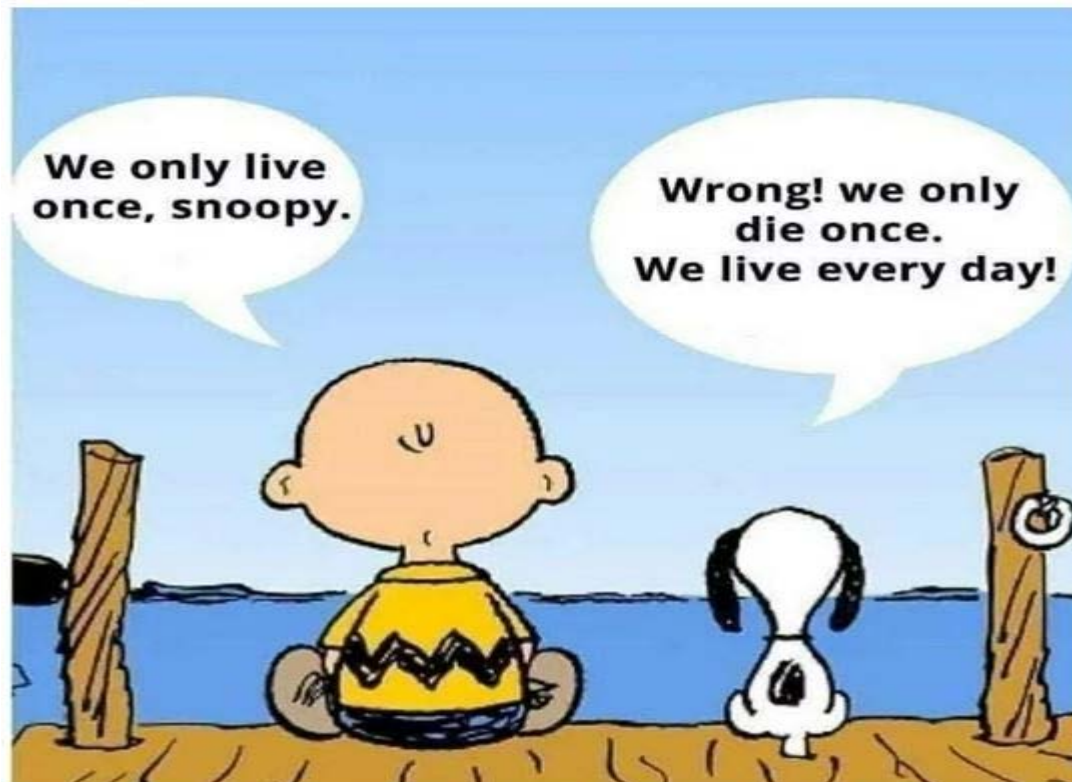
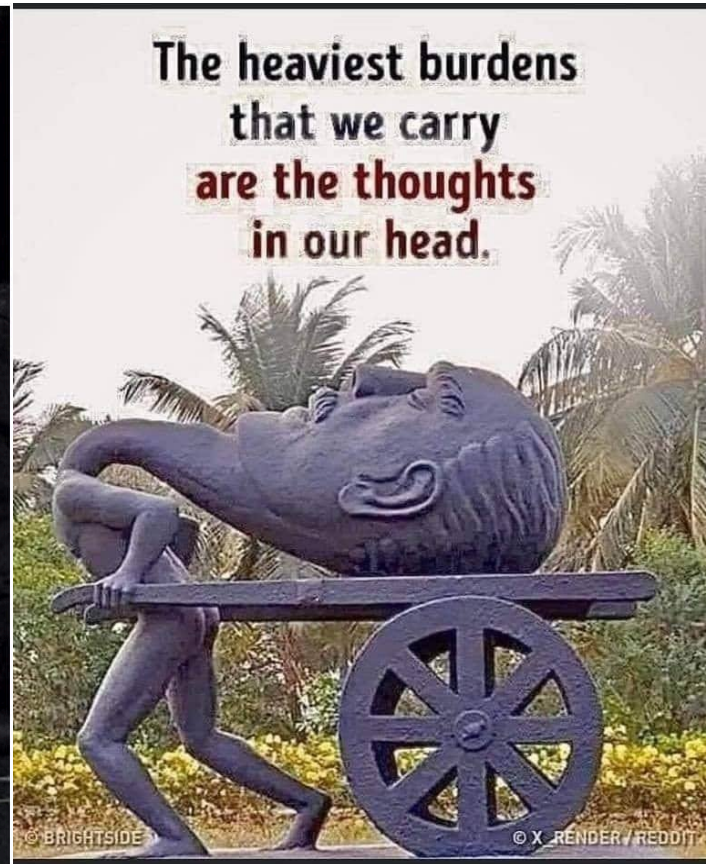
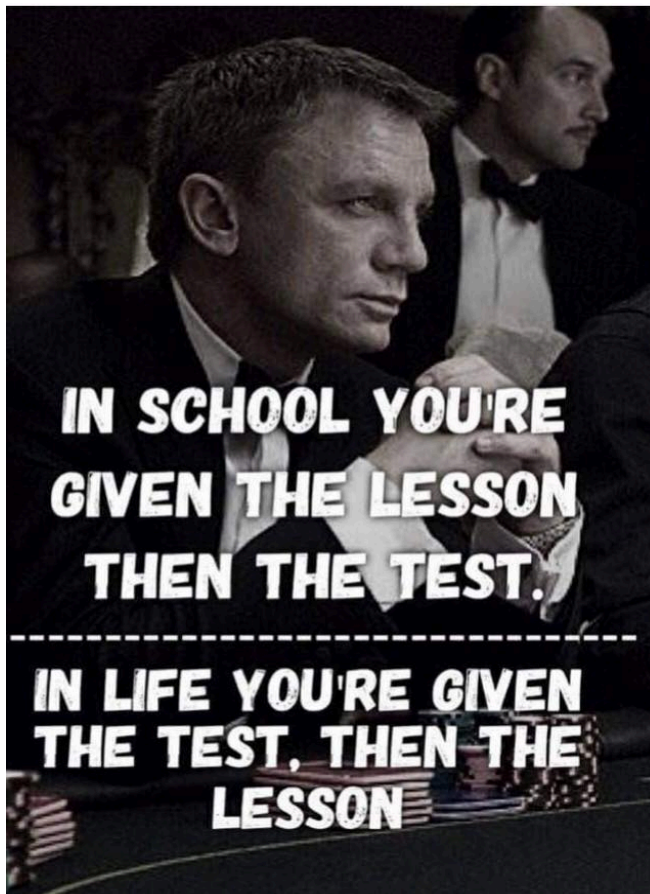


How do we live this one life we know we have, to the fullest?

Shishir Lakhani



A personal perspective - years in other cultures countries and successful pragmatic business instincts



Big Questions (**I will not dwell on**)

The Big Questions: What is reality? ...

The Big Questions: What is the meaning of life? ...

The Big Questions: Do we have free will? ...

The Big Questions: What is consciousness? ...

The Big Questions: Is there a God?

The Big Questions: What happens after you die?

The Big Question: Do we have to die?

APPARENTLY ...

SOMEONE IS IN DENIAL!

Well being - Pragmatic Questions

1. Health Survival - Life span vs Health span
2. Relationships
3. Meaningful purpose in life
4. Thinking vs Sensing vs Feeling (emotions)
5. Happiness vs Suffering (discontent)*
6. Freedom vs individual & collective responsibilities
7. Competitive (Self and ego) vs Collective social good
8. Learning and Communicating – A human advantage
9. Rights & Wrongs – Ethics and Morals - Settling scores
10. Absolutism and Relativism
11. Blocks to personal happiness – overcome / manage
12. Joy fun love and fulfillment – live everyday – Wisdom



1/ Health **Life span** vs Health **Quality span** Survive or Flourish (Maslow hierarchy)



- Know thyself - Core values – Take responsibility
- Physical Wellbeing Activity (mind body connection)
- Mental Well being – curiosity wonderment
- Emotional behaviors – Stress reactive / responsive
- Spiritual well being – content wisdom compassion
- Resources wellbeing (Financial health?)

2 -Support structures



Social creatures we crave company

Belonging - family community friends (us-them; outcasts ostracizing ; Othering; demonizing; dehumanizing)

Love / (fears of depravation, rejection, ostracize, or even hatred)

Interactions positive / (negative?)

Need to be right! (Seek Approval and Recognition Power balance; cognitive dissonance - slippery slope)

Need to please and be liked! (conformity baggage – Does that challenge individual freedom?)

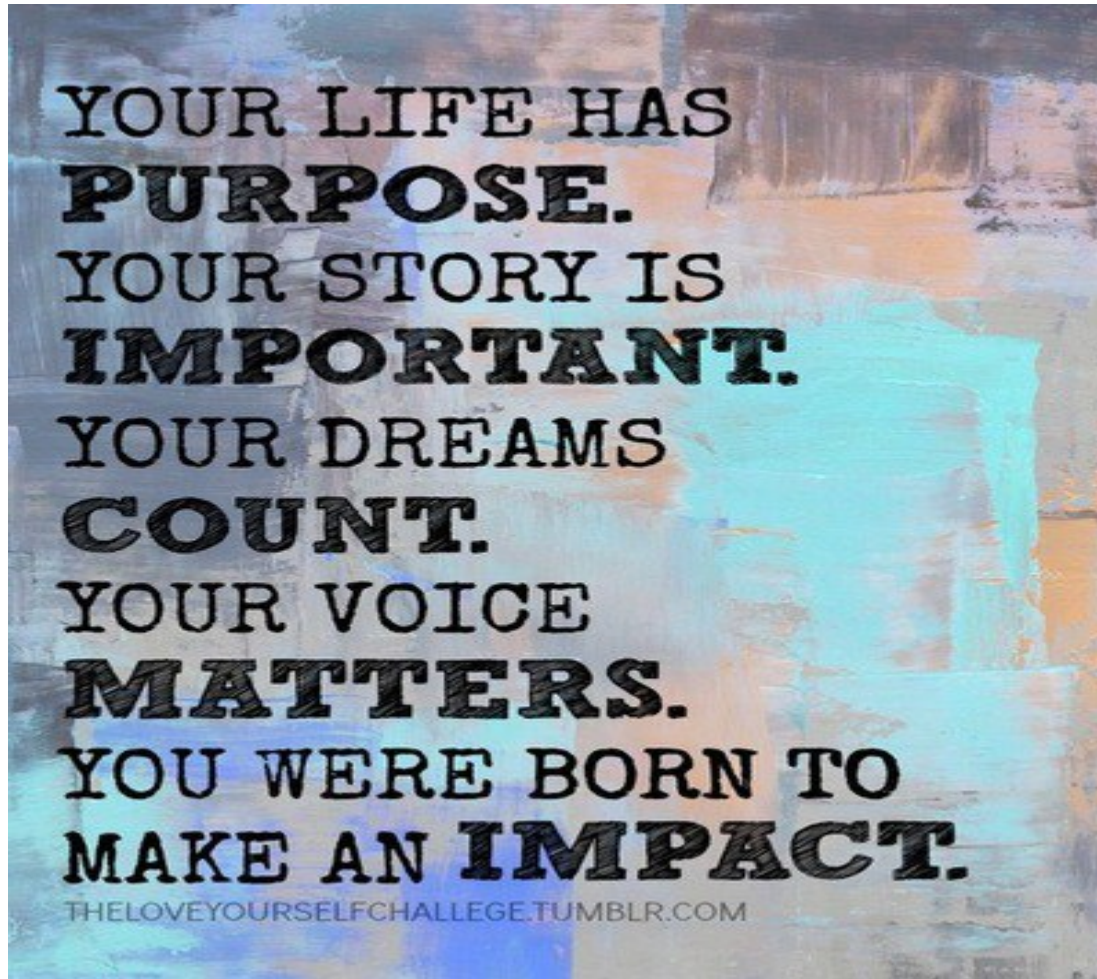
**I'VE FINALLY STOPPED
CARING WHAT OTHER
PEOPLE THINK.**

**I HOPE EVERYONE'S
OKAY WITH THAT...**

Relationships !



3/ Meaningful Purpose in life – passion



- Drive
- Success
- Satisfaction
- Accomplishment
- Achievement
- Self esteem
- Self worth
- Respect

4/ Thinking vs Sensing vs Feeling (emotions) - Cause and Effect

Emotions drive reason (negativity default for survival)

Double edge sword (Survival fear / passion love)

Manipulation and power of charisma (from logic to magic) (Politics Social Media)

Love, empathy, passion & creativity

Managing power of irrational emotions
(temperance) (Fear greed E g Stock Markets roller coasters)

Humility – Open mind – vulnerability



5/ Happiness vs Suffering/discontent



Relative term

Pain and Suffering – Sometimes unavoidable

However so many emotions are self created and
imagined calamities – that are avoidable

6/ Freedom vs Individual & Collective Responsibilities



Freedom is an essential human need but demands

- Duties – (confining?)
- Obligations – conformity (equality? Equity?)
- Responsibilities (Nanny state & freeloaders?)

Communities / Tribes / Clans / Associations (Nationalism / Patriotism / us them / conformities)

Role of Governments at various levels – Policies and Politics Laws and Institutions (Health Education Welfare Infrastructure)

Wealth distributions!!! (Pros and Cons / Left or Right wing?)

7/ Competitive (Self and Ego) vs Collective Social good

Power plays

Economics

Entrepreneurship – Solutions focused



Greed – Corruption – manipulations

Disparities - Some lives more equal than others

Politics Left and Right wing perspectives

Corruption - unfair or unequal agreements

Warfare – atrocities – self serving motivations

Optimistic - Social good and humanity

Compassion

**I am an optimist - We have come a long way in improving lives of
so many in a short time**

8/ Learning and Communicating – The human advantage

Creativity

Power of expression

Arts

Literature

Sciences

Humor

Learning never stops

Information – Knowledge – Imagination - Wisdom



9/ Rights & Wrongs – Ethics and Morals – Laws - Settling scores

Golden Rule

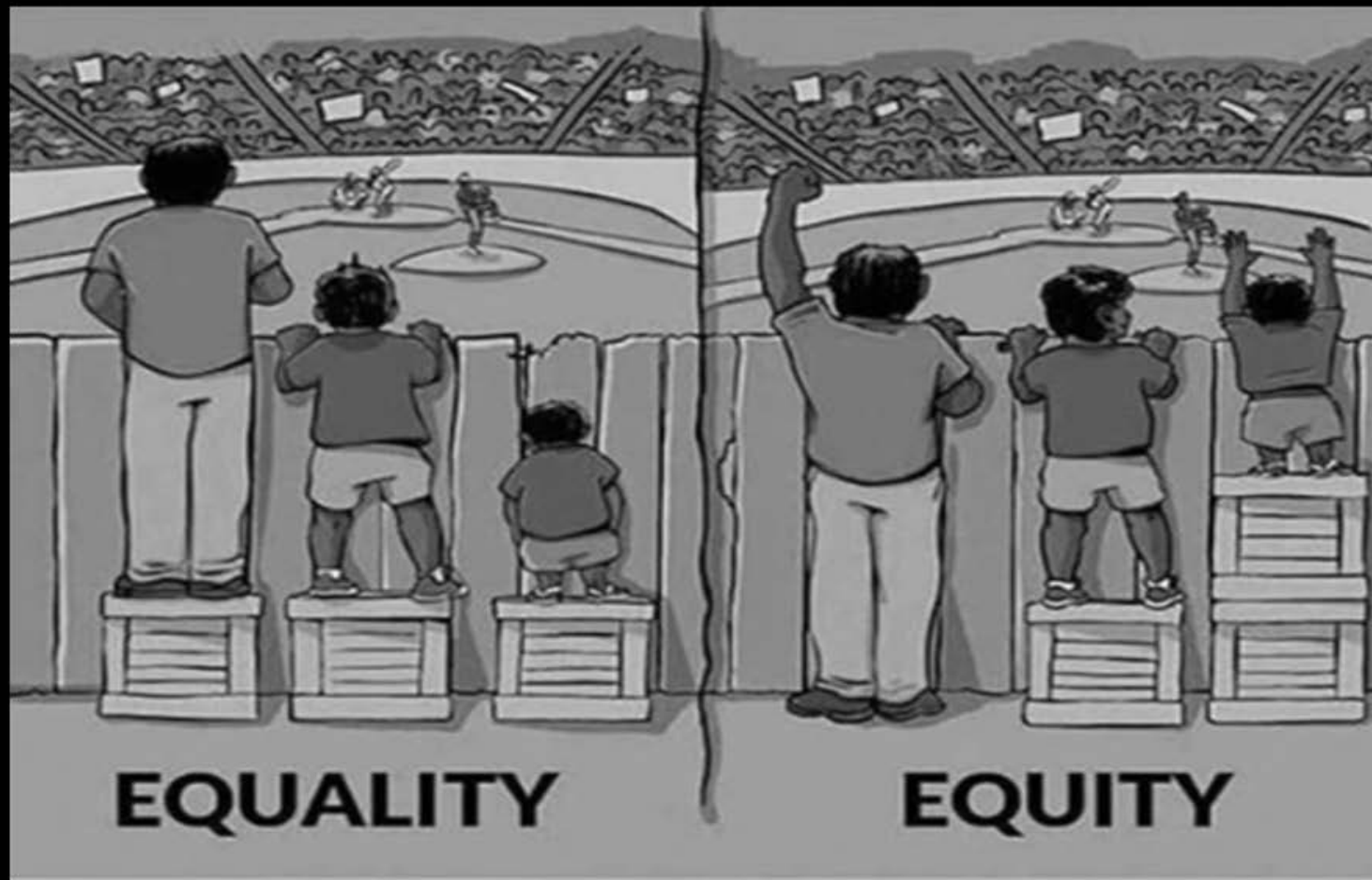
Rights and Wrongs – Values – cultural and historical
variances – Relativism

Empathy and compassion

Equality vs Equity

Justice Piety – Legal systems – Rights





1. Equality: is giving people the same thing/s.
2. Equity: is fairness in every situation.

10/ Absolutism and Relativism

A function of maturity

Empathy changes perspectives

History written by victors

Media, Arts, Literature – creativity - perspective
biased (**fake? / propaganda?**)



Standards and values vary in time - history

Also in geography

Also in cultures and traditions

11/Blocks to personal happiness overcome / manage

Anger, Hate, Jealousy, phoniness, over reacting

Pride, Vanity, Ego, Self Righteousness , guilt,
shame, anxieties

Judging others, Condescending, Patronizing,

Taking yourself too seriously

Impatience, Worries (about what you have no control over)

Excuses like – VERB*



Anger and Fear



**WHEN YOU MISSED YOUR
MORNING MEDITATION**

GANG VIOLENCE HAS TO STOP 😂😂

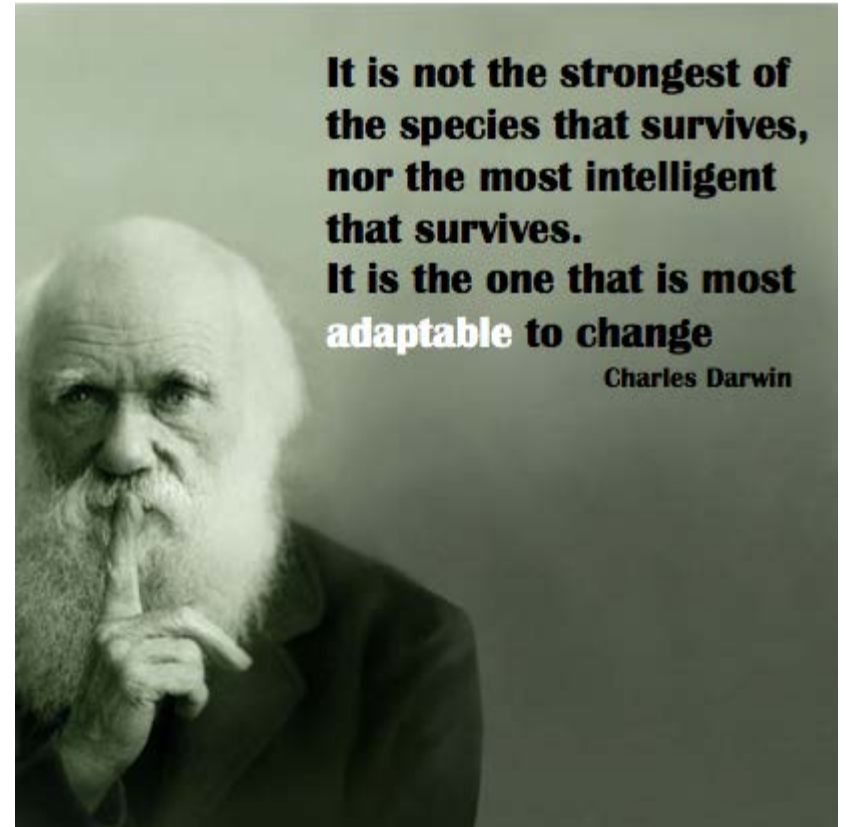


Clever Life Lessons from world of Entrepreneurship (synopsis)



- Understanding of human nature – Add value
- Add value to customer – It's **not about you** (collaborate)
- Best / First / different? (uniqueness) (compete)
- Desire Aptitude Dedication Attitude (DADA)
- Be Liked Respected Trusted (credibility test) (people skills)
- Faustian pact (Compromised Win Win) – humility
- **Lamb to the lion – learn fast**
- **Diffusing situations – people skills**
- Priorities and focus –time management – measures of success
- Leverage & scaling to profitability (teamwork)
- Adapt and change with circumstances (nimble) (temperance)
- Financial Freedom and Independance
- **Don't die of mismanagement**

Adapt with Agility



12/ Joy fulfillment – Balance –Moderation

Personal Wisdom

- A. Take full responsibility for your life
- B. Meaningful PURPOSE in life
- C. Have a strong support family friends
- D. Maintain good physical health
- E. Careful how you think
- F. Manage Emotions, Meditate, Journaling, Music, nature - Be present & be grateful everyday
- G. Have compassion for fellow beings – it is most fulfilling
- H. First be Self sufficient!! Charity begins at home



Questions?

