



GENIUS INSIDE

PlayBook

The Genius Code With Amish Tripathi

*"Success is not what you achieve, it's the moments you look back and feel proud."
-Amish tripathi*

Lessons we can learn, the Genius Decoded!

1. Sometimes your calling tugs at your soul. You may be doing well in the current circumstance but your heart is still beating for an unmet desire of expression. When you find it - do everything in your ability to at least give it a chance. While you follow your heart, remember to apply your mind to bring your desire to reality, by acting upon it.
2. It's ok to try and fail but it's not ok to never try. Give your dreams a chance, but don't be irrational when it comes to putting your current job, relationships and reality at stake. Sure, take the leap in the direction of your passion but, also be mindful of reality that awaits your decision should it not work out.
3. If you want to make a decision of making a change - give your current job the graceful end and your passion a beautiful start on a job well ended and delivered. Don't jump without thinking. Don't burn bridges with your current reality. It's ok to keep a door open incase things don't work out and you need to come back.
4. If you stop all time-wasting activities, 24 hours are enough for you to pursue your passion. You can take time out from watching TV, spending time on social media, stuck in traffic, partying and so on. Put some unproductive activities on hold to make time for your heart. How else will you do the things you need to do to become the person you want to be? More time will not be allotted to you. You have to make adjustments in the time you have.
5. Even if you don't have a vision or a dream or goal yet, simply following your heart and giving it attention and your energy, is a big thing. If you find something you love, give it a chance by giving it your time and attention, and maybe even money. If it doesn't work out for you the way you wanted it to - at least you were happy in doing the work. That's the beauty of following your heart. Do it for yourself, not for anyone else - and your expression will flow with purity and without fear.
6. When you work on your passion, keep your focus on getting the work done. Finish writing the book, finish recording the song, finish painting the art, finish delivering the project and then think about the next steps. If you don't do the work and keep fretting about how you will get to your goals - it will look like an impossible dream, and you won't have the confidence to even work on your passion.
7. Don't get too upset or serious about the people who don't believe in you. Think about it this way - Why should they believe in you or support you? It's not their dream. The one believer you need when you start is YOU. When the results start showing up, when your work starts growing, people will show up. Until then, dig your head into your craft, and fuel your passion with your belief and work.
8. It may be a smart idea to have a foot in the backdoor. If what you have chosen to do, does not work out - you can always go back. Sometimes having a safety net gives us the confidence to take risks and go all out and do what needs to be done, without fear.
9. Passion comes with a price and you have to pay it. Bet on yourself, your goals and invest in yourself and your goals, don't expect others to do so.
10. Don't be in a hurry to quit your job to follow your passion. Build on it. Cover some distance, get some confidence, make some money before you take the leap. Passion also comes with expectations that may not be met in the way you would like it to. Test it, work it and then take the next step.

11. When people reject your work, don't be upset. They haven't seen what you see, they haven't been to the destination you have envisioned. I am sure you have your moments of worry and doubt too from time to time about how you will get to your goals. Don't expect them to believe it just yet. You are using your heart and they are using their mind. They are going by the past, and you are creating a new future. It will all work out eventually, if you keep moving forward despite the chatter of the naysayers.
12. When no one believes in you - do you still believe in yourself to do whatever it takes and finish what you have started? If you can maintain your self-belief, you will find within yourself enough power to carry you to the finish line.
13. Passion sometimes needs proof of results. Focus on delivering it despite challenges and odds. Prove yourself, once you prove yourself then everyone will believe in you.
14. Raise yourself and your confidence to the size of your goals. Your confidence must match up to the size of your goals. They have to be the same size like the wheels of a chariot. If one is bigger than the other, then you will only go around in circles.
15. Be well informed of the industry and your job. You need to grow roots in the area you want to dominate and that comes from building and expanding your knowledge base - everyday.
16. Know this well, no matter what you do, your work impacts and influences others. Be mindful and be responsible in doing a good job.
17. The true test of passion is - has it changed you? Are you the greatest beneficiary of your work? The answer to these questions is the test and the reward. Has it made you a better person? That, ultimately is the greatest gift and the true purpose of following your passion

Some reflections, food for thought... to invite your genius to fore:

1. What is it that you love to do? What would you like to pursue? Something that has been tugging at your heart for a long time?

2. What would it take for you to make time to give your passion some attention and some work to see if it is something you would like to pursue? What adjustments can you make in your activities to allow some time to pursue your passion?

4. How will you keep your focus and continue in your effort when people ridicule you or don't believe in you and don't support you?

5. Write down a few steps you will take to keep your knowledge and confidence growing.

6. Write down a few points where you are aware of the impact and influence that your work will have on others. How can you amplify it?

*"Allow your heart to define your destination, but use your mind to plot your journey."
- Amish Tripathi*