

ONE CHANGE CAN CHANGE YOUR LIFE: AN ANALYTICAL STUDY OF HUMAN LIFE AND BEHAVIOR

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Abstract: *Man himself is largely the shaper of his own life. He is the sculptor who moulds its form and an artist who creates of it, a masterpiece if he will. It may be a surprise that every human being is more attractive, able, creative and loveable than he ever thought of himself and there is no saying how much one can improve upon his qualities with efforts. As the greatest room in the world is the room for self-improvement. I have met people who literally wander throughout their life and live a life which they never wish to. They pass their precious lifetime in frustration and are always seen unhappy. They have neither the assurance to succeed nor the readiness to give the time and exertion important to make progress.*

A small effort has been made by me by writing a paper “One change can change Your life” that presents a practical, direct-action, personal improvement with sole purpose of helping a reader to achieve a life of his own choice that is worthwhile.

We all know enough how to lead perfect lives. Our inconvenience is not numbness but rather inaction. The need of a hour is to rehash, show, steam line and praise a considerable measure of Asian and essential truths. The readers of the paper will definitely find solutions for the problems that they are facing in their life. If only one action will be taken by them in their real life they can see wonders and magic in their lives.

Key Words: *Sculptor, Self-Improvement, Positive-Attitude, Win-Win, Masterpiece.*

Success doesn't mean the absence of failures; it means the attainment of ultimate objectives. It means winning the war, not every battle.

-Edwin C.Bliss

1. INTRODUCTION:

I have met individuals who actually meander all through life and carry on with that sort of life which they never wish to. They essentially acknowledge whatever destiny conveys to them. A couple prevail coincidentally however most endure an existence of dissatisfaction and despondency. They neither have assurance to succeed nor the eagerness to give the time and push to make progress. It is extremely basic and direct technique to carry on with your preferred life, yet it needs just change in the disposition. The principle reason for composing this paper is to help the youngsters get themselves and live cheerful and successful lives. It is to depict and exhibit one of the imperative and profitable laws of fruitful living. The paper displays a functional, coordinate –action individual change with the sole motivation behind helping their preferred user to accomplish an existence that is advantageous. It advises how to dispose of feeling of inadequacy, how to coexist with individuals, how to conquer fear, how to get along well in studies or ones occupation and how to bargain effectively with the life issues for the most part. However let me alert you; you won't find anything new in it, yet you will discover much that is not by and large connected. We as a whole definitely know how to have happy and perfect existences. Our inconvenience is not ignorance but rather inaction. The need of an hour is to restate, show, steam line and celebrate a considerable measure of Asian and essential truths. The pursuers of the paper will definitely discover answers for the issues that they are confronting in their life. On the off chance if just a single move will be made by them in their thoughts and mind-set they can see marvels and enchantment in their lives.

2. MAGICAL TRICKS AND THOUGHTS TO TRANSFORM YOUR LIFE:

The first magic that can change your lives is Trust Yourself and Always Speak Truth.

“No stream rises higher than its sources. A person who believes himself predoomed to failure is going to fail”. (Peale, 2008)

Absence of self-assurance obviously is one of the immense issues assailing individuals today.

“The blows of life, the accumulation of difficulties and the multiplication of sorrows tend to sap energy and leave you down and discouraged.” (Peale, 2008)

One day a student came into my office with tears in her eyes and she said, “We have lost everything, we had nothing left in the house. Besides, we have lost all the faith in God too”. I knew her and something of her circumstances. Her father's financial condition was too poor that now she couldn't manage to continue her studies in the university. She was a bright student but poor financial condition wrecked her career and state of mind. The poor

state overpowered her with negative thoughts and she decided to leave her studies which made her upset and she felt ruined. I made her cool down for a while, Ask her to relax and after that gave her a piece of a paper and I suggested her that you have still countless blessings left with you .Please write down some of the values you are left with. Like what about, your health? She quoted, "I never get sick." "Do you have enough food at home to eat?" She answered, "No Problem". Do your mother and father loves you? She answered abruptly, "Both of them love me a lot. I am very lucky girl child."After few seconds, she looked at me and flushed. "I guess I have been pretty silly, haven't I"? All this changed her viewpoint. Her Trust in herself improved. Negatives thoughts were shunted out and she was made aware of her splendid assets. Faith in herself swept away doubts and she gained enough power to meet the changed conditions of her life.

So always "Develop a picture of success in life, Overpower negative thoughts with positive ones, Count your blessings, Have faith in god, Make true estimate of your abilities". (Carnegie, 2010)

The next key to open the door of success in one's life is Accept Responsibilities. As, when people accept responsibilities, they actually are giving self-promotions to themselves. Responsible behavior is to accept accountability.

"The price of greatness is responsibility." (Khera, 2010)

The vast majority rush to assume acknowledgment for what goes right however not very many promptly acknowledge obligation when things turn out badly.

Dodge expressions such as: Everyone else does it or nobody does it or it is all your blame. People who do not accept responsibility shift the blame to their luck, God, parents, teachers, friends and relatives. They do not know that Responsible behavior in itself is a great achievement, so always try to get some responsibility. Never run away. Be successful by turning your weaknesses into strengths.

Another magic in the lives can be done by 21 words from Thomas Carlyle that can help us to live a life free from worries. Those precious words are:

"Our main business is not to see what lies dimly at distance but to do what actually lies clearly at hand".(Carnegie, 2010)

These words insist us to live in day tight compartments and shut off yesterdays and tomorrows doors. The past is dead future is unborn. So worry for today and think I have to live today happily.

"It doesn't imply that we ought not set ourselves up for tomorrow but rather the most ideal approach to get ready for tomorrow is to focus with all our knowledge , and all our energy on doing today's work and that is the main conceivable approach to get ready for future."(Carnegie, 2010)

Human beings though seems bright and lustrous from outside but when you spent time with anyone slowly and steadily we come across many situations that answers us that Every coin has two sides and the actual life of everyone existing on this earth is a life of roses with many thorns. So main problem is How to solve worry situations and face the realities of life.

"Those who do not know how to fight worry die young" -Dr.Alexis Carrel

So the magic formula to fight worry is to follow the following steps:

Step 1: Analyze the circumstance bravely and sincerely and made sense of what most noticeably bad could occur subsequently of disappointment.

Step 2: After making sense of what was simply the most noticeably bad that could happen, I accommodated myself to tolerating it, if important.

Step 3: From that time on, placidly commit time and vitality to enhance the most exceedingly awful circumstance which you have officially acknowledged rationally.

"True peace of mind", comes from accepting the worst."(Carnegie, 2010)

Now after we have learnt the magic formula to fight worry situations, here is a great thought to transform our life. Our mental attitude has an almost unbelievable effect even on our physical powers and our day to day working and only eight words have that magical power with them to set up our mental and physical states. Those eight words are:

"Your Life Is What Your Thoughts Make It" (Carnegie, 2010)

A couple of years prior, I was posed a question, "What is the greatest lesson you have ever learnt?" I replied "The significance of what we think." If I recognized what you think, I would realize what you are. Our musings make us what we are. Yes, on the off chance that we think upbeat musings, we will be cheerful, if hopeless considerations then our life will be hopeless as well. It is appropriately said by Norman Wincent Peale, "You are not what you think you are but rather what you think, you are". Here, I am not pushing the contemplations as life is not all that straightforward, it is exceptionally hard to pick positive considerations in this negative world however my dear

companions, Negative musings can never take care of our issues yet can exacerbate our life. Just cool and tranquil personality can help us to focus on issues without stressing and making pressures and even loss of wellbeing. “The mind is its own place, and in itself can make a heaven of hell, a hell of heaven.” (Albert, 2009)

3. THE TRUE VISION OF SUCCESS:

Everyone wishes to live a life of a successful person but what efforts are being made by all of us to enjoy a successful life. Life never goes in a straight line. It moves in the upward and downward direction simultaneously. In the event that nature gives us a lemon, we have a decision: Either to cry or make lemonade. When things go wrong, you can react responsibly or resentfully- The choice is yours. Here are some of the basic tips that can make our life responsible and successful. Only a little change can change the entire life.

- Believe in God. Continuously attempt to get God into the focal point of your lives. A few of us suspected that petitions are just bound to religious spots or maybe are the way to begin the day and to end the day yet trust it that supplications are those desires that goes ahead in all of us at all the times. Every prayer to God is a petition coming to us to help us for the duration of the day. God is dependably with us. Just we need to feel his nearness and a brain to get the endowments. Firm faith in God can make enchantment in our lives.
- Always have an excellent and dynamic Desire. The inspiration to achievement originates from the deep longing to accomplish a reason. Napoleon Hill stated, "Whatever the psyche of man can imagine and trust, he brain can accomplish." A deep longing is the beginning stage of the considerable number of achievements.
- Always be conferred. Feeling of obligation with respect to work is the best stride in the story of accomplishment. When we play to win, we play with vitality and obligation while when we play not to lose, we are playing from a position of weakness. Obligations reliably develop new potential outcomes and prompts accomplishment.
- Hard work is the way to achievement. It is a familiar axiom with brilliant outcomes. Each individual wishes to pursue Win-Win story however what number of us will put solid endeavors and time to set ourselves up to win? It takes relinquish and self-control. There is no substitute of diligent work. Henry Ford stated, "The harder you work, the more fortunate you get."
- Always grow great character. Character is the entirety of a man's qualities, convictions and identity. It is constantly reflected in our strolls and talks. So character is a mix of unselfishness, comprehension, conviction, fearlessness, dependability and regard. The whole blend dependably makes oneself the most satisfying identity.
- Give more than you get. A great many people would prefer not to do what they get paid for. They just satisfy their obligations to keep their employments yet in the event that we go the additional mile than we are paid for that will make our reality distinctive and unrivalled in this aggressive world. Persevering individuals are sought after wherever paying little heed to age, understanding or capabilities.
- Always set up a Mentor. A coach is the person who gives us right bearings to move in this convoluted life whose knowledge of the past can turn into your premonition. So dependably picked a correct coach and should regard him like God.

Each one of the tip illustrated above works like a development manual with the blue prints to assemble a remunerating life. An exertion has been made in the paper to show a progression of viable and workable strategies to carry on with a productive life.

“The formula of belief, practice and minor changes in thoughts can help to win victory over defeat.” (Goesser, 2009)

4. CONCLUSION:

The entire concept defined here is not new for all the readers but slight working and putting thoughts into actions will really attain a successful life. Please read this paper twice or thrice and practice persistently the suggestions and tips given in the paper to enjoy a luxurious and happy life. At last, my sincere wishes to all the readers that with the help of God through courage, hard work, dedication and positive thoughts, your life will be what you desire for.

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