

IMPORTANCE OF PERSONAL GROWTH

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**THIS TALK IS ABOUT
“YOU”
-- YOUR GROWTH**

HOW DO MOST OF US USUALLY LIVE

- Having someone else choose for us is easier
- Having someone else choose our religion and belief systems is easier (it is also safer; “*so many have followed before me*”)
- Belief in an “instructive” -- parent, boss, God -- is easier (“tell me how to do it”)
- Having someone else choose our education, choice of job, salary, spouse -- is easier; there is always someone else to blame

HOW DO MOST OF US USUALLY LIVE

- We attempt to avoid problems instead of solving them
 - procrastination
 - ignoring them
 - shoving them under the carpet
 - pretending they don't exist --
- **Hoping they will all go away**

HOW DO MOST OF US USUALLY LIVE

- We are unhappy with our career choice -- and turn to blaming our parents
- We are unhappy with our work -- and blame our boss
 - or change our job; chances are, the problem will go along with us to the next job, and the next
- We run into health problems -- and we blame our family genetics
- We grunt it out 4 hours on the road to-and-fro from office -- and then vent the anger out on our wife or parents

HOW DO MOST OF US USUALLY LIVE

- Our health sucks; we drag our sick and diseased bodies -- but we choose status quo over uncomfortable & massive life/diet changes
- We kill our passions, slowly, steadily -- instead of taking time outside work to keep them alive
- We get consumed by life dedicated to -- our parents, our children, our spouse -- and lose our own selves

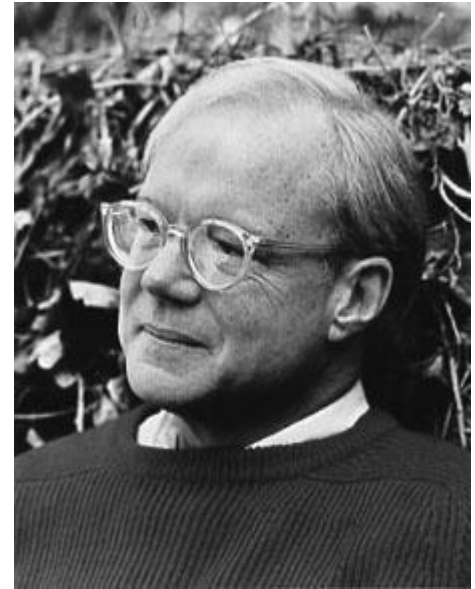
LIFE IS DIFFICULT!

**OFCOURSE, WE
WISH IT WAS
EASIER**

BUT IT IS NOT!

**BUT WE DO NOT
WANT
RESPONSIBILITY OF
MANAGING IT**

“We attempt to avoid problems instead of solving them -- hoping they will go away -- by procrastination, ignoring them, forgetting them, pretending they don't exist”



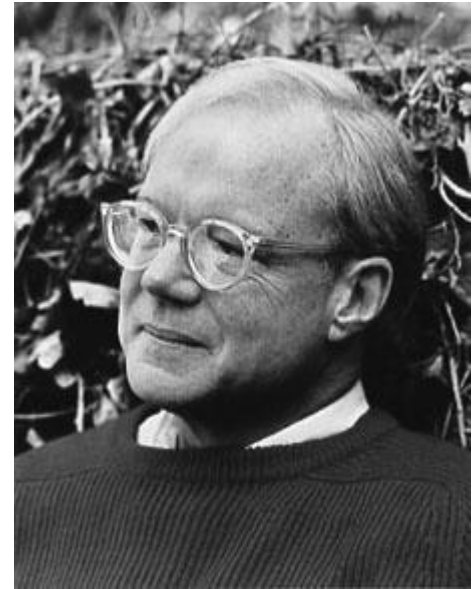
Scott M. Peck

**NOT TAKING
RESPONSIBILITY IS
A SIGN OF MENTAL
ILL-HEALTH**

“Few of us can escape being *neurotic* or *character disordered* to at least some degree.

This is because the problem of distinguishing what we are and what we are not responsible for in this life is one of the greatest problems of human existence.

It is never completely solved; we must continually reassess where our responsibilities lie”

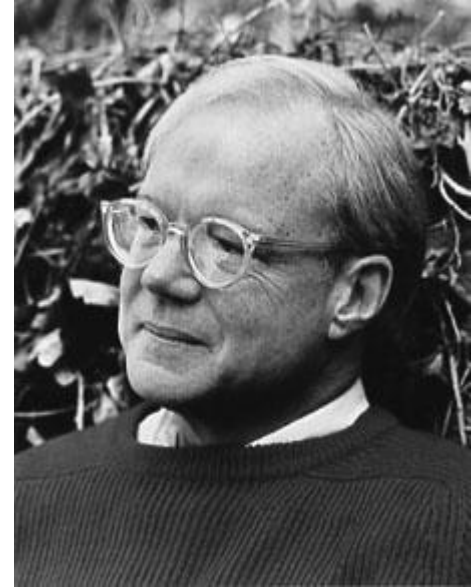


Scott M. Peck

“This process is also not painless.

We must have the willingness and capacity to *suffer* continual self examination.

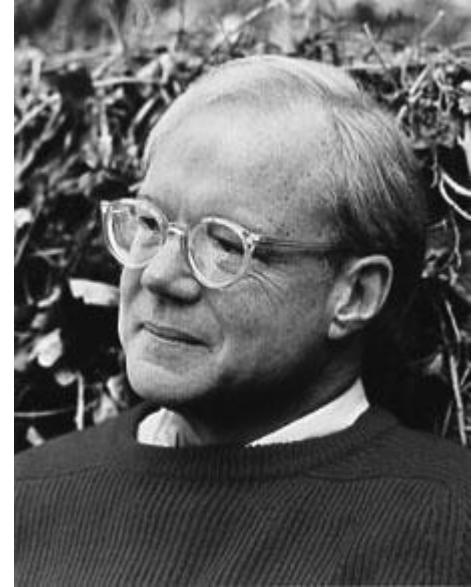
This is not inherent in any of us.”



Scott M. Peck

“Problems do not go away.

They must be worked through or else they remain -- forever a barrier to the growth and development of the spirit”

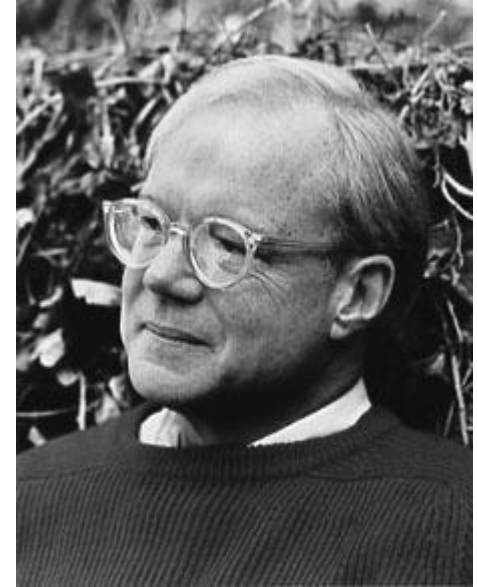


Scott M. Peck

LIFE IS DIFFICULT

- Growing up is difficult
- *Changing and challenging our own mental models, our belief systems, is difficult*
- Delaying gratification is difficult
- Taking decisions for ourselves is difficult
- Choosing our own path (“seeking”) is difficult
- Confronting and solving life’s problems is difficult

“We cannot solve life’s
problems except by
solving them”



Scott M. Peck

**OUR ABILITY TO
CONFRONT THESE
DIFFICULTIES
DETERMINES OUR
MENTAL HEALTH**

**AND IT ENABLES US
TO “GROW”**

**MENTALLY,
SPIRITUALLY,
EMOTIONALLY,
MORALLY,
HEALTH-WISE,
AT WORK & IN LIFE**

“Work is an expression of who you are.

So it is ‘you’ who must be worked at”



Sadhguru Jaggi Vasudev

“The greatest thing that you can do in life is to live to your peak”



Sadhguru Jaggi Vasudev

“Learn to live life,
and you shall learn
to write”



Shama Futehally

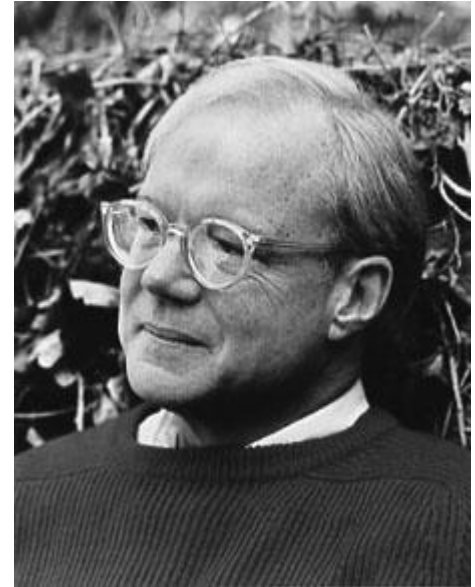
**SO, WHAT ARE THE
TOOLS OF
GROWTH?**

TOOLS FOR GROWTH

- Delaying Gratification
- Taking Responsibility
- Dedication to Truth
- Balancing

GROWTH -- DELAYING GRATIFICATION

“Delaying gratification is a process of scheduling the pain and pleasure of life in such way as to enhance the pleasure by meeting and experiencing the pain first (and getting it over with)”



Scott M. Peck

GROWTH -- RESPONSIBILITY

Your life doesn't just "happen."
Whether you know it or not, it is
carefully designed by you. The
choices, after all, are yours. You
choose happiness. You choose
sadness. You choose decisiveness.
You choose ambivalence. You choose
success. You choose failure. You
choose courage. You choose fear.



PHOTO: TIM PEARSON/BETTER LIFE MEDIA

Steven R. Covey

GROWTH -- RESPONSIBILITY

Proactive people recognize that they are "response-able." They don't blame genetics, circumstances, conditions, or conditioning for their behavior. They know they choose their behavior.

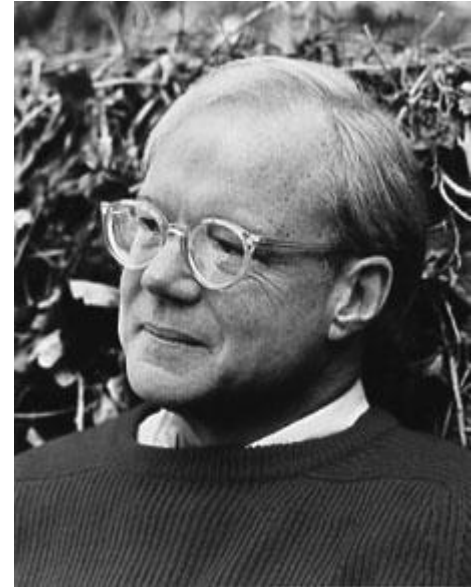


PHOTO: TIM PEARSON/BETTER LIFE MEDIA

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GROWTH -- DEDICATION TO TRUTH

Because when we ignore new information, we often ignore it actively, viciously, even attempting to manipulate the world so as to make it conform with our view of reality



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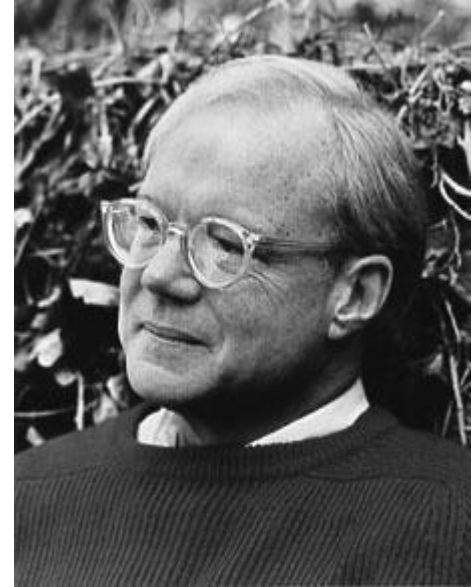
GROWTH -- DEDICATION TO TRUTH

- Problems between parents-children, husbands-wives, employer-employee, between friends, between groups, and even between nations persist because we stick to our outdated ways of thinking
- Religious fanaticism occurs when want to stick to our “belief systems”, without investigation, without inquiry, without seeking
- Conspiracy Theories
- Creationists actively deny “evolution”

We must always hold truth to be more important and more vital to our self interest than is our comfort.

Conversely, we must always consider our personal discomfort to be relatively unimportant in the search for truth.

Mental health is an ongoing process of dedication to reality at all costs.



Scott M. Peck

Either people should be steeped in the spiritual process or they must be steeped in science, because both are a **quest**



Sadhguru Jaggi Vasudev

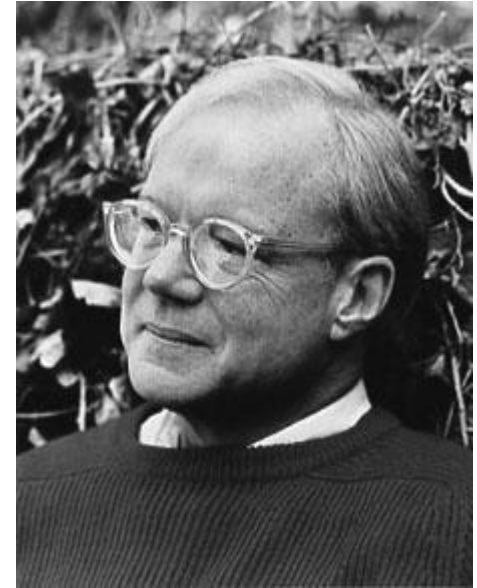
**ANOTHER NAME
FOR GROWTH IS
PURSUIT OF
EXCELLENCE**

**'PURSUIT OF
EXCELLENCE' IS
NOTHING BUT
'MOVING FORWARD
FROM WHEREVER
YOU ARE'**

**IN OTHER WORDS --
“CONTINUOUS
IMPROVEMENT”**

**AND 'DISCIPLINE' IS
A NECESSARY
TOOL TOWARDS
CONTINUOUS
IMPROVEMENT**

Discipline is wisdom,
and vice-versa



Scott M. Peck

THANK YOU

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