

CAREER SAVVY



do Your Best

Aparna Sharma, author of 'Reality Bytes - The Role Of HR In Today's World', gives you pointers on how to embrace success.

We're all born unique and special! With the same amount of intelligence and potential, some of us shine bright like the sun, while most of us encounter setbacks, struggle and are not able to realise our full potential. Let's leave aside factors like luck and past karma since these are beyond us and we do not have any control over them...

However, here are a few tips to reflect on and internalise ways on how to come out with flying colours.

Adopt The 'ANT Philosophy': Ants work very hard, tirelessly, not because they have shortage of food, but so that they have enough at all times, including the odd 'rainy day'. Similarly, there is no shortcut to success for any of us - name, fame and prosperity are all within reach for anyone who is willing to burn the midnight oil.

Believe In Yourself: All of us encounter challenges, setbacks and disappointments in varying measures. However, the one who wins is the one who believes 'I CAN'. There is no room for self doubt or self pity.

Keep Going: Do not quit because it seems difficult or insurmountable. Remember the saying, 'When the going gets tough, the tough get going'. Another saying that will help you is, 'Just when you think it's the END of the road, you see that it's just a BEND in the road'.

Be Your Own Standard: We often get either swayed or disheartened when we benchmark against others. While it is important to know where we stand relatively, keep raising your own performance bar. Each one of us is our own best critic... so show yourself the mirror and keep marching ahead.

WIN-LOSE: You win sometimes, succeed, achieve set goals; at other times, you may lose - not succeed or achieve the desired goals. This is not losing. It's learning in and from every situation. EITHER I WIN OR I LEARN.

Mindful Action: Too much thinking delays action or leads to 'Analysis-Paralysis' syndrome. But action without thought is like a misguided missile... very harmful. Hence, mindful action definitely leads to desired results.



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Be Kind To Yourself: Life is not a project to be delivered as per the deadline! It's a journey to be enjoyed, savoured with obstacles and setbacks to be dealt with along the way. Self discipline is part of the winning formula, but don't beat yourself to death by taking to extremes. Walk the middle path.

Celebrate: Reward yourself once you achieve every little milestone... Celebrate small successes, victories; pat yourself on your back. Motivate yourself. Don't wait for others' approval or endorsement each time.

So do these 10 commandments guarantee you rockstar success?

I strongly believe that the road to success is almost always under construction. It's dangerous only to be fixated with the end goal of success if you haven't taken a hard look at the means to get there. The means and the end must be balanced at all times to live a fulfilling life. This is possible when you always do your best!

Focus Is The Key: Even in our daily lives, it is important to have SMART (Specific, Measurable, Achievable, Realistic and Time-bound) goals. The most common example we all can relate to is losing weight. Firstly, one needs to resolve to lose weight. However, one needs to have a focussed 'SMART' goal on how much weight, by when, method to lose (exercise/ diet etc). Also, by simply thinking about it everyday, the goal will not yield results. One needs to work on it with focus and perseverance.

Step-By-Step: It's easy to set lofty goals. However, you cannot achieve them unless it is broken down into smaller parts which are 'SMART'. Also, the journey towards the lofty goals is best when it is step-by-step, rather than a long jump where you run the risk of falling or breaking some bones.



Winner of Star News' 'HR Super Achiever Award', mentor and coach Aparna has over 18 years of intensive and expansive HR work.