

Five mantras for a successful journey

Mantra 1: Decide what you want. Set balanced goals. Make sure you cover all areas of your life- your career, relationships, wealth, health and your interests.

Mantra 2: Make sure your goals are SMART (*Specific-Measured-Actionable-Realistic-Time bound*). So if you want to lose weight, don't just say, "I want to weigh less." That's a wish, not a goal. Say, " I will shed 5 kilos and weigh 60 kg at the end of next 6 months," that's SMART.

Mantra 3: Write your goals down. Just the act of putting goals down on paper will increase your commitment towards achieving them. A goal that's only in your mind is not the goal at all.

Mantra 4: Commit to doing whatever it takes. One American billionaire had a simple two step formula for success:

a) Determine exactly what it is that you want. And be willing to pay the price. Many of us have goals but are unwilling to pay the price you must pay in advance.

b) Often, you will hear someone say 'Once I get promoted, I will stay late and Work harder'. No, that won't do. If you want to get promoted, start by putting in the extra effort. You can not reap first sow later.



Mantra 5: Take action, what does it takes to achieve those goals? That old Chinese proverb still holds true. 'A journey of a thousand miles begins with a single step. 'Take that first step, today.

Make a beginning. Today don't go to bed tonight until you have written down your goals. And then take that first step. Do one thing - any one thing - that will take you closer to your goals.

Remember, to win the lottery, you have got to buy that ticket first!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Harish Kumar K N, III Semester MBA (BU)