

ANALYZE YOURSELF

The master key to our growth is awareness about ourselves

Most common question you are bound face during your student life, “What do you want to become in life?” Most of the answers would be “I want to become so and so...” How many students become what they wanted to become as a student?

There is difference in “**I want to become....**” & “**I will become ...**”
There is affirmation in the second statement.

“I want to become so and so...” is part of the norm or compulsion to fulfil the requirement; though there is no clear goal in your mind.

Bill gates wrote in his diary very clearly when he was 20, “I will become millionaire by 30”. He didn't write, “I want to become millionaire”. First we communicate to ourselves and then to others. What we communicate to ourselves is very important.



Before you decide to become something, you must analyse yourself first. Let me ask you a question, “Who is your main competitor?” It must be single person. Competitors can be many, but main competitor must be 1.

Some of the answers I get – ‘one of the classmates better than him’, ‘my elder brother’; even some answers are their father. But how can ‘others’ be your main competitor? Their circumstances are different, their capabilities and capacities are different, and their inspirations are different. They can be your competitors but not main competitor.

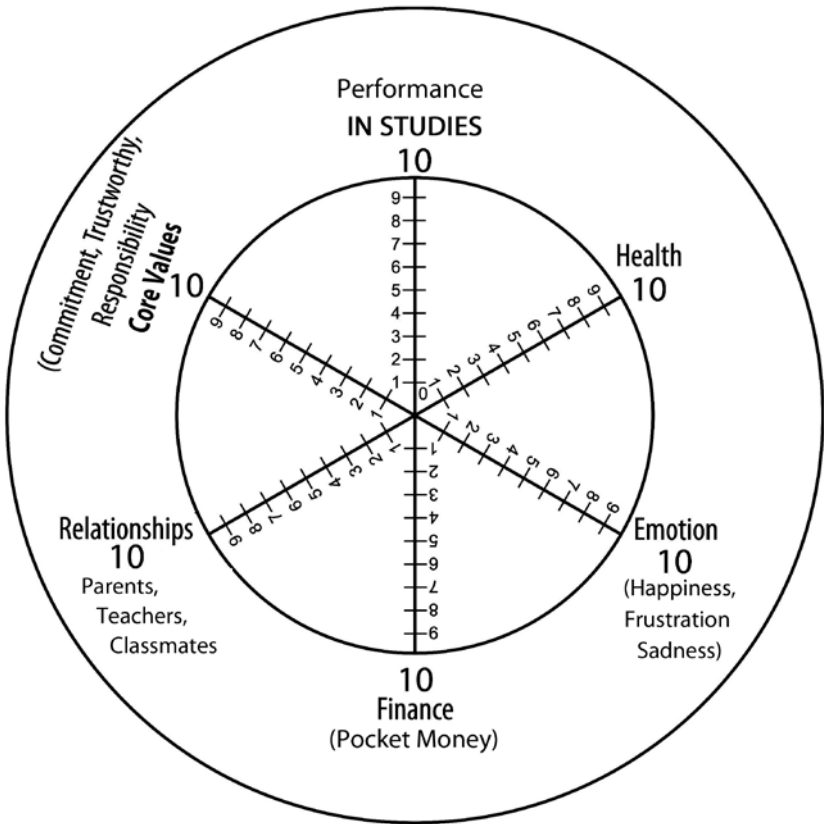
Your main competitor is yourself. How was your performance last year or last semester? If there is no improvement, then you need to worry. You must be aware of what's happening around and plan your future on the basis of your circumstances, capabilities and inspiration. If you want to reach your destination, first you must know where you are standing right now. Then you must decide your destination (your career). Once destination is decided, next step is to decide on strategies to reach your destination.

There are map to determine where you are standing. In the same way I have created a Student Life Map to analyse yourself where you are standing in your life right now. All the areas of our life have been described in the map. They are '**Performance in your Studies**', **Health, Emotional** states (Happiness, Sadness, Frustration etc), **Finance** (Managing your pocket money), **Relationship** (with Teacher, Classmates, Parents) and **Core values** (Commitment, Trustworthy, Responsibility).

You need to rate yourself where do you stand in all these areas according to your perception. Not what your teacher, classmates or parents think about you, but what you think about yourself.

This is a subjective process to get a visual picture of where you are at in life right now as a student. You need to be measuring your progress and this is a good reference point for that measurement in all areas of your life.

So, let's begin with the **Performance in your studies**. Where do you rate your current performance according to your perception? Though you got 70% marks in the exam, still if you think you are doing average in your studies, then you are at 5. If you think your performing is good in studies according to your perception then



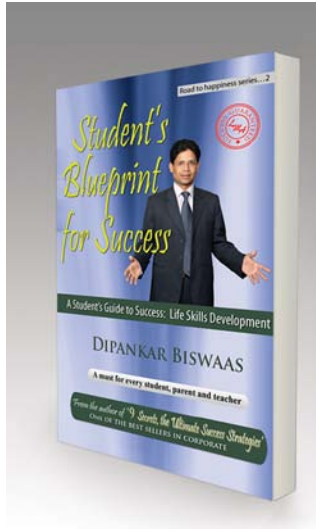
Student Life Map

you are at 6; and if you think you are doing very good, then you are at 7. If you think you are excellent at your studies then you are at 8, and if you think your performance is outstanding then you are at 9. If you think there is no more room for improvement in your studies; you are doing the best what you can do then you are at 10.

The next domain is your **health**. If you think you are totally happy about your health in terms of your energy level, your vitality, your weight according to your height and age then you are at 10. But if

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