

The Outward Mindset

-Shri Avatar Lila Sir

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ABOUT THE SPEAKER



Shri Avatar Lila sir is a thought-provoking communicator, unconventional thinker and a life strategist. He believes that each human is a repository of immense potential and thus helps each individual become a better version of themselves. His humble signature mix of rare intellect, serene demeanour and friendly charm, makes him sought after and admired.

ABOUT THE TOPIC:

In his interactive session, Shri Avatar Lila Sir delivered a speech on a topic which really sought to influence our lives i.e. – **OUTWARD MINDSET**. It is really imperative for us to try and implement an outward mindset in our way of thinking. But before that a question arises ,what does this **outward mindset** mean? The answer to this lies in the summary below.

An outward mindset means that we genuinely see others. We evaluate their needs, objectives and challenges rather than focusing on our own. When we do this, options occur to us that never could have before (e.g., the formula story) and we can focus on the collective result we desire.

There is a very clear **difference between inward and outward mindset**. An inward mindset is focused on self-benefit and self-concern—our individual self-interest or, if we are operating in a larger organization, our individual team or our division whereas adopting an outward mindset requires ongoing effort.

Our conscience awakes and reminds us about the good and the bad. Had it been any situation, we should always try to give up the wrong attitude and focus towards the positive side .

The main points of the session are listed below in the form of sub-topics like-

- 1.Good company
- 2.Selflessness
- 3.Never Give-up attitude
- 4.Own the responsibility

GOOD COMPANY

To become a positive person, you must surround yourself with good people. People who work hard for themselves, and in turn, want the best for you. People you can learn from and evolve with. Kind-hearted people who enrich the lives of those around them.

We can't help but be reflections of those we're closest to. We become influenced by their values, actions, and ideas – both positive and negative. So if they are angry, cynical, or insecure, we develop those traits as well. Often, it happens without us even realizing it.

The company you keep has a positive effect on your life like-

- Remember the company you keep influences your mind and even people will judge you accordingly.
- Those who believe in doing good and being good to those around them can help build your character.

Our want for a healthy relationship isn't selfish. We all seek companionship and should strive to build meaningful connections that make our day a little brighter.

Accept that some people don't have the best intentions at heart and you can't always save them. Nurture the relationships that foster optimism and mutual growth.

SELFLESSNESS

Selflessness is a key characteristic of outward mindset. So let us try to understand what it really means to be selfless. let 's understand with the help of a quote:-

“A candle loses nothing by lighting another candle.”

~James Keller

The above quote is self explanatory. One only gains by being selfless, there is no harm in being selfless. But In the modern world it is uncommon to find a selfless person. We as humans have devolved in these aspects. Today's world is filled with people who are self-centric, thinking about their own good and not caring about others feelings.

Selfish nature can get you worldly possessions but it can never get you true happiness. People of selfish nature tend to remain possessive and think that whatever is theirs will be confiscated from them. Selflessness nature will get you endless happiness and more importantly you will be humane.

“We are formed and molded by our thoughts. Those whose minds are shaped by selfless thoughts give joy when they speak or act.”

~ Buddha

It might feel that having more power over others, or the ability to dominate others and possessions that others cannot have can make anyone happy but that happiness is always short lived and fades away in no time.

The one`s who are selfless find an authority that reaches into our heart and soul,their example is studied and only their counsel is sought.

NEVER GIVE UP!!

Achieving a goal is a wildly exhilarating thing. If you're flirting with the idea of giving up, you could be throwing away something wonderful—your best future. After all, you'll never know how close you are to succeeding if you quit now.

One of the main drivers of success is persistence, perseverance and a resolution to keep on trying. Even when your body aches and the scars seem to be wearing you down; do not accept in your mind to quit.

Here are the reasons , why it is important :

- Never giving up will give you a vibrant and hence healthy the challenges you meet as you endure teach you to adapt.
- It reminds you that you possess everything you need to tackle what you are currently facing and what comfort means to you and your loved ones.
- Persisting with important goals means attaching the most significance to important things in your life.
- Perseverance is important for personal growth. Getting back and keeping on trying will greatly improve your life.
- Persistence is crucial to attaining personal fulfilment. Knowing that you did everything you could to achieve your goal is pleasing.

Luckily, you do not need special talent to persist until you achieve your objective. With practice, hard work and determination, you can have all it takes to keep on trying till you get what you need.

Always, Remember:

“Winners never quit, and quitters never win.”

—Vince Lombardi

OWN THE RESPONSIBILITY

We all are aspiring to be successful. But isn't there a huge difference between wanting to be successful and working every day to gradually move ahead towards our desired goal? That's exactly why success does not come to all. What we humans often tend to do is blame our failure on our "Bad Luck".

But it's important that we realize that if anyone is responsible for us not being able to reach our goal, then it is we ourselves, in short, we should hold ourselves responsible for our failures. This is what Shri Avatar Lili ji has tried to make the listeners understand through his speech on "Owning the Responsibility".

As the famous proverb goes, "*God helps those who help themselves*", we cannot expect to get our desired results, when instead of working for it, all we do is pray to god for the same. Leave failures, we humans have a tendency to blame others for any undesirable event in our life. But at the same time, we forget to be grateful to all the people who stood by us at our tough times.

Even when we pray, we do it with the intention of asking something from god, but it's rarely seen that we thank god for what we have in our life. So, it's important that we broaden our mindset, start taking responsibilities for our actions and stop complaining about life.

CONCLUSION

We majorly focussed on two terms throughout this session:

- 1. Our Mindset**
- 2. Our Attitude towards life**

As we approach the end of the session, there must've been an influence of it on our point of views. If we go back to the story of Ferruccio Lamborghini

and Enzo Ferrari, it can be distinctly seen that, had Ferrari accepted the fault in his car, rather than taking it as an insult, Ferrari would've been in a better position in its time. The way we interpret the situation depends on our attitude and any situation can be sorted out if we have a positive attitude towards it.

“People open to suggestions grow in life.”

Comparison, Criticism and Complaining are the three C's that disturbs the equilibrium in us. Another such mentality is the fear of “What will people say”. Now, It's up to our own mindset, whether or not we want to live our life in prison of this fear.

“How you talk about other people, reflects your ownself more than them.”

This session highlighted a key issue, we all have in our life *i.e.* *dissatisfaction* . Everybody's cup is half empty, but we all forget that it is, also, half full. ***“We never value what we have unless we lose it”*** . Acknowledge all the good that god has gifted you and you'll never experience the shadow of what lacks in your life!

As a final point, let's revisit the very first question of our session, **“What is the purpose of our life?”** Although everyone is different, there are common threads that bind a life with purpose. To lead a purposeful life, identify those activities that matter most to you. Wake up each morning being excited to face the new day. *Pursue your dreams* with fervor. Most important thing, be *satisfied* with who you are and what you have. Do things for others without expectation of personal gain. ***“The best way to find yourself is to lose yourself in the service of others.”*** Lastly, know that it's never too late to start a new world of your choice.

“Only a life lived for others is a life worthwhile.”

~Albert Einstein

Hope this summary was able to contain in itself all the positive thoughts inculcated and delivered by Shri Avatar Lila Sir in his session.

THANK YOU!