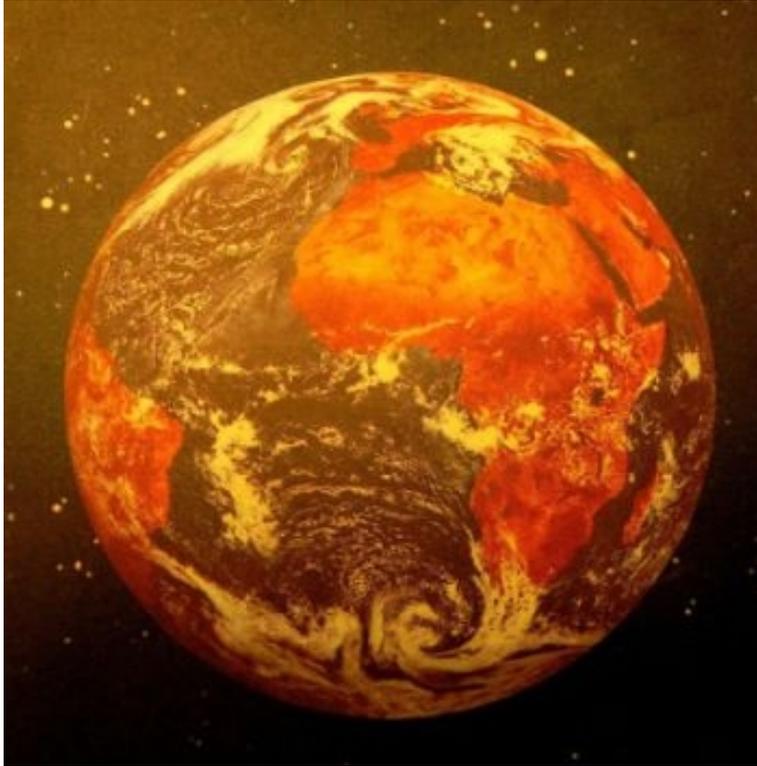


Make it Happen Manifesto

**How to Live the Life you Want
AND
Make the World a Better Place at the Same Time**

By Arvind Devalia

This report is 100% non commercial and does not contain any affiliate links



Make It Happen Manifesto

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Layout by [Ayd Instone](#) and typesetting by [Alexandra Stratiichuk](#).

Suggestion:- I recommend that you PRINT this report – you will get so much more out of it. This document is something that you will want to take around with you and write on. Of course you can follow any hyperlinks in the report next time you are at a computer.

“The difference between what we do, and what we are capable of doing, would solve most of the world’s problems”
- Gandhi

Make it Happen Table of Contents

PART ONE: WHY WE NEED TO MAKE IT HAPPEN NOW!

PART TWO: HOW TO START MAKING IT HAPPEN IN YOUR LIFE

2.1 Simplify Your Life

2.2 Healthy Living and Eating

2.3 Strive for Excellence

2.4 Relationships

2.5 Career / Work / Vocation / Business

2.6 Fun & Leisure – Find your Joy!

2.7 Personal Social Responsibility

2.8 Build your Legacy

PART THREE: GO! MAKE IT HAPPEN!

ACKNOWLEDGEMENTS

THE MAKE IT HAPPEN CLUB

"This is the true joy in life, the being used for a purpose recognised by yourself as a mighty one; the being a force of nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

I am of the opinion that my life belongs to the whole community and as long as I live it is my privilege to do for it whatever I can.

I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake.

Life is no 'Brief Candle' to me. It is a sort of splendid torch which I have got hold of for the moment and I want to make it burn as brightly as possible before handing it on to future generations."

— George Bernard Shaw

Part One: Why we need to Make it Happen now!

Part 1: Why we need to make it happen now!

- *A choice for love creates love. A choice for fear creates fear. What choice do you think has been made to create the world you call your home? This world was created by your choice, and a new world can be created by a new choice. But you must realize that this is all there is. Love or lack of love. Love is all that is real.*

– Mari Perron

- *“How much you contribute to others will determine just how rich your life will be”*
– Sadhguru Vasudev



-
- *"The ones who are crazy enough to think they can change the world, are the ones that do"*

- Steve Jobs

This report is aimed at those people who are crazy enough to think they can change the world! So if just a few thousand people get to read this report, between us we can literally change the world.

A bold claim indeed but if enough people read this report and apply even a small bit of what it contains, the world will be a better place. And the people who adopt it will also be more fulfilled, happier and successful.

This report is for people who wish to ride the biggest wave of change and turmoil the world has ever seen and come out laughing on the other side.

As I write this in the spring of 2009, the world around us is changing rapidly. With the financial crisis, global warming and job uncertainty, we face many challenges.

The world is going through a massive transition right now – in the years ahead, it will be a very different world from that which we experience at the moment.

The challenges we face today such as global warming, pollution, resource depletion, growing disparity between the rich and poor, conflict, arms proliferation, and social injustice are all interconnected and global.

Facing such challenges one could feel overwhelmed and hopeless. However, the possibilities ahead of us are much greater than the challenges we face.

There is a huge shift of consciousness and desire around the world which is prompting people to reflect on their lives and seek better ways of living.

People want to live better, healthier and more fulfilling, balanced lives and be part of the solution to some of the bigger challenges we face today. They also want to help to create solutions to these challenges, with their proposed solutions incorporating their families and the communities they live in.

Whilst we may face some daunting challenges now, I really believe that there are huge opportunities for us individually and collectively to make positive changes in the coming years which will transform our lives and the world we live in.

I believe that there is a growing worldwide movement of people who are focused on a better life for themselves and others and are seeking a deeper meaning.

I have spent many hours crafting this report and encapsulating my own life philosophy in as few pages as possible.

My intention is to get it out to thousands of readers and impact their lives in a positive way – people who want to enjoy and make the most of their life journey whilst at the same time making the world a better place.

When someone is satisfied and fulfilled with their own personal lives, he or she is more able and likely to make a difference to those less fortunate and to serve the world on a broader level.

My intention is to inspire and motivate people to improve their quality of life.

The current financial situation in the world is forcing people to realise that financial gain is not the end all and be all in their life. They are seeking a better way and this is my contribution to such people.

This report is aimed at like minded adventurers and visionaries who believe in making the most of the exciting opportunities ahead of us.

It is for go getting, can-do people who believe in being the best they can be and who also believe in making a difference to the world at the same time. Those who are not afraid of hard work and striving for their dream and who want to live extra-ordinary lives.

-
- *“The biggest curse on the world is your unlived life!”*
- Carl Jung
-

Just imagine what you can offer the world through living your life to its full potential!

My fondest wish for you is that you begin to live your life as fully as you possibly can from now onwards.

Why bother with the rest of the world?

If you are already living your dream life, then why should you bother with the rest of the world? Why should you not just carry on the way that you have and focus on your own world?

Well, the world has changed dramatically from the 1980's when greed was king and "lunch was for wimps". No man is an island and never really was.

We have been focusing on economic growth for decades and this unrestrained addiction to growth year on year probably accounts for much of the destruction of planetary resources that we see happening around us.

Why do we need growth at all? Perhaps instead we need to focus on and appreciate all the things around us not linked with the accumulation of money and assets.

What we have is a wonderful opportunity for all of us to make the most of the challenges ahead of us and the opportunities we have.

I believe that all the changes happening in society at the moment are a 'wake up call' designed to help us transform and align with our true spiritual, loving self.

On a daily basis, I see and hear of inspirational people making a massive contribution to the world and following their dreams at the same time.

At the same time, on an individual level, it is an opportunity for us to finally do what we really want to do with our lives. It is time to lead healthier, happier and more fulfilling lives.

It is time for all of us to be socially responsible on a personal level - personal social responsibility is the only way forward.

It is finally possible to be successful in your own life as well as change the world.

"Success" is whatever you perceive it to mean - but know that you can have it all and not just sacrifice your life goals for making a difference in the world. You can have both – as I have learnt myself, the two are not mutually exclusive!

The problems faced by the poor of the world will be solved by the people with

money, not other poor people. As someone once said, the best way to help the poor is not be one of them!

-
- *“No one would remember the Good Samaritan if he’d only had good intentions; he had money as well”*
- Margaret Thatcher
-

At the same time, the way we are currently living our lives in the developed world will surely lead to mass extinction for both humans and animals. For example, incredibly over 90% of lions, tigers and elephants have already been eliminated over just the last few decades. Our own species is threatened.

What we need is a global shift in thinking. And this is happening all around us. Check out [Global MindShift](#) an emerging group with the aim of “making the emergence of global community unstoppable.”

What we need is a change in HOW we think. It is about seeing the world from an ever broadening perspective – we are

all interconnected and we clearly need to think global and long term.

-
- *“We can't solve problems by using the same kind of thinking we used when we created them.”*
- Albert Einstein
-

Most gratifying, such change is happening all around us. People are sharing ideas, building bridges, discovering new ways of working together. Though it is still a new and fragile way of thinking, we are heading in the right direction.

Each and every one of us can contribute to this and make a difference. One person CAN make a difference! Someone else will not fix it – it is up to us.

-
- *“If it is to be, it is up to us.”*
-

These are 10 powerful two-letter words which say it all really.

Believe in the power of the possibility of positive change and be a stand for positive change.

We can all be champions for a better world. Believe in infinite possibility - go out and claim the world you want!

To change the world, we must first face the things in our own lives that need changing!

We can make enough of a difference in our lives and the world by taking a step to become what we are meant to be.

Create your higher vision

As human beings we have a choice to live our lives either through circumstances or a higher vision. It is time to expand your vision and noble thoughts.

Also stop downplaying your own power - false modesty is not a strength

Ask daily

- How may I be of service?
- How can I be of maximum service to the world?

We really need to begin to think outside of the box and contemplate changes on a global scale.

For example, what would it be like if the time had come for the concept of war to end?! Or the concept of the end of world hunger?

"A man has a right to look down on someone only when he is helping him get up" – Gabriel Garcia Marquez

In the same way that the world knew that apartheid in South Africa was no longer feasible, there will surely come a day soon when we, as humanity, will decide that enough is enough, and we will wholeheartedly embrace world peace, food for all and social justice.

Remember that the possibilities ahead of us are much greater than the challenges we face.

Let us all work towards making that happen.

In the same way that one man, Nelson Mandela, took a stand in South Africa for the end of apartheid and a peaceful transition, we all need to do our bit and

take a stand for what we all intuitively know to be the truth and the right thing to do.

It just takes one person to change the world.

-
- *"Never underestimate the profound resiliency of your human spirit, nor how swiftly things can change for the better - often overnight"*
- Source unknown
-



Why me and who am I to make it happen?



After a varied career in computers, banking, food marketing and dot com start-ups, I have spent many years on a personal journey of self-development.

I am a social entrepreneur, author and most importantly a proud member of the human race. I am also the founder of the Make It Happen Club.

I am grateful for the life I have and the people, opportunities and resources that make my life what it is.

Having coached many individuals and written a few books, I feel it is time for me to take my own game to a higher level.

Everyone has a purpose to make the most of their life and to contribute and be of service in some way. Mine is to

spread my message about what I believe in - this report is the beginning.

My writing and my work is focused on putting my beliefs into practice and bringing my message and ideas to many more people.

I have already achieved some of my own life goals - published books, run a marathon and got involved with a charity school in India. Now there is a lot more to come – travel and see more of the world, bring people and communities together, do more peace work, create my legacy, write a truly world changing book. And lots more I am sure.

For a long time now, I have experienced this growing unrest and a desire to raise my game and play on a bigger stage. Then there comes a time when one must listen to and follow that inner calling!

So it is now all about making it happen – for myself and for all the people in my world. At the same time, it is about enjoying what I do, getting rewarded for it and having fun whilst making a positive contribution to the world.

My ultimate aim is for all of us to lead happy, fulfilling lives whilst we all do the best we can without harming those around us and the environment.

I have been actively involved in this amazing charity school in South India, **Nirvana School** for the last 10 years and it has been a truly humbling yet inspirational experience.

This experience has taught me to be bigger than myself, appreciate what I already have and look for ways of making a difference.

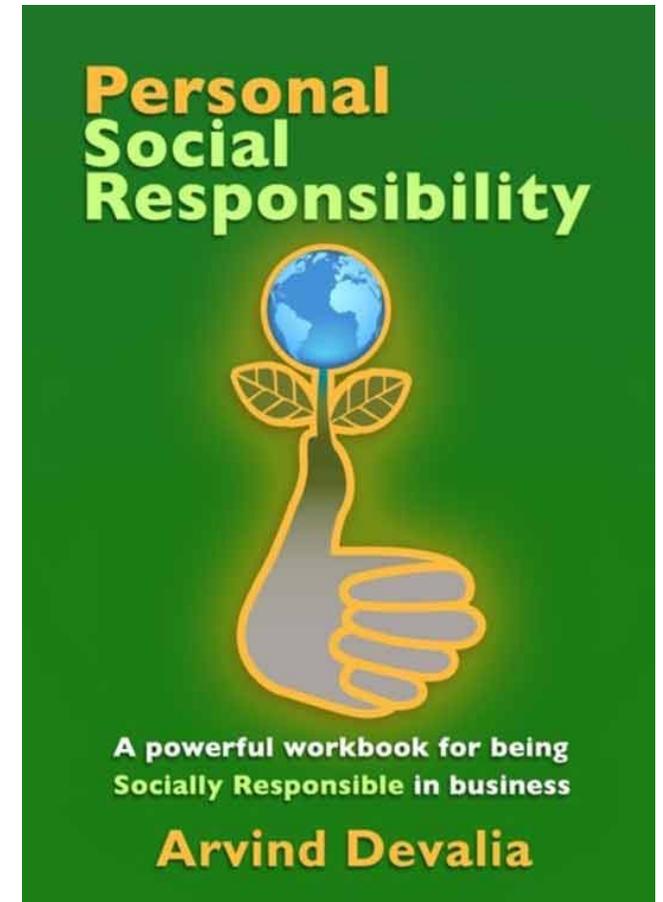
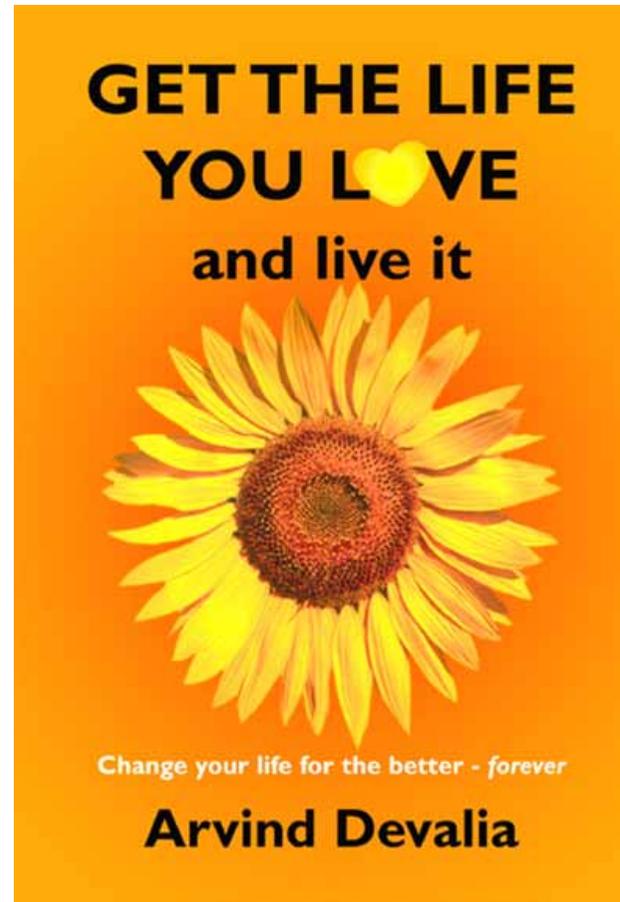
I do believe that we all deserve to lead healthy, wealthy and the best possible lives we can. Through this document and other related projects, I feel it is now time to make it happen for more of us. It is also about building my legacy and helping you build yours.

I am the author of:-

"Get the Life you Love and Live it"

and

"Personal Social Responsibility"



My personal manifesto

I have always been passionate about people. My intention is to help as many people as possible be the best they can be, to connect them with their true passion and create a life they love, by inspiring and supporting them as a friend, writer, speaker, coach and philanthropist.

I believe that there is something special and unique about each and every human being. Your dreams can come true, and everyone has the capacity to realise them.

Life is meant to be simple, but we complicate it – you are meant to have joy in all areas of your life. You can live and enjoy each day as they wish.

Life is about living with purpose, commitment and making a difference to yourself and others in whatever way works for you.

For many years, I had this restless feeling that I had not yet accomplished enough. Yet, by most people's standards, I was very successful. On the surface, I had it all, but I now know that

all that wasn't enough—nor was all as it seemed on the outside.

Inside, I was not happy. Instead I was frustrated and this led to stress and ill health. Deep down I wanted to do something more profound, fulfilling and world changing.

I bet a lot of the people reading this report will have also experienced such a yearning.

I then realised that one can't save the whole world single-handedly, and we can't all be a Gandhi or a Mandela. But we can certainly make a difference to one person at a time. This insight led me to write my books and now this report.

At the same time, it is not even about saving the world! The best way forward is by facing reality and accepting it – we are where we are. We cannot negate the past nor can we make anyone wrong.

By assuming all is well and coming from a place of totally accepting where we are without any blame or guilt, opens up a place for creativity. Coming from such a place means we can make things happen in a more empowering way.

My personal aim for this manifesto is to create a group or tribe of like minded people who want to leave their mark and create a better world – a network of Make It Happen people, if you like. People like you who are committed to taking a stand, changing the world and enjoying a life long fiesta at the same time!

Join me and others on our journey of making it happen for yourself in your life and in the world at the same time.

My intention is to create a community of people to come together, be inspired and become empowered. I want to help this community with their goals based on a new paradigm of collaboration rather than competition, community service rather than self-aggrandisement, sustainability rather than exploitation.

My dream is that people are successful and fulfilled in all areas of their life – in their work, wealth creation, relationships, family, community, spiritually and in creating their legacy.

I am all up for wealth creation and living an abundant life with all the material rewards one desires and chooses.

To me life is about having great relationships, vibrant health and fulfilling work. It is also about growing your self-awareness and achieving your goals - whether they are to make more money, find your life partner, express your creativity, become healthy and fit, and of course to contribute to the world in some way.

What is Success?

- *To laugh often and much;*
- *To win the respect of intelligent people and the affection of children;*
- *To earn the appreciation of honest critics and endure the betrayal of false friends;*
- *To appreciate beauty;*
- *To find the best in others;*
- *To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition;*
- *To know that even one life has breathed easier because you have lived; this is to have succeeded.*

— *Ralph Waldo Emerson*

What I believe:-

1. We can all have abundant, peaceful and happy lives.
2. We are here to make the most of what we have and leave the world a better place than we found it. This includes creating financial abundance for ourselves, living healthy lives and having loving relationships.
3. Everyone has a right to live with dignity and respect.
4. There is no limit to our ingenuity in improving the lives of our fellow human beings – we just need the will and desire to do so.
5. Ultimately, we all want to live peaceful lives of contribution and making a difference to others in our own small or big way.
6. We are here for a short time on the earth and it is up to each one of us to create a lasting legacy for those who will follow us.
7. Though we may face challenging and at times seemingly impossible odds, we will ultimately prevail and the world will be a better, more just and safer place.

- *Arvind Devalia*

"When we talk about settling the world's problems, we're barking up the wrong tree. The world is perfect. It's a mess. It has always been a mess. We are not going to change it. Our job is to straighten out our own lives."

- Joseph Campbell

Part Two: How to start Making it Happen in your life

Part 2: How to start Making it Happen in your life

- *"Human progress is neither automatic nor inevitable... Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals."*
- Dr Martin Luther King, Jr
 - *"Right actions in the future are the best apologies for bad actions in the past."* ~
Tryon Edwards
-



-
- *“The fastest way to find your self is to lose yourself in the service of others”*
- *Gandhi*
-

Let us begin by looking at just where you stand in the world.

Firstly, there is already so much goodness in the world and in our lives. Perhaps the first step is to become aware of the magic happening all around you.

Look for the magic in the moment. For example, as I write this in my garden, I can see bees hopping around from flower to flower, continuing their natural cycle from millions of years ago.

Every bee and every flower matters. Together they are part of this wonderful tapestry we call life. Nature just takes its course and you are just as important a part of all this magic happening around us. YOU matter too.

That is my key point – each one of you is special with your own unique gifts to

offer the world. Remember that we are all interconnected so your gifts make a difference to everyone else.

So the key is to be aware of just what you have to offer.

Ask yourself:-

- **What is the greatest gift I can give to the world?**
- **And how can I best make a difference to the world?**

You can take this work even further by working through the 2 questions posed by **Chris Guillebeau** in his excellent guide to world domination.

He poses these 2 questions:-

- **What do you really want to get out of life?**
- **What can you offer the world that no one else can?**

Once you know what you really want to get out of life and also what your greatest gift for the world is, you are

ready to begin your journey to make it happen in your life.

Then I suggest you insert your name and your pledge in the statement below:-

I

commit for the rest of my life to contribute to the world by sharing my greatest gift to the world which is

.....

I am going to take you through a journey to make it happen in your life. I will share what has worked for me as well as some inspirational examples from around the world.

-
- *“Give me a place to stand and I will move the world”*
- *Archimedes*
-

2.1 Simplify Your Life

- *“Out of clutter, find simplicity.” - Einstein*
-

I have found that the single most important thing we can all do in our lives is to simplify, simplify and simplify.

Our lives nowadays are so full – we have little space or time to truly appreciate and enjoy the world around us.

On a global scale our complex lives and insatiable desire for material things is not sustainable anymore. So, by simplifying, you will have more time for the simple things in life and help the world at the same time. Consume less!

You must clear out all those things from the past that are holding you back in order to move forward. Clutter is not just those physical things hoarded for years. It includes relationships, time commitments and other things that use

up more of your energy than you can afford to give them.

Is your home full of things you no longer use? Do you have so many commitments that you don't have quality time for anything? Are you surrounded by people who drain you? If so, then perhaps it is time you reviewed what they add to your life, and what they are taking away.

Learn more about simple productivity, focus and do great things. I can highly recommend that you apply the principles of *The Power of Less*, an excellent book by star blogger, Leo Babauta.

And be sure to subscribe to his wonderful world changing blog [Zen Habits](#).

The great benefit of cleaning up your life is that it boosts your energy levels since you are no longer wasting time and mental thoughts on things that are unimportant to you. You can now focus on those things that really matter in your life and will change the world in the long term.

Reduce your commitments. Become ruthless and take on less. Every time you

agree to do something, ask yourself: *Is this the best thing for me and my life?*

Be strict and only do things that support you in your chosen lifestyle and which give you joy and reflect your values. Clear up those things that rob you of your time. Watch less television. Go outdoors more often, and enjoy the fresh air. Review your friends. Begin to gently let go today of any friendships that no longer support and nurture you.

Avoid spending too much time following world news – there is just so much gloom and doom in the news anyway – why allow that to get you down?

Clearing the clutter will create a space for new things to come into your life.

Also, remember to recycle those things you no longer need – by giving it away to someone who needs it you will be saving the resources of the planet and spreading some goodwill.

2.2 Healthy Living and Eating

- *“If I'd known I was going to live so long, I'd have taken better care of myself.”*

-Leon Eldred

You owe it to yourself to be the healthiest and fittest you can be. How much self care you take will make a huge difference to your life and the world.

If you are going to save the world, start by saving yourself first!

Your health and well being are the foundation of your life. You can have all the money and time in the world, yet without good health they would be worthless.

I emphasize total self care - you must be willing to make major changes in all areas that are holding you back, including those long established habits that no longer serve your best interests.

You only have one body and today is the day to start taking care of it. What are

you willing to do to make your body a “temple”?

Just imagine how much better your life would be in the years to come if you had optimum health. Conversely, how much more fun and vibrant would your life be today, if you had taken better care of yourself years ago?

So start a regime of total self care from today. Your body absolutely relies on you to do the best for it - please do not let it down any longer.

Eat the best food you can since if you eat junk food, your body will feel lethargic, and suffer in the long term. It is a cliché but so true – you are what you eat - so no more junk food!

Also cut down on eating out - nothing beats fresh home-cooked food. Eat moderately, minimise snacking and wherever possible, eat organic food.

Drink lots of water. A minimum of two litres a day will make an immediate difference as toxins get flushed out of your body.

Exercise daily and make it fun and enjoyable. Go to the gym, go for a daily walk, or take a dance class - find something that you enjoy and you will stick to it more easily.

Cut down on things such as caffeine and smoking and consider gradually cutting them out completely. Relax and get some stillness in your life. Make relaxation a normal state of mind for you. Take up meditation or yoga.

Adopt a positive attitude and spend more time with positive people. Become aware of those people who drain you, and see less of them. This may seem harsh, but remember you are adopting total self care.

Begin to take total self care today, and you will enjoy life so much more once you have optimum health. Life becomes a joy, and you will have the energy, passion and drive to make the most of it.

Remember, you also owe it to the world to be the healthiest you can be. Start today, reclaim your birthright and get the healthy life you deserve and desire. Then you will be better equipped to save the world!

2.3 Strive for Excellence

- *“Never neglect the little things. Never skimp on that extra effort, that additional few minutes, that soft word of praise or thanks, that delivery of the very best that you can do. It does not matter what others think, it is of prime importance, however, what you think about you. You can never do your best, which should always be your trademark, if you are cutting corners and shirking responsibilities. You are special. Act it. Never neglect the little things.”*

- *Og Mandino*

What the world needs today is more and more people being the best they can be.

As Einstein said, the challenges we face today will not be solved by the same thinking that created them in the first place. So we need more and more people to think big and be the best they can be.

Strive for excellence, rather than doing just enough to get by. Be the best that you can be!

How you do things is a measure of how you rate yourself. So use your talents, abilities, and skills in the best way possible. Get ahead by giving that little bit extra and by simply doing your best at work, home and play.

Always give more than is expected of you, exceed expectations and go the extra mile. Look at every situation in terms of adding value. Do things faster, better, and even more cheerfully for everyone in your life – customers, employer, family, and for yourself.

Have a passion for whatever you do for a living because if you don't then you will only be putting in minimum effort and your half-hearted attempts will ultimately show up as mediocrity.

Believe that what you do matters, and that it will make a difference. A life of excellence comes from continually making a contribution.

You can't save the whole world single-handedly, and we can't all be a Gandhi

or a Mandela, but you can certainly make a difference to one person at a time. So look for ways to contribute.

Ask yourself what special skill or knowledge you have, that can solve a problem or make the best of a situation and that will help or support others.

Remember also that striving for excellence does not mean you must be perfect. Go for excellence, not perfection!

Challenge yourself to excel all the time. Aim high and push to be your absolute best — then go even beyond that. You are capable of far more than you think. At the same time, be realistic – do not set your sights so high that you have no way of reaching your goal. Do not set yourself up for failure.

Living a life of excellence is not difficult. Simply decide right now to give it your best shot. As some one said, go the extra mile – and remember that there is no traffic jam on the extra mile.

Be the person who goes the extra mile and make it happen for yourself and the world.

2.4 Relationships

- *“Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.”* - Lao-Tzu
-

One of the greatest challenges the world faces today is conflict between nations, cultures, religious groups and ideologies.

To me it all comes down to a need for greater understanding, acceptance and tolerance amongst people.

You can contribute greatly to the world around you simply by improving the quality of all your relationships.

It comes down to this – wherever you go in the world, people want to be appreciated and know that they count.

Ultimately we all want to feel we belong and connected and we wish to

contribute no matter how small that contribution is.

For example, remember a time when a stranger asked you for directions and you were able to help. I bet you felt great afterwards having helped someone.

Some people you meet have so much love in them you can feel it in their presence and see it in their eyes. They simply cannot do enough for you.

People will come and go, but their impact and their essence remains with you forever. It is up to you what you make of their presence in your life.

Every person has a “gift” for you – a lesson – ask what you can learn and receive in each relationship.

People who push your buttons are your greatest teachers. Remember we can never change anyone else, only ourselves. Therefore, the best thing you can give people is acceptance.

The key is to know that people really appreciate honesty and openness in

relationships. Always be true to your word and tell it how it is for you. Speak the truth directly and authentically.

This doesn't, however, mean being brutally rude. It is important to also be respectful of other people's feelings and opinions. Be tactful as appropriate to the situation.

Show your appreciation in all areas of your life. Say your thanks genuinely and wholeheartedly, especially to all those strangers who do so much to make your life convenient and easy, such as shop assistants and the postman.

The greatest gift you can give people is your undivided attention. Be interested in other people. The emphasis here is on being interested rather than 'interesting'. Be genuine about this and do not fake it.

Remember the old saying – do unto others what you would have done to you. Communicate clearly, so as to avoid misunderstandings and conflict.

Stop gossiping about others as it will inevitably come back to you. Learn to only say good things about others – by doing this one thing alone, your relationships will improve dramatically and you will get on better with others.

And more than ever before, the world needs people to get on better with each other.

-
- *"The love you fail to share is the only pain you live with right now in your life"*
- Shore Slocum
-
- *"All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood"*
- Universal Declaration of Human Rights Article 1
-

7 Key steps to improve all my relationships today:

1. I accept people totally and completely as they are and I allow others to be as they are. I know that they are perfect teachers for my journey of acceptance and understanding.
2. I look for opportunities to connect with, contribute and make a difference to another person at least once a day. This is what leads to true connection and fulfillment.
3. I am deeply grateful for all the people in my life who make my life so easy and rich. I show my appreciation at every possible opportunity.
4. I take nothing personally and accept that everyone is on their own journey of growth and learning. I forgive and let go of any past grievances.
5. I look for the love and goodness in others for love is all that matters.
6. I bring more joy, happiness and love in my life and other people's lives.
7. I practice an attitude of gratitude daily.

- Arvind Devalia

2.5 Career / Work / Vocation / Business

- *“Don't ask yourself what the world needs; ask yourself what makes you come alive.”*
- *And then go and do that. Because what the world needs is people who have come alive.”*

- Harold Whitman

● WHAT makes you come alive?

A lot of people are either unsure about what they really do want to do, apathetic about finding what they really love doing or are simply resigned to being in their current situation.

An essential part of making it happen in your life is to find work you love - when you do so, you will indeed jump out of bed looking forward to the day and the adventures to come.

Do you love the work that you do or would you rather be doing something else? Ask yourself if the payoff you get financially, or in any other way, is worth being in the wrong job with the potential for years of resentment and drudgery.

In the short term you can do a lot to begin enjoying the job that you do. But beyond that, almost anyone can find a job that they enjoy. It may take time and perseverance but it can be done.

To get started, sit down quietly and visualise yourself doing your dream work. Where are you? Who are you with? What are you doing? Now, write down the first ten words or phrases that come into your mind.

Remember that it is your life and you always have a choice in what you do, where you work and for whom.

● What really excites you?!

Look at your core values and base your work around them. If necessary, review your values and see if they have changed. Once the work is based on your values, it will become joyous, fulfilling and energising.

Ensure that your work nurtures such values as creativity, integrity and a desire to contribute. It all comes down to what you are passionate about. So connect with your passion!

What is it that when you do it, you lose all track of time and awareness? Consider what you would do if you had all the time and money in the world.

Reflect on what things make you buzz and what contribution you want to make to the world. Get clear about what you want to be remembered for.

● What unique talents do you have to offer the world?

Finding work you love and enjoy will go a long way to allow you to make it happen in all areas of your life.

-
- *“There is no scarcity of opportunity to make a living at what you love; there's only a scarcity of resolve to make it happen.”*

- Wayne Dyer

2.6 Fun & Leisure – Find your Joy!

- *“Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful!”*

- Buddha

Have you noticed how some people always seem to be happy, smiling and full of joy, no matter what is going on around them? How do they do it?

We can all be like them and it is our birthright to live joyous lives. The key is to rejoice and celebrate your life as it is today.

Do what brings you joy every day. This could be as simple as a walk in the park, playing with children or taking part in your favourite sport or hobby.

To start with, accept that it is okay and normal to be happy and joyful. Do not see being happy as being unduly selfish, or materialistic, or self-centered.

Live your life with positive optimism. Negative thoughts and worry zap your energy. Thinking of the good and positive things in your life generates feelings of warmth and appreciation, and draws even more positive things to you.

Spend more time with positive people and most importantly limit your input of negativity such as the media. There is so much talk of doom and gloom in the world today, it almost becomes a self fulfilling prophesy!

It is also key to live with an attitude of gratitude, which invites grace and more abundance to enter into your lives.

Gratitude is a way of reaching back to our natural state of happiness. You get to notice what's right instead of what's wrong and begin to see every “problem” as an opportunity for growth and development. Is your glass half full or half empty?

Are you grateful for your life? Or do you whinge about everything?

To remind you of gratitude everyday, I invite you to perform the gratitude dance! I challenge you to [look at this video clip and NOT smile!](#)

Learn to show gratitude. Just take a second and appreciate that you are alive!

- *“If the only prayer you said in your whole life was, “thank you,” that would suffice.”*

- Meister Eckhart

Be happy with what you've got - not what you want. Focus on what is right in your life rather than what is wrong. Appreciate what you have.

There is so much beauty and grace in the world if only we can get to appreciate it. Appreciate the nature around you. Literally stop and smell the roses.

We are all too busy - become present to the beauty of nature and keep at it.

Smile! Sounds simple and it is. Do something for someone else. Random acts of kindness are magical and giving of yourself is one of the best joys of life.

Become conscious of the joy you get from all your positive acts. When you give the gift of a smile or a kind word, you create a wonderful ripple effect of joy that touches many, and helps build bridges between everyone.

From today onwards, remember - it is a crime to go around with a miserable face!



Be Happy....NOW!

We convince ourselves that life will be better once we are married, have a baby, then another.

Then we get frustrated because our children are not old enough, and that all will be well when they are older.

Then we are frustrated because they reach adolescence and we must deal with them. Surely we'll be happier when they grow out of the teen years.

We tell ourselves our life will be better when our spouse gets his/her act together, when we have a nicer car, when we can take a vacation, when we finally retire.

The truth is that there is no better time to be happy than right now.

If not now, then when?

Your life will always be full of challenges. It is better to admit as much and to decide to be happy in spite of it all.

For the longest time, it seemed that life was about to start. Real life.

But there was always some obstacle along the way, an ordeal to get through, some work to be finished, some time to be given, a bill to be paid. Then life would start.

I finally came to understand that those obstacles were life.

That point of view helped me see that there isn't any road to happiness.

Happiness IS the road.

So, enjoy every moment.

Stop waiting for school to end, for a return to school, to lose ten pounds, to gain ten pounds, for work to begin, to get married, for Friday evening, for Sunday morning, waiting for a new car, for your mortgage to be paid off, for spring, for summer, for fall, for winter, for the first or the fifteenth of the month, for your song to be played on the radio, to die, to be reborn... before deciding to be happy.

Happiness is a voyage, not a destination.

There is no better time to be happy than... NOW!

Live and enjoy the moment.

- Author unknown

Live with joy!

Here are some relevant words from Nadine Stair, apparently aged 85 and suffering terminal illness when he wrote them:-

If I had my life to live over...

- I'd dare to make more mistakes next time.
- I'd relax, I would limber up.
- I would be sillier than I have been this trip.
- I would take fewer things seriously.
- I would take more chances.
- I would take more trips
- I would climb more mountains and swim more rivers. I would eat more ice cream and less beans.
- I would perhaps have more actual troubles, but I'd have fewer imaginary ones.
- You see, I'm one of those people who lived sensibly and sanely, hour after hour, day after day.
- Oh, I've had my moments, and if I had to do it over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day.
- I've been one of those persons who never goes anywhere without a thermometer, a hot water bottle, a raincoat and a parachute.
- If I had to do it again, I would travel lighter than I have.
- If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall.
- I would go to more dances.
- I would ride more merry-go-rounds.
- I would pick more daisies.

So make time today in your life for all of these things. And of course do pick some daisies.

Find your joy!

- *Nadine Stair*

17 tips for more happiness

1. Know and accept that it is okay and normal to be happy. Do not see being happy as being unduly selfish, or materialistic, or self-centered.

2. Look for the positive things in your life right now. Live your life with positive optimism. Also spend more time with positive people. Arrange to meet up with that friend who always seems to lift your spirits.

3. Cut down on the input of negativity such as the media. Also, you can choose how you feel regardless of what the weather is like.

4. Show gratitude. Make a list of at least 5 things that you are grateful for in your life. Just take a second and realise that you are alive!

5. Appreciate just what you have got going for you in your life right now. Begin today to tell all the people in your life how much you appreciate them being there for you.

6. Look for ways of helping other people – this will stop you focusing so much on yourself and your current life situation.

7. Consider learning a new skill - you will get an immense sense of accomplishment if you finally start that long promised course.

8. Create a fun break everyday even if only for 10 to 15 minutes. Schedule this time into your daily routine, perhaps during your lunchtime.

9. Smile. Sounds simple and it is. Try this today when you go out - smile at everyone you see. The more you smile, the more people will smile back at you.

10. Make at least one friendly phone call each day, with no intention to get some business or anything else - just a friendly hello without any expectation.

11. Appreciate the nature around you. Breathe in the fresh crisp air. We are all too busy – continue to remind yourself about how beautiful nature is and allow yourself to be in awe.

12. Eat and drink healthily. Treat yourself to nutritious and tasty food daily. You need and deserve quality food.

13. Exercise regularly and make it fun. Remind yourself of the benefits and adopt exercise habits as part of your daily routine.

14. Get sufficient sleep, which will keep you shining. Determine just how much sleep your body needs and make sure you get it. Make your bedroom a peaceful place for you.

15. Look back over your life and remember the happy times. List at least 5 funny or joyous moments and know that you will have more of these soon.

16. If you are down a bit, then let it all out. Laugh, cry, scream or anything else you get the urge to do, but do whatever it takes to let out the emotions you are feeling.

17. Do something for someone else. Random acts of kindness are magical and giving of yourself is one of the best highs you can get.

Be aware of the opportunities and possibilities around you everyday to have more fun, fulfillment and joy in your life.

Simply choose to see the world as your oyster and your playground!

- Arvind Devalia

2.7 Personal Social Responsibility

- *"In terms of power and influence you can forget about the church, forget politics. There is no more powerful institution in society than business... The business of business should not be about money, it should be about responsibility. It should be about public good, not private greed."*

- Anita Roddick

More than ever before, the world needs everyone to take responsibility for their actions and how they choose to live their life. I feel it is really time for all of us to take on Personal Social Responsibility (PSR).

In the same way that in recent years, businesses have finally begun to embrace the concept of Corporate Social

Responsibility (CSR), it is time for us as individuals to practice PSR.

PSR is all about doing to others what you would like others do to you. It is about recognising how your behaviour affects others, and holding yourself accountable for your actions.

For example, contrast someone being well mannered with someone being rude. Ideally a PSR aware person will:-

- **Always endeavour to have a positive impact on others.**
- **Have a mindset to contribute.**
- **Refrain from causing negativity in the environment. For example, by not littering or gossiping.**
- **Remember that any social and economic activities will have a positive or neutral impact on the environment.**

PSR is all about addressing how we live our lives and the impact we have on everything and everyone around us, both locally and globally.

The point is that everything we do matters and makes either a positive or a negative impact on everything around us. The time has come when we cannot just rely on others - each one of us has to do our bit.

Remember Gandhi's famous quote - **"Be the change you wish to see in the world."**

From the being, comes the doing and ultimately the having. So we now have the message - **"Do the change you wish to see in the world"**.

A socially responsible person will endeavour to have a positive impact on others and enrich the environment. Strive to make a positive contribution, and do not pollute the atmosphere, both physically and metaphorically.

So from today onwards, start by firstly becoming aware of the concept of PSR. By coming from a place of being socially responsible for all your actions, you will immediately begin to think differently.

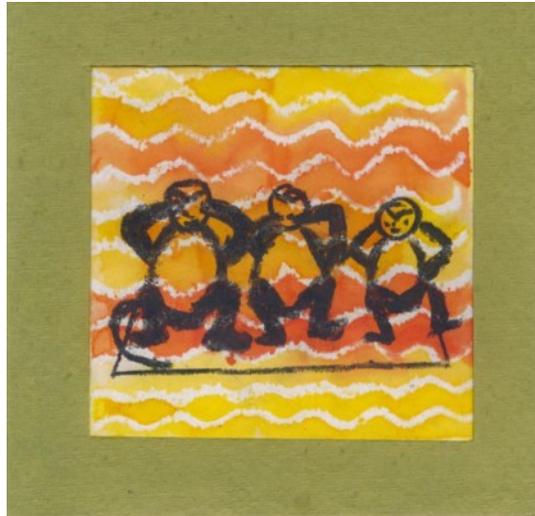
Then start acting from this new found awareness of PSR. For example, even by giving way to a motorist when it's your right of way will help improve the world. Recall how great you felt when you have done just this in the past, and the other driver has graciously acknowledged you.

So you see, everything you do does make a difference.

Make your life and your actions count from today. Make it happen.

-
- *"Come from a place of being socially responsible - you owe it to our future generations."*

- Arvind Devalia



2.8 Build your Legacy

- *"I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve."*
- Dr Albert Schweitzer
-

I believe that we all have a gift and a life purpose that we yearn to fulfill.

Today with the world facing so many challenges, we need more and more people to step up and declare what they stand for.

We need more people to build their lasting legacy. There are so many areas that one could dedicate their life and make a difference such as becoming a peace activist, saving the environment, finding sustainability solutions and so on.

- **How can you bring more peace into your world?**

- **What grievances and wrongs are you willing to accept and let go?**

- **What cause can you take up?**

The point is we all want to live an inspired life! Make your personal vision as big as a global vision. We are not here to play small.

Everything we do matters! We don't really know what an impact we can have in the world unless we get ourselves out there. The world is waiting for more people to live inspired lives!

You can of course choose to be an entrepreneur and seek out monetary rewards for yourself as well as for others. More and more wealthy, self-made entrepreneurs are sharing what they have created with others.

Indeed, the material rewards alone are not something that drives many successful entrepreneurs – they are more interested in the contribution they

can make to the wider community and know what they are building can make a difference to others rather than a monetary gain for themselves.

Live a life of integrity and of being authentic to your true self. The moment you realise you have something amazing to give the world, the world will value you.

If your why is big enough, the how's will take care of themselves.

Find a mentor and some role models – read about others who are living the sort of life you wish to. Connect with those people who are inspiring others and making a huge difference.

Consider what you would do, if you had all the time and money in the world and knew you couldn't fail at whatever you attempted.

How would you feel if asked this question in the years to come: *What do you wish you had done in your life?*

To answer authentically and to prepare to build your legacy, spend some time reflecting on and answering these questions:-

- **How can you make the world a better place in your own way?**
- **What would you need to have done, for you to feel that you have fully lived your life purpose?**
- **What legacy do you want to leave behind?**
- **What one thing must you do in your lifetime?**
- **When will you begin?**

The clock is ticking.....



What is Success?

- *To laugh often and much;*
- *To win the respect of intelligent people and the affection of children;*
- *To earn the appreciation of honest critics and endure the betrayal of false friends;*
- *To appreciate beauty;*
- *To find the best in others;*
- *To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition;*
- *To know that even one life has breathed easier because you have lived; this is to have succeeded.*

– *Ralph Waldo Emerson*

Part Three: Go! Make It Happen!

Part 3:

Go! Make It Happen!

- *If you want happiness for an hour – take a nap.*
 - *If you want happiness for a day – go fishing.*
 - *If you want happiness for a year – inherit a fortune.*
 - *If you want happiness for a lifetime – help someone else.*
– Chinese proverb
-

- *I expect to pass through this world but once. Any good therefore that I can do, or any kindness that I can show to a fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.*
– William Penn
-

- *I believe life is constantly testing us for our level of commitment, and life's greatest rewards are reserved*

for those who demonstrate a never-ending commitment to act until they achieve. This level of resolve can move mountains, but it must be constant and consistent. As simplistic as this may sound, it is still the common denominator separating those who live their dreams from those who live in regret.

– Anthony Robbins



-
- *“Everyone can be great, because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You only need a heart full of grace - a soul generated by love.”-*

- Dr Martin Luther King Jr

What the world needs today is more people passionate about following their heart and making a difference.

What the world needs today more than ever before is more people committed to living a life of passion, service and contribution.

What the world needs today is more leaders to step up and speak up for what they ultimately know is the best thing to do. And take a stand for what they truly believe in.

So take a stand and join me and other like minded people on my journey.

This journey is not for the faint hearted - you will have to do whatever it takes to make it happen in all the areas of your life and to create your legacy.

The Chinese say, *“The best time to plant a tree was always 20 years ago. The second best time is always today.”*

Well, planting trees and making it happen to create the life of your dreams are the same! Start today!

Keep the faith in family, friends and humanity in general. At the same time, remember that you can have your cake and eat it too.

You may face a number of challenges along the way.

Getting started is the first challenge. Do not succumb to procrastination. Just take the first step!

-
- *“Your calling is where your own greatest joy intersects with the needs of the world.”*

-Frederick Buechner.

Do not ponder either on your true calling. Once you are committed and

passionate about your life, your calling will get clearer.

As for lack of confidence and self-doubt about whether you are a leader, remember that everyone is a born leader. Being a leader gives you charisma. Take a Stand!

As you begin to grow and take baby steps on your new journey you may scare off some of the people around you. Others may tell you about all the things that could go wrong. But just keep your ultimate goal in mind.

Also accept people for what they are and where they are in their life journey. Life is too short to hold on to petty grievances and we never know what tomorrow is going to bring us.

My father passed away 18 months ago and throughout the tough period of grieving over the following months, I remember one particular evening during the mourning period when we had gathered some friends and family at home.

We had an appreciation and gratitude sharing circle and that memory will live

with me for always. We were all in a special zone and the learning was that we could and should appreciate the good points of our loved ones whilst they are alive and with us – rather than after they have left us.

Also, we should all learn to notice and appreciate the good side of people rather than simply focus on their faults, as most people do. We all tend to quickly forget the togetherness and the good, supportive times we share with our families but such memories remind us of how short life is, and how we should all make the most of what we have.

So ignore the negative people around you and find like minded people.

We are clearly in a race against time to stop global warming, cure diseases & save the environment and come to our senses before we expend all our planets resources.

And if you have got this far in this report, then you are not the only one who thinks like this.

We can win this race if we work together and help one another.

Earlier this year I attended a “Be The Change” Symposium and their statement of commitment really resonated with me.

“I am committed to bringing forth an environmentally sustainable, spiritually fulfilling and socially just human presence on this planet as the guiding principle of our time.”

The commitment to a committed life takes over your life and is larger than you.

Remember the power of one man in Tiananmen Square in 1989 – one single Chinese student defied a battery of army tanks in what became a symbolic image of taking a stand.



None of those tanks ever moved. That's the power of one person.

Finally the biggest and most fulfilling challenge you may face is actually building your legacy.

Get Inspired!

There is no better time to get started with building your legacy. Be inspired by the many people all around the world who are making it happen.

Miraculous things do not happen overnight, but if you leave the world 5% better than when you found it, you have achieved your life purpose.

I am delighted to share the inspiring stories of some of the people who I have had the honour and privilege of being connected with and meeting over the last few years.

I have met a couple of Nobel Peace prize winners recently, both of them carrying out amazing work in their own countries and abroad.

Professor Muhammad Yunus received the 2006 Nobel Peace Prize for his work pioneering the concept of microcredit - lending money to people who are so poor that no one else would even consider them for a loan.

Over the years Professor Yunus has lent millions of dollars to more than 7 million people in Bangladesh, most of them women. Now his work through the Grameen Foundation is being spread to other parts of the world with great impact.

Professor Yunus, now known as the "banker to the poor" proved that micro financing relies on trust, not credit and once people are empowered, they want to help themselves and are more than capable of doing so.

This has been shown again by Shivia, a microfinance charity started by two London based social entrepreneurs and now empowering people in India and Nepal.

Then there is Shawn Ahmed, a young Canadian student who abandoned his graduate studies and set off for Bangladesh with his savings. Inspired by

the book, *The End of Poverty*, and a meeting with its author Dr. Jeffrey Sachs, Shawn Toronto set out from Toronto to end world poverty one project at a time.

As Shawn explains, *"I don't want to be a part of the generation that passes the buck — I want to be a part of the generation that solves the problem."*

What more inspiration do you need?!

Nirvana School in South India is a project that I have been lucky to have been involved in for many years now. The school has grown to what it is now based on the vision of one woman who created it to fulfill the dream of her late husband.

Sadhguru Jaggi Vasudev is a visionary and a humanitarian whose work transcends all boundaries. His work and life is dedicated to bring physical, mental and inner well-being to all people, through the science of yoga. But he does much more than that through his many social projects.

Sadhguru has established Project GreenHands out of deep concern for the

global effects of deforestation and land degradation, and in particular, for the rapidly changing ecology of Tamil Nadu, South India.

Throughout the world dire warnings are being issued about the effects of human activity on the natural environment.

Communities on every continent are experiencing the devastation of declining water quality, soil degradation, climate change and biodiversity loss.

Drawing extensively on community involvement and large scale volunteer participation, Project GreenHands draws heavily on community involvement and large scale volunteer participation and has the lofty aim to plant 114 million trees in Tamil Nadu, South India.

As Sadhguru says, we must make a fundamental change in the way we perceive life - we need a solution to bring about positive change in the world, not a revolution.

Sadhguru is currently campaigning for investment in health and education, rather than straight donations. He urges everyone to see this investment as a

"business investment - an investment in "human well-being".

Such noble projects such as Sadhguru's schools will only happen when there are inspired people around to run them.

This is where people like you come into the picture!

Another Nobel Peace Prize winner, famed for her work with the environment, is **Professor Wangari Maathai**, who became the first African Woman, and the first environmentalist to win the prize in 2004.

She is an environmentalist, a civil rights and women's rights activist and living proof of what can be achieved by resolving to stand by what she believed was the right thing to do against huge odds.

I guess we just need a few more Wangaris!

There are so many other inspirational examples from around the world of

people leading extra-ordinary lives and making a difference in their own way.

One of them whom I have already mentioned is **Chris Guillebeau**, who leads his "tribe" to a life of being unconventional and teaches the art of unorthodox living.

Shama Kabani (formerly Shama Hyder) is another young person making it happen in the world of social media and changing many lives and businesses. Dubbed "an online marketing shaman", Shama, who is only 23 year of age, is showing what is possible when one has passion for their work and their intention is to contribute and make a difference.

Compassion

We have many inspirational people around us, but what else do we need?

When we have events such as Tsunami, Katrina, 9/11 and 7/7, it is always uplifting to hear stories of heroism and humanity coming through after the initial shock and horror.

In the aftermath of such tragedies, what we feel and express is clearly something profound and deep - **compassion**.

It seems to take a Tsunami or a 9/11 for this compassion to be displayed. Yet this compassion is always there within us.

The challenge for all of us today is to channel this compassion, and then create and ultimately manifest our own vision of a better world.

- **What is your vision for the world?**
- **When will you begin to manifest it?**

Remember, it only takes a few people with a vision to change the world for the better in a very short time. Just look what Dr Martin Luther King achieved in a relatively very short time.

We can all have a dream for a better world. As someone said it is great to dream and build castles in the air. Now just go and build some foundations for those castles.

10 Simple Tips to Make It Happen Every Day

What would our lives be like if we could just simply cut out the drama? How can we make something happen in our lives smoothly and simply so our life becomes joyous and free flowing?

Simplicity is key. With a clear intention and just a little bit of prior reflection and planning, everything can be made easier and simpler.

1. Keep it simple. Spend a few minutes reflecting on how you can do something simpler. Cut out the drama.

2. Just do it! Get started and into the flow of things. The rest will be easy once you have got the momentum

3. Ask others for help. Learn to ask – there is no weakness in seeking help. Delegate if appropriate.

4. Don't do it! Ask yourself – does it really need to be done?! You could be

working on the wrong thing. You can even decide never to do it.

5. Clear up as you go along. As you finish one task, tidy up your space and minimise your clutter. Of course, having very little or no clutter in the first place will really help.

6. Be smart about doing it. Learn new tools and techniques to help you do things. Focus on the end goal and don't spend all your energy on learning for the sake of it.

7. Set a tight deadline. Be realistic but at the same time stretch yourself. Get some strict accountability if it helps you.

8. Make it fun. Otherwise why do it? Make what you do as enjoyable as you can.

9. Focus on the end goal. Be very strict and disciplined with yourself and stick to the task until done. Cut out all distractions.

10. Celebrate when you have done it. A key part of achieving anything – acknowledge yourself and those who have helped you get there.

We are capable of doing so much more and applying these tips will certainly help towards making that a reality.

Start today by doing that one thing which you have been putting off for so long.

Bonus Tip – Mind your own business! Let others be and follow their own journey – you get on with your own life.

Focus on yourself for now - and soon we can begin to look at the bigger picture and solve the world's challenges!

- *Arvind Devalia*

Some final words

- *“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”*

~Margaret Mead

You are now well on your way to make it happen in your life and in the world.

What do you believe in and what is your vision for the world?

I believe in the power of contribution, connection and celebration and my vision is to build a better world bit by bit, and to help others build their own lives, step by step.

My personal vision for the world is that one day generations of children to come will ask their parents if something called ‘war’ ever existed. They will wonder if people really did destroy each other in cold blood, and how humans ever let that happen in the first place. They will

also ask if children really died due to a lack of food.

I believe that it is such a vision that we must ultimately strive for as today we have a world challenged by a growing world population, increasing warfare and mounting environmental problems.

Perhaps I may be naive, but to live with such hope is for me the only way forward, since ‘an eye for an eye makes the whole world blind’. It was Gandhi who said this and in the world today, I believe that his words, wisdom and inspiration are needed more than ever.

As a child, I remember listening to a speech by a famous politician on the radio. He declared that in another decade, world poverty would be history and no child would ever go to sleep on an empty stomach. Those words excited me then, made me all tingly and lit me up, and continue to inspire me now.

We lived in Kenya at the time and just the thought of all African children no longer starving was very empowering. Even then I was aware of the vast disparity between the African people, the

Asians and the Europeans who owned most of the businesses.

Yet, decades since I heard that speech, world poverty is more endemic than ever and at least 20,000 children die every day of starvation.

I have a lot of children in my life and I often wonder just what sort of legacy we are building for them.

Children’s apparent innocence about the world out there can be heart breaking as well as endearing. But it is this very innocence that gives me hope and inspiration that we can indeed build a better world for them. It is our responsibility and we owe it to future generations.

We can choose how we will live our lives from here on. We can make this a better world for all of us and the generations to come if we really put our minds and hearts to it.

I urge each of you to aspire to create a life that will also make a huge difference to others. Commit to making the world a better place in whatever way feels right for you – small or big. And then of course go and do it.

As Gandhi also said, be the change that you want the world to be. Bring peace and love into the world in every way you can but begin with yourself.

And one day, a generation of children to come will indeed ask their parents if war and starvation ever even existed.

-
- *"The power of one man or one woman doing the right thing for the right reason, and at the right time, is the greatest influence in our society."*
- Jack Kemp
-

- "Remember that your life counts - and make it count.
- You are unique.
- There is no one like you on this planet.
- Never has been and never will be.
- Do not sell your self short.
- Do not sell the world short.
- This is your life - love it, live it.
- One life, one chance - grab it.
- Get the life you love - and live it".

• Arvind Devalia



**Here are some inspirational words
from Marianne Williamson
which make us realise
just how powerful and amazing we all are.**

Our Light

*Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that frightens us.
We ask ourselves
Who am I to be so brilliant, gorgeous, talented, fabulous?
Actually who are we not to be?
You are a child of the universe...
Your playing small doesn't serve the world.
There is nothing enlightening about shrinking so that others
won't feel insecure around you,
We are all meant to shine, as children do,
We are born to manifest the glory of God that is within us.
It is not just in some of us; it is in everyone.
And as we let our own light shine, we unconsciously give
other people permission to do the same.
As we're liberated from our fears, our presence
automatically liberates each other.*

Marianne Williamson (From her book 'A Return to Love')



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Make It Happen!

Would you like to:

- *Find out what you really want from life?*
- *Take your life to new heights in every area?*
- *Get the most out of every day from now on?*
- *Be healthy, fit and stress free?*
- *Be in a fulfilling relationship?*
- *Have more joy and love in your life?*
- *Be connected to like minded people?*
- *Help other people in every way possible?*
- *Make a difference in the world & change it for the better?*
- *Leave your legacy for the generations to come?*



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