positive thinking is important to every human being for happy life...!
And positive thinking depends on ,
 - a. Your inner capability
 - b. Mental ability or patience to accept success and failure.
 - c. Learn and develop your patience.
 - d. Learn from your failure and step towards success.
5. Positive thing is a flow, there is no end. Learn it from your life which is happening in present. Change the negative thoughts and turn them into positive thoughts.
You can achieve goals with positive thinking and enjoy the feel in it.
No one can show you that feel. Always learn it from your life.
Never disappoint for your failure, take it as a challenge and try again, and ask for yourself, why you can't do it.
It you have "Self Confidence", then there is no word in your life called "Impossible".
Let's find a small variation of our way of thinking...!

I think I can.....!
I think I can.....!
I think I can.....!
I think I can.....!
I think I can.....!
I Know I can.....!
I Know I can.....!
I Know I can.....!
I think I can.....!
I think I can.....!

This shows our confidence levels ... let's check about this... I think I Can! if you are still thinking about your capability then you can't do anything successfully.

In spite of thinking, declare that you know your capability and yourself and work with high confidence like, I know that I can do everything.

Believe that every success and failure depends on your way of thinking.

"Self-Esteem is not inborn gift. It has to be learnt. – N. Brandon.

No one born with Talent and intelligence that has to be learnt from life.

Identifying mistakes and problems in you and turning them towards success is a good habit.

If you have a positive attitude...! Happiness, fresh feelings, beautiful thoughts will be yours and also,

You will be very confident on you, can also get an idea about success

What all you need, to get them are:

- a. Positive Thinking
- b. Construction Thinking (build your career)
- c. Run towards success
- d. Creativity
- e. Trust yourself & your capability
- f. Self confidence and self respect is important
- g. Wait for a chance like LION and attack your aim until u get it.

Success is the sole earthly judge of right and wrong - Hitler

MAKE IMPOSSIBILITIES AS POSSIBLE:

There is no much difference between success and failure.

It depends on how you treat them.

Sachin Tendulkar, the world's No 1 batsman shared his success as, while he started his batting on the day of world's top score 200 runs. He was just utilized his chance to give good score for his team. He utilized each and every chance, every ball. After his 175 runs then he got an idea of making 200 runs end of the day he did it. That might not be possible at first. But, when he utilized that great chance he did it. It depends on how positive you are on your responsibilities.

**EVERY LIFE DEPENDS ON 3 FACTORS:
PAST, PRESENT, FUTURE**

PAST: In my opinion past is useless...! I mean, it is like a dead body.

You can't get anything from it. Likewise,

What so every happened was in the past, you can't make any changes in it.

You might failed in exams....!

You might not won in the competition...!

You might lost job in the Interview....!

Whatever It may be, but its past. Leave it ...!

FUTURE: It is something called as waiting for a fruit of your tree.

If you want a fruit of your tree, don't expect anything and take care of your tree, Related to this....!

PRESENT: Leave your Past, work in presence.

Ex: If you need a fruit of your tree, plant a seed and leave it, then come after 2 years. Can you get the fruit....? Forget about the fruit you'll not have any chance for atleast a leaf of it. Because, it may not grow! Am I right?

So, what you have to do...? Take care of your plant until it grow. Make it much healthy then don't expect anything from it...! Fortunately will get more than you expected.

In the same way, If you have an aim plant that seed in your mind, and don't leave it, give whatever required for that aim.

Result would be SUCCESS other than anything.

Try to understand that failure is not forever, it's a temporary file so remove it.

FORMULA TO TAKE EVERY THING EASY:

Here a small discursion gives a meaning...!

If you don't like something....! "CHANGE IT!"

Ex: Your studies, If you don't like your studies can you change them..? So now...

"LEAVE IT" ...! Can you leave your studies as you not able to change them...

No, you can't leave. Because, you have an aim to complete it.

At this point of time "ACCEPT IT"

Yes, Accept it Blindly...!

"Some thing is better than Nothing".

"CHANGE IT", "LEAVE IT", ACCEPT IT". Apply this in your life for every decision for making every thing easy for you....!

Success and failure has same Ethic

Never Give up for any failure... Automatically your mind starts searching for an other chance.

Then ask success...! Why don't you be mine...?

Make your life very happy...!

Now follow the YOGA(Meditation) to be healthy and get support for your successful life.

TIPS TO STUDENTS FOR THE SUCCESS IN EXAMINATION

THOUGHTS

- Be far from **bad** thoughts
- Do not get **panicked** for everthing
- D not make your heart weak by the word "**AFRAID**"

STUDY SKILLS

- Have a **plan** & go according to that
- Give importance to **group discussions** pertaining to subjects.
- Do **Meditation** for 1 or 2 minutes before studying.
- **Concentrate** on the work you are doing
- Give your mind a **positive** thinking
- Have **Self-Confidence**
- Dream about your **goals**.

TECHNIQUES

- Get up **early** in the morning
- Brush & take bath
- Try to be **happy** & cheerful
- If you have a **sound sleep**, your energy will be increased
- Concentrate on **reading** as well as **writing**

RELAXATION

- ❖ Listen to good music & **relax**
- ❖ Close your eyes with your palms & relax between studies

ENERGY

- **Pranayam** gives a lot of energy
- It gives oxygen to bain
- **Bramari Pranayam** makes the brain to be sharp & improve your intelligence
- **Meditate** for 15 minutes daily for 3 times so that mind get free from all tensions, give more energy to mind.

FOOD HABITS

- ✓ Have light food which give **strength & energy**
- ✓ Drink lots of **water**
- ✓ Eat **fresh** fruits, honey, etc.
- ✓ Taking spicy & outside food brings negative thoughts.
- ✓ Have a limited balanced food.

DO'S

- Do Exercise
- Be far from unnecessary things
- Talk less & Concentrate more
- Plan well & success comes to you

DON'TS

- Don't sleep & study
- Don't watch television (T.V while reading)

"A GREAT MAN FOLLOWS GREAT WAYS"

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