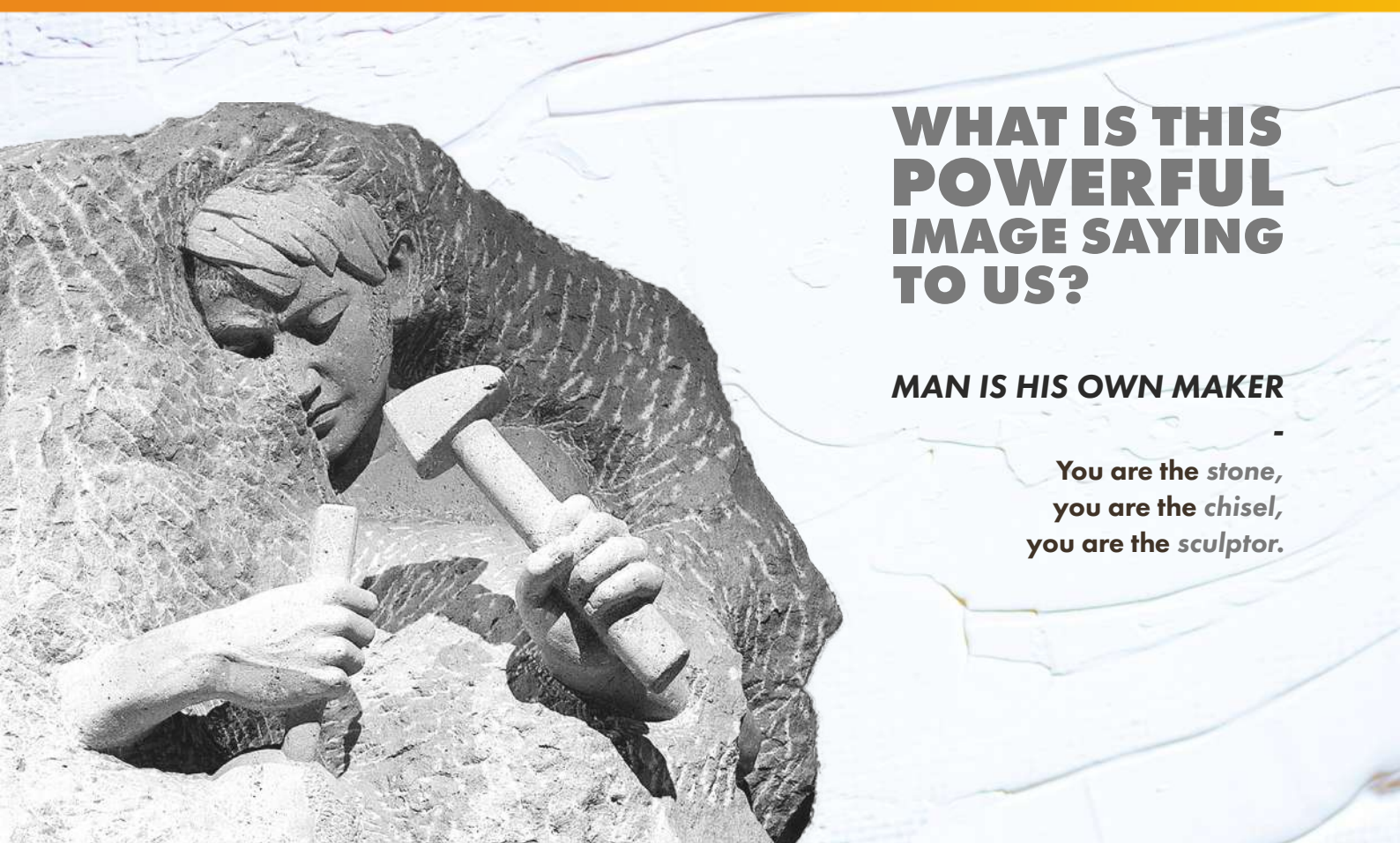


# REMAKING

# YOURSELF

LESSON-01

## RESTRUCTURING YOURSELF



**WHAT IS THIS POWERFUL IMAGE SAYING TO US?**

**MAN IS HIS OWN MAKER**

**You are the stone,  
you are the chisel,  
you are the sculptor.**

What does this mean? **You** are the sculptor! Meaning you have all of the ability, skill, intellect, and tools needed to shape the stone, which is your life.

So what do you want from your life? What destiny do you see for yourself? Are you working towards making that a reality? If not, it is time to restructure yourself.



**SO WHERE TO BEGIN?**



## THE POWER OF A SINGLE THOUGHT!

Sow a thought, reap an action;  
sow an action, reap a habit;  
sow a habit, reap a character;  
sow a character, reap a destiny

-Ralph Waldo Emerson



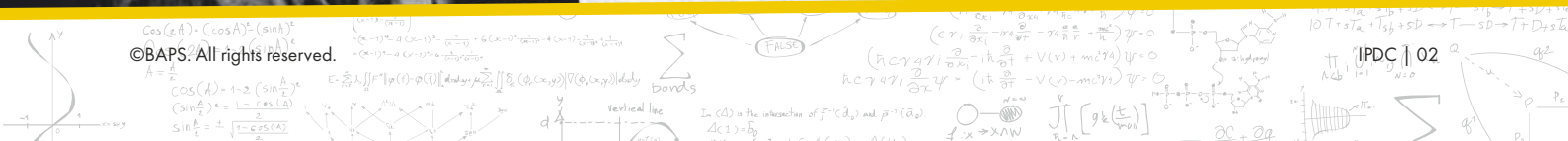
Thought? I have a million thoughts a day...  
how powerful can they be?  
**A single thought contains the potential to change the world.**  
Take a look:



...well, what happens if you divide 0 by 0?"

- Srinivasa Ramanujan

Once Ramanujan's school teacher was explaining that any number divided by itself equals 1. At that time, Ramanujan wondered what would happen if 0 was divided by 0. This thought led to major breakthroughs in the field of mathematics.



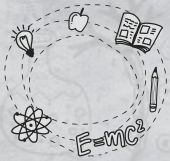




*I wonder why that apple fell down...*

- Isaac Newton

And with this thought, Issac Newton went on to mathematically explain gravity, universal gravitation, the law of motion, and much more. This single thought literally changed the way we understand the physical world around us.



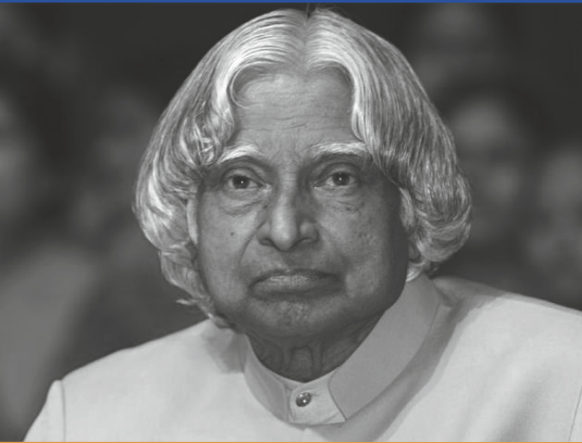
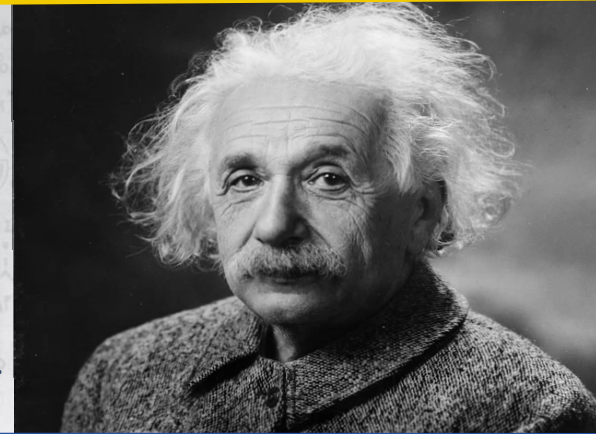
*But what if I run at the speed of light?*

- Albert Einstein

Einstein's teacher was explaining the concept of 'speed of light' when Einstein had a thought:

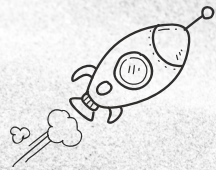
'What if I run at the speed of light? Will I see light stable?'

This thought would go on to change the world of physics forever and provide us with the theory of relativity.



*Can I fly amongst the clouds?*

- Abdul Kalam



Once young Kalam's teacher took his class to the Rameshwaram seashore to show the students how the birds fly. However, Kalam found something else in the flight of these birds – he found inspiration to fly. Young Kalam would go on to become the Missile Man of India.<sup>1</sup>

So there you go! A powerful thought can change the world! But...

*Everyone thinks of changing the world, but no one thinks of changing himself.*

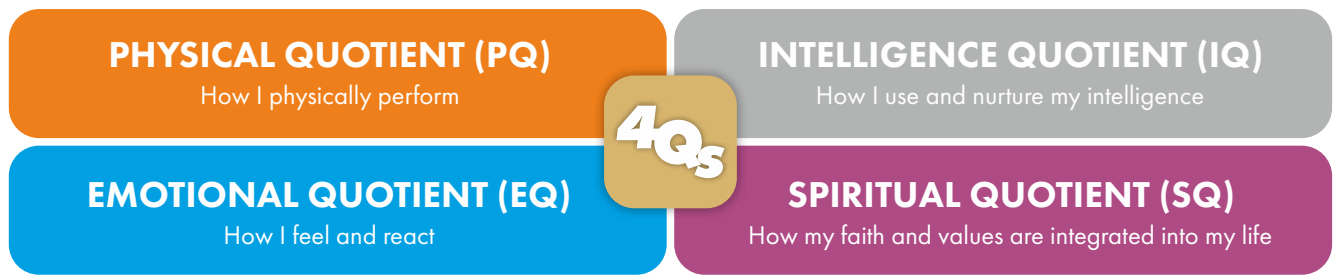
- Leo Tolstoy

*"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."*

- Rumi

...before we go and change the world, we must first restructure ourselves.

According to the lecture, in order to restructure yourself, you must strengthen these 4 quotients.



These 4 quotients are made up of various profound thoughts and concepts. In this handout, we are going to introduce you to 6 game-changer thoughts that will help you restructure your life. Each of these 6 thoughts will fit into one of these 4 quotients.

## PHYSICAL QUOTIENT



### MY BODY IS MY VEHICLE TO ACHIEVE MY DREAMS

### THOUGHT #1

If you put the world's best racer in a third-class car, would he be able to win a Formula One race? Similarly, we may have intelligence, talent and ambition but if we are not physically fit then we won't be able to achieve our dreams. Being fit improves our productivity, creativity, family relationships, social life and energy level. The healthier you are, the more mileage you will be able to get out of your body.

Physical fitness is split into two parts: **(1) Exercise** and **(2) Nutritious Diet**

According to the Mayo Clinic<sup>2</sup>, everyone should aim for at least 30 minutes of exercise every day along with strength training at least 2-3 times a week.

We should also focus on maintaining a healthy, balanced, and nutritious diet. It is important to cut out 'junk food' that are filled with trans fats, sugars, oils, and salt. We need to eat wholesome meals that will provide us with energy and good health.



**Get Going – Get Fit – Achieve Your Dreams.**

For more information, see:

## INTELLIGENCE QUOTIENT



### AM I GIVING MY 100%?

### THOUGHT #2

How do we learn? How do we become intelligent? By reading books, listening to lectures, etc. Now imagine you were deaf and blind – how would you learn? Would you be able to achieve anything?

Meet Helen Keller. Helen Keller was the first ever blind and deaf person to earn a Bachelors of Arts degree, and that too from Harvard University. She would go on to become an accomplished author, political activist, and lecturer. She is widely recognized as one of the most influential persons of the 20th century. Although Helen Keller was blind and deaf, she used her God-given intelligence to overcome her difficult situation and achieve her goals.

Many times, we blame our inability to achieve our goals or make changes in our life due to a lack of intelligence or difficult circumstances. Intelligence quotient is not about what you have, it's about how you use it. So, we should ask ourselves:

**'Am I using 100% of my God-given intellect? Am I living up to my complete potential?'**

**LIVE EVERYDAY AS IF IT WERE YOUR LAST****THOUGHT #3**

Bhagwan Swaminarayan explained that throughout our day we should remind ourselves: *"I am certainly going to die and leave this body. In fact, I firmly feel 'I am going to die at this second, at this very moment.'"*

When we realize that we are going to eventually die, we achieve a sense of urgency in our life and actions, and we are able to prioritize the things that are truly important to us.

Steve Jobs said, *"I have looked in the mirror every morning and asked myself: 'If today were the last day of my life, would I want to do what I am about to do today?' And whenever the answer has been 'No' for too many days in a row, I know I need to change something."*

This thought gives us emotional stability, allowing us to prioritize our life and help us achieve those things that are most important sooner.

**WHAT AM I GRATEFUL FOR?****THOUGHT #4**

Most people tend to focus on what they lack in life – the things we don't have. When we focus on our shortcomings or the things we don't have, we become emotionally negative which in turn affects us personally and our relationships. Instead, we should focus on what we do have! We should take out time every day to be grateful for the things we have and appreciate it. By being grateful we become more positive, reduce our tension, and stop sweating the small stuff.

Write all of things you wish you had or wish you were, scratch it out and replace it with something you do have.

**WRITE, SCRATCH & REPLACE**~~I wish I was prettier~~~~I wish I was smarter~~

I am healthy

I have a strong work ethic





## WHATEVER HAPPENS, HAPPENS FOR THE BEST

## THOUGHT #5



Once, the king was looking upon his kingdom out of his palace window. Suddenly, a gust of wind blew the window door shut on the king's finger! SNAP! His little finger was cut off.

The king was extremely upset about the loss of his finger. His friends and family came to see how he was doing. One of his friends told him, "Don't worry sire, everything God does, He does for a good reason. Everything always happens for the best. Even the loss of you little finger is for the best." The king was in no mood to be told this. How could losing his little finger possibly be a good thing?

The king was so upset with his friend that he locked him up in prison! The king's other friends thought it might be a good idea to help him take his mind off of his loss. So, his friends organized a hunting trip in the nearby forest. Everyone had split up in the forest so as not to scare away the animals. The king was lying in the grass, waiting for something to shoot when all of a sudden, he heard some noise behind him. By the time he realized what had happened, a group of wild forest people had bound his hands and feet and were dragging the king to their camp.

The leader of the wild forest people explained to the king, "We are performing a ritual sacrifice to appease our deity. We needed a human for the sacrifice, and how lucky we are to have found not only a human, but a king! Our deity will be pleased!"

The king was very worried. His friends must be looking for him, but how could they find him? Even he didn't know where he was. It seemed as if his death was coming soon.

A few of the wild forest people began to wash the king, preparing him for the ritual sacrifice. As they washed him, one of the wild people noticed that the king only had 9 fingers. They told their leader.

The leader explained that because the king was missing a finger, he was no longer an acceptable sacrifice for the deity. He then let the king go.

The king ran to his camp and told his friends what happened. The king then immediately went to the prison and let his friend out. "You were right! If I hadn't lost my finger, I would surely be dead right now. Sorry for not believing you sooner!" the king said to his friend.

**Just like in the story, bad and unexplainable stuff may happen to us, but at those times we must remember: everything that happens to us, happens for the best. We must simply stay positive, work hard, and remain patient to see how things turn out.**

**Connect the Dots :** Try to remember one event from your life where in the moment you faced difficulties or failure, but in the long run it ended up in your favour.

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## WHAT IS THE PURPOSE OF MY LIFE?

## THOUGHT #6

This question is truly one of the greatest and most important question of all time. Now think! Have I ever asked myself this question? Have I found my answer? Have I even looked for it?

Unfortunately, we won't be able to give you an answer to this question. Because the answer is personal and specific to you. However, once you find your purpose, contemplate on it every day! It will help guide you in your every action and every critical decision of life.

Important questions have a way of remaining unanswered. Don't let that happen! Go and search for your answer. Find spiritual guidance and search within yourself for an answer.

**THE TWO MOST IMPORTANT DAYS IN YOUR LIFE ARE  
THE DAY YOU ARE BORN AND THE DAY YOU FIND OUT WHY!**

- Mark Twain

*Let the Great Restructuring Commence!*

Pramukh Swami Maharaj has given us the formula for success:

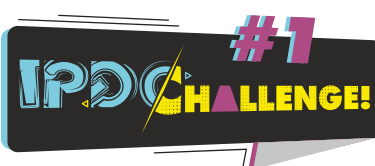
**HARD WORK + PRAYER = SUCCESS**

If you want to successfully restructure yourself, to improve your life, to develop your personality - then apply these 6 thoughts to your life! It will require a sincere effort on your part.

However, along with effort, don't forget to pray. There is a power in prayer that we can tap into whenever we need guidance, encouragement, and support. Prayer helps focus our mind, create a positive mind-set and environment around us, and reach beyond our capacity.

So, every day, pray to whomever you believe in:

*Help guide me in all of my endeavours. Whatever strength, intellect, or power I possess is due to your grace. Please bless me with courage of character. Help me to reach my potential and try every day to become the best version of myself."*



Every few classes, we will be giving you an IPDC Challenge, where you will have the opportunity to perform a certain task or activity over the course of a few days to connect with the principles taught throughout this course.

Use this QR code to download this mobile wallpaper with **all 6 of these powerful thoughts** on it. The first IPDC Challenge will be to read through these thoughts twice a week, every week until the end of the semester. You can contemplate on these thoughts on the days you have your IPDC class.

