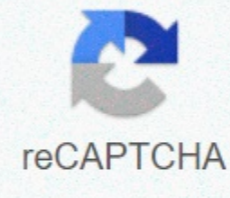




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## The game of life rules pdf 2019

10 No-Nonsense rules to do more with your life originally appeared on quora - the network of sharing knowledge where convincing questions are answered by people with unique insights. answer from vijayraj kamat, tedx speaker, coach, on quora: People often ask me the secret to pursue multiple interests. They think it's a great time management. personally, for me, the amazing thing is that it is not about time management at all! but maybe we miss these rules because we keep looking in the wrong places. here are 10 simple rules to make (not getting) more with our life:Rule #1 - do not confuse who you want to be like with what you want to do. most of our dissatisfaction with our mediocre life is just because we compare it with someone. we want to be "the cool guy" playing in a band on weekends, while he wants to be the person who runs his own business and is not answerable to anyone. This desire sounds more like "wish i could be like him too!" or "wish my life could be like hers!" - and this is beauty. It's not! It can never be! It's like the turkey trying to be a peacock! rule #2 - stop justifying why you can't do something, and start asking "what do I want to do?" "We are too busy making excuses for why we can't do anything, or justify why people who do are simply luckier than us. I was single. I didn't have parents in support. I was younger. only if my spouse was more favorable. if only my children were! It's just because your boss is much better... you can afford to do it, just because your husband is more supportive... Imagine your family, circumstances and boss all this weekend becomes solidarity. So you have 2 days completely at your disposal. What would you do exactly that time? Often, we have no answer. If your desire is genuine, there should be a list of activities (not desires and dreams) that burst from doing. It's harder than we think. Which brings us to the next point. Rule #3 - Ask "What do I want to do?" "Our real wishes are usually buried under a pile of self-inflicted expectations. If we really look at our wishes, they are just a group of "me too" ("I also want to learn guitar", "I want to be well read", "I want to write a blog too") or "should" ("Ideal couples do ABC", "Ideal working moms drop their children at school, they are great at work, they have great professional networks, read to their children, romanticism their partners... and also 20 million other things. Comparison is a recipe for eternal insecurity. If I had no one to match, no one to beat, what would you do? Maybe you have a nice nap? Look at this stupid TV show? All right! Wait! You're not doing more with your life to do "big" things? Rule #4 - It's not about doing things you should, but things that make you happy (and that will keep changing) The real frustration does not come when you can't do something (you can cry and enjoy the fantasyless), but when you do - and still feel unhappy. Why? Because you were simply imitating, not doing (see rules #1 and #3). Come with a real list of what you would give to your left arm. And then press whenever you have seconds or free minutes. Every second really counts! As you continue to feel happier, and more satisfied, more powerful, of course start wanting to do more. And then graduating on bigger things... Rule #5 - Do not underestimate the power to mix and consistency Many people think to do things in pieces and pieces is not worth it. "Why learn to sing if I can't devote time to practice? True learning takes time, dedication and discipline." Yeah, it is. But who said there's a deadline? Often we miss the hidden part "What is use... if I can't be great at it'. Which is still based on imitation and comparison. Do not aim to "work in your voice for 1 hour a day without failing!" To aim to enjoy singing whenever you can... and IMMERSE yourself in it, learn, improve and grow to it. Sometimes you get 10 minutes, sometimes 2 hours. It could last more than a month. All in all. A professional singer could practice for 600 hours in a year. You could do 600 hours in five years. But a 600-hour mind is much, much better than zero. After 7 years, you might have people asking you "How do you manage a full-time job, a family, and a big voice?" "Go easy, take a break, take a break, but never stop! Rule #6 - The enrichment of life is not aprocess, but organic While you tighten in things you like to do at any time you get, happiness from it inspires you to make time for things you love. You might find yourself painting one night after putting the children to sleep, rather than a disciplined "every Saturday from 16 to 18." Or maybe you decide to go back to that book you loved. And then make some time to complete it somehow. When your mind is driven by passion rather than by rules, it is much more concentrated. The "flow" factor increases. Grow faster. Distractions fall automatically. You don't stop watching TV, just create a situation where you don't have time for it! Rule #7 - "Beware for inspiration" is just an excuse for procrastinationQuotes, movies, books, ideasRarely working for the things we want to do. Because often what we want is not a plan... But only the reinsurance I can! There is a big difference between really wanting to do something that matters to us (success), and getting rid of the uncomfortable feeling that CANNOT (fall). Inspiration helps us get rid of the feeling of failure. And often it's all we need: a fantasy, not a plan of action. Not that it's bad. But then the solution is a good sleep perhaps, not solutions, and definitely not regrets and misery! To find out the truth, just ask: "Do I really want to act, or just convince me I can?" Rule #8 - Nobody does everything at the same time singing, drawing, painting, cooking, writing fiction, writingRead. I also took a movie class. And now he works with a school. But I've never done all that at the same time. It's been years since I drew something good, months since I cooked something interesting, weeks since I sang something exciting. Today my time goes to write about Quora and work with the school. But when people see my page of recordings, stories, kitchen photographs - it's easy to think that I keep doing all those things in my life all the time. Do I miss doing those things? No, because I don't have an expectation to meet. And when I feel desperate to sing, I do it! For me, not for others. Rule #9 - Do not be afraid to try things that you are not sure We often care so much about the results that we end up not trying. And this can be the greatest remorse. When I decided to immerse myself in shooting learning, I was sure I wouldn't do a full-time degree. I chose a 3-month course, \$450 DSLR weekend. Just to find out it's not my cup of tea. But that was the best \$450 I spent! Another remorse to bring. Don't think, do it! If you keep thinking about what happens if you do, you won't, and then it won't. Rule #10 - Don't fall for the trap "I don't have the talent" Who said you should? This is usually a manifestation of "I want to be like." disease (Rule #1). We see these articles on the Internet 'Coolest 10 product design' and end up wishing that we were also that creative, and renounce ourselves. But you thought those 10 drawings werecomes from the same person? or that every person could have a cool design once in 5 years, and now he's struggling to keep his job? or that those 10 designs were created in a 25-year span, which you are reading about in 5 minutes? Don't compare! Do what you love! Nothing is too big or small. if you do what you love, and keep doing it, the odds are that you will get better at it, even great at it. But not because you wanted it. It would be just a positive side effect. The fun would already be on the journey, and then perhaps also in the destination. Here it is! Find out what you really want, really, without worrying about what others think or do. Then start, don't wait. on any occasion. even if it means finding out that it's not what you wanted. Don't judge him, enjoy! be happy, and be inspired to do more. do the time instead of waiting. maintaining this organic, moving, flowing approach, you will find yourself very, very, very busy - but joyfully, not stressful so. wish you all the best for a more enriched, creative and accomplished life! this post appeared originally on quora. - the network of knowledge sharing where convincing questions are answered by people with unique insights. you can follow quora on twitter, facebook and google.+ other questions: what is the game of life rules

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