Motivation thru Experience

Dr AmitVyas
Senior Manager
ONGC MRPL – Bengaluru
E-Mail: amitvy@gmail.com

DOI: http://dx.doi.org/10.15520/sslej.v2i02.26

Abstract: ‘When I was in kindergarten standard, my mother always told me that happiness is the key to life. When I went to school, they asked me what I want to be when I grew up’. I wrote down ‘happy’. The school management concluded that I didn’t understand their assignment. But I told them that they didn’t understand life. I haven’t met anyone yet who has not felt the sting of rejection at some point in his/her life. One has probably been rejected by friends or family or teacher or her/his job application was turned down. One has to understand that being rejected is not a bad thing. It’s your attitude - when you are rejected that matters. Don’t we want to prove people wrong - when we get rejected? 

Introduction: You will know that how to not to quit when things get hard in your life. Reading will expand your mind. Just like one needs healthy food for keeping one’s body in good condition; similarly books are ‘food for thought’. Replenish your mind with good thoughts every day, to be successful in life. The keys to life are running and reading. When we're running, there is a little person that talks to you and says: ‘Oh! I'm tired. My lungs are about to pop. I'm so hurt. There's no way that i can possibly continue.’ You want to quit. If you learn that how to defeat that particular person when you're running. The history of our species lives in the dust suspended in a sunbeam.

Keywords: Kindergarten, Happiness, Rejection, Food for Thought, Replenish, Experience, Inspiration, Motivation, Comfort Zone, Astrology, Imagination, Personality.

JOURNEY TO PAST EXPERIENCE OF REJECTION

Just because of failure, it doesn't mean that one should give up and lose hope. Things will be better, even when they don't seem to be. Often times, we are redirected to something better:

- **J.K. Rowling** wrote *Harry Potter* after being sacked as a secretary for ‘day dreaming’. She then got rejected by not one, not two, but 12 Publishers before the Chairman of Bloomsbury brought home the *Potter* manuscript for his daughter Alice to read. Almost every record label turned down *Beales*.
- **Thomas Edison**’s teachers told him that he was ‘too stupid to learn anything’.
- Walt Disney was fired by a newspaper editor because he ‘lacked imagination & had no good ideas’.
- Oprah Winfrey was told she was ‘unfit for TV’.
- Michael Jordan was cut from his high school basketball team.
- Brian Acton got his job application rejected by Facebook at 2009 then he co-founded WhatsApp with Jan Koum and Facebook bought WhatsApp For $16 000 000 000.
- Elon Musk founder of Space X; Tesla Motors &Paypal is a real life badass Iron Man. A handful of quotes that I found motivational / inspirational:
  - ‘Inspiration exists, but it has to find you working’ Pablo Picasso
  - ‘Failure is never a person but it is an event’ William D. Brown
  - ‘What lies behind us and what lies before us are tiny matters compared to what lies within us’ Ralph Waldo Emerson
  - ‘Never judge lives of others because each person knows only their own pain and renunciation. You are on the right path, but it's another to think that yours is the only path’ Paul Coelho
  - ‘It’s our choices, Harry, that show what we truly are, far more than our abilities’ Dumbledore, in *Harry Potter*
  - ‘Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing’ Mother Theresa
  - ‘I believe Appreciation is the best motivation. My answer is getting collapsed so you get bonus motivation’ Carl Sagan
  - ‘I won't quit until I know that I truly tried. I hope you won't quit too’ Melissa Stroud
  - ‘It's about how hard you can get hit and keep moving forward. How much you can take and keep moving forward. That's how winning is done.' Rocky Balboa
  - ‘I swear by my life and my love of it that I will never live for the sake of another man, nor ask another man to live for mine’ Ayn Rand, Atlas Shugged
  - ‘If someone compliments me on my eye makeup, get really excited because I can only see out of one eye so I am literally putting make-up on blind’ Lizzie Velasquez ‘World’s Ugliest Woman’ and famous motivation speaker.

APPROACH TO REJECTION

One should never give it up until get completely incapacitated. Don’t stop doing what individual intend to do. It takes all we got, but we got all it takes! Just remember, sometimes it’s not about us at all. The best way is to ignore astrology and starts writing your own destiny. It matters how
I approach and live my life; try to ask the following question whenever you face rejection in life:

- What’s the other person’s journey is supposed to be?
- Did it hurt you or you have just taken it as grace and move on?
- What rejection means for you and has it made any negative impact on your personality?
- What’s the most inspirational / motivational things you have ever read?
- Do you know anyone who has faced rejection and came out unscathed?
- Why not make it a point to learn something new every time you face the rejection?

**REMEDIAL MEASURES**

‘We only live once!’

The possibilities for learning from rejection are endless. One should realize just how important a particular value is to him/her compared to someone else. One should change the attitude and no circumstances will break individual. Let us make rejection as our opportunities. We should be motivated by people who have done extraordinary things in their life. ‘You did that and it’s truly awesome’. Find comfort beyond comfort zone. One should always remember that there is no shame in being rejected. The real shame lies in not trying and giving it up. The ‘secret’ is that in rejection there is great learning and growth. There are also individuals who’ve learned not to take the rejection personally. One should be able to understand sometimes rejection may be a blessing in disguise. Walk into a room and introspect ourselves. Be assured that things will fall into one place soon. With our experience of past rejection, we should restart our live confidently.

I would like to wrap up with these few observations that there is a crack in everything that's how light gets in. We either make ourselves miserable or strong; the amount of work is the same. On difficult days, when world’s on your shoulders, remember that diamonds are made under the weight of mountains. A ship is safe in harbour but that's not what ships are for. If we don't build our dream - someone else will hire you to build theirs.

The best advice ever with us.....

I CAN > CAN I

**REFERENCES**

[1]. Outliers: The Story of Success : by Malcolm Gladwell
[2]. The Last Lecture : by Randy Pausch
[3]. Who Moved My Cheese? by Spencer Johnson
[4]. The One Thing : by Gary Keller and Jay Papasan
[5]. You Are a Badass : by Jen Sincero
[6]. The Richest Man in Babylon : by George Clason
[7]. Rich Dad, Poor Dad : by Robert Kiyosaki
[8]. The 10X Rule : by Grant Cardone
[9]. Thinking, Fast and Slow : by Daniel Kahneman
[10]. Drive : by Daniel Pink
[11]. The Greatest Salesman in the World : by OgMandino
[12]. Think and Grow Rich : by Napoleon Hill
[13]. Talent is Overrated : by Geoff Colvin
[14]. The Power of Positive Thinking : by Norman Peale
[15]. The 7 Habits of Highly Effective People : by Stephen R. Covey
[16]. How to Win Friends & Influence People : by Dale Carnegie
[17]. Mastery : by George Leonard
[18]. As a Man Thinketh : by James Allen
[19]. Awaken the Giant Within : by Tony Robbins
[20]. The Power of Habit : by Charles Duhigg
[21]. The Power of Now : by Eckhart Tolle
[22]. The Art of War : by Sun Tzu
[23]. Living Forward : by Michael Hyatt and Daniel Harkavy
[24]. Tuesdays with Morrie : by Mitch Albom
[25]. The Four Agreements : by Miguel Ruiz
[26]. The Education of a Bodybuilder : by Arnold Schwarzenegger
[27]. Blink : by Malcolm Gladwell
[28]. The Fred Factor : by Mark Sanborn
[29]. The Monk Who Sold His Ferrari : by Robin Sharma
[30]. Psycho-Cybernetics : by Maxwell Maltz