

The



MAGICAL
HABITS

The



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Authored by

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Dedication



This book was developed after understanding what impact good habits can have over an individual's lifestyle. Practicing good habits certainly brought great changes in my life. I hope and pray my book does bring in positivity in everyone's life, who wishes to read this book and welcome life changing experiences. The book contains 52 Chapters.

I lovingly dedicate this book to the most important persons in my life, My parents, my wife Rekha, my son Chaitanya, my brothers, sister and my family for believing in me and motivating me every single day. Especially my brother Ashish Patle, for all of his valuable support and encouragement.

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My Story

I was born and brought up in a small village, where I lived with my parents and siblings in small 'kaccha' house.

Kachha House (made up of woods). Small rooms, not quite enough to accommodate more people.

My father worked as a forest officer and stayed away from the family most of the time. My mother took all the responsibility on her shoulders, as she wasn't keen on moving near the forest region, since there were no schools around and she never wanted to compromise when it came to the schooling of her children. She was firm with her decision and my father respected that.

Father would visit us once in a month, sometimes just once in two months.

My elder brother and I helped our mother with the daily chores; we would go walking to sell milk door to door.

I studied in a Hindi medium school. After my school hours, I would take the buffalo and its calf for grazing. Then would make dung cakes which are known as 'Uple' in Hindi.

Since we were living in a small village, the government schools lacked basic facilities, so I carried a floor mat to sit in the class. Those were the days, but the situation improved quite a bit. The school once arranged for a speech competition when I was in grade 4, one of my friends Sudhir participated and delivered a wonderful speech which won him a prize, a notebook. That is when I decided, I too would participate next year, with the help of my brother, I did prepare a good speech and won the next competition in the following year, I was given a notebook as a prize. That event made me realize I, too, have enough potential to participate in activities.

Moving to another town whilst I was studying in 10th grade was very challenging, I studied hard under all the circumstances and managed to top the class. I was shy and an introvert in my younger days, which led to less interaction with people around.

I gained more confidence with my studies and topped HSC examinations in the entire district of Balaghat, Madhya Pradesh India and to congratulate me, the local media team visited us and interviewed me, although I was hesitant initially, I did well.

Life now began to change, and for the better.

I was uncertain about my career, totally confused about choosing the stream to study further, but the only constant thought in my mind was about finding a good paying job after finishing up graduation and taking care of my family's finances.

Back in 2001, engineering courses gained a strong foothold and many students enrolled in various courses in this vertical.

I moved to Indore to pursue an engineering course and travelled 20 kms every day to attend coaching classes, since my family had somehow managed the fees, I really wanted to do well.

I studied hard and enrolled for Mechanical engineering in August 2002.

What was holding me back was having no command over English since I had studied in Hindi medium.

With the much needed confidence and self-belief, I studied hard for 4 years, excelled in each year, and was placed in Automobile Gear Manufacturing Company. While it was an everyday life for me, I had realized I was still the same person with more confidence. As a fresher, I had good offers in hand; I took up the one paying me the most. I worked night shifts with major travelling.

After one year, I had another good offer and I moved to Gurgaon. Thereafter, another better offer followed, which meant I had to shift from one city to another, meeting new people and getting accustomed to a much-changed life.

In the 11 years of my professional life, I had climbed the ladder, gained a good amount of experience and knowledge and doing well otherwise. What was amiss was the confidence to talk in public, to express my views, to engage in conversation with seniors. Somehow, I always gathered enough courage to present projects confidently,

which required me to speak in English. I was determined to work on the low confidence, to learn English well and nothing would bog me down. That is how the new journey began of self-improvement.

Reason to Write this Book

I have been through many challenges in life since childhood. It was never easy, especially with English, right from school days to college. At times, I found it difficult to comprehend what was being explained in the engineering lecture, since every subject was taught in English. I would feel lost, struggling to understand and feared of not faring well. But eventually, I did manage to clear my engineering exams with good results.

This book is my earnest attempt to help all those who wish to make positive changes in their life by adapting good new habits and erasing all the old habits which did no good to them, for those who want to overcome the fear of public speaking, who wish to upgrade themselves, equip with positive beliefs and brace themselves with confidence and transform their lives in the most amazing way by implementing and exercising small yet benefiting habits.

A lot can be done in the time available, either before one leaves for work or after working hours are finished. It is just the belief which we carry with us. One can easily build the habits, uncover one's passion and contribute in any other individual's transformation.

CHAPTER 1

Purpose of Life



“Your Purpose in Life is to find your Purpose and give your whole heart and soul to it.”

—Gautama Buddha

What is the purpose of Life? - Since childhood it has been imbibed in most of us, to study well, to earn well and look after the family, which means to shoulder the responsibilities.

No one really spoke about the ‘Purpose of Life’; nor were we ever questioned about it. No one ever told us how important it is to have a ‘purpose of life’.

I have always believed in having a ‘Purpose in my life. It was a heart-felt desire to make a difference in someone’s life, bring about good changes in the society, nation and the world, yes, gradually it shall all happen, by cultivating good habits which will make the bad habits fade away.

It all starts with a small good deed which culminates into something big with time.

I would like to share how I found my ‘Purpose in life. In spite of facing hardships since my childhood, I did manage to do well in Academics, struggled with pursuing education, found better jobs and progressed in my professional life. But there was something amiss, and I kept wondering “what made me feel this way? It was a hollow feeling, a feeling which forced me to find the answer to my question and I knew I had to go deeper to seek the answer. In the process, I realized, I was low on confidence, I couldn’t carry myself that well, I began doubting myself, the lack of soft skills, and it was all because I was not well versed with the language – English

The incident that changed my life was when I was at a saloon, I found a flyer lying around, it was about ‘Learning soft skills’; I happened to call on the number mentioned and enquired about the class. I enrolled with them, yes, it was difficult to attend these lectures post working hours, so I opted for ‘Class on call’ since it was an easier option. That was it, I felt, I have found my ‘Purpose of Life’.

Think about Inner calling: I have immense faith in the Almighty and I believe most of us do. Sometimes, we experience an inner calling, a message that comes from within, but we often tend to ignore these signs, because we are so busy in our lives that we do not really pay much attention to our own selves.

It is said that we all have certain tasks assigned by the universe to mankind and we must execute these while we are very much living on this planet Earth. It will take a small amount of practice to connect to your inner-self and that is when you will recognise your inner calling.

I used to wonder about my own ‘inner calling’, about what gift has God sent me, which I am unable to identify, yes, it does take some time to recognize and once you do, it is in your hands to nurture our hidden talents, to work on your strengths, which slowly will diminish your weakness.

I have been good in Academics throughout the school and college years, doing well in my professional life as well. My passion is reading and learning from everything that I read.

We all are born with good and bad traits; however, we do take time to come to realize what our strengths and weaknesses are, what is good about ourselves, what stops us from reaching that level of success. The only way to find your answers is to introspect and retrospect, you will know, ‘what you seek, is seeking you!’

Once you discover your ‘inner calling’, you will begin to look at the transition in your life with awe. Therefore, make it a habit to talk to yourself whenever time permits, you will find the ‘purpose’ in your everyday life.

“A winner is someone who recognises his God-given talents, works his tail off to develop them into skills, and

uses his skills to accomplish the goals.” Larry Bird (NBA – A former American basketball player and coach)

My Journey

You all have now gotten to know my background by now. My day begins early in the morning, starting with meditation and rest follows during the day.

I have developed the habit of reading motivations, self-help books, and watching English movies, in order to improve my communication skills. Both were of great help.

I relocated to Chennai from Jaipur, acquired a new job, a new journey in the new city began. The company I joined were big players in the Automobile Industry, with a world-wide reach.

In April 2018, I had the opportunity to attend a seminar organised for book publishers.

The seminar saw an elite crowd from the BNI section as well. But the highlight was Mr. Jack Canfield, an American author (co-author of the book *Chicken Soup for the Soul*), motivational speaker, corporate trainer, and entrepreneur.

Those who attended the seminar were very much skilled in networking and with the zeal to take their business on the next level. I thanked God for giving me this wonderful opportunity to attend the seminar. This was exactly when I realized, we are so engrossed in our