

Challenges



*A Pinku and Dadaji
Series*

Challenges are periods of struggle

Pinku: Hello Dadaji... Good Morning

Dadaji: A very good morning Pinku. So, what are you doing?

Pinku: My teacher put across a challenge in the class that who solves this puzzle will get a surprise gift.

Dadaji: And so you are struggling to hit the jackpot correct?

Pinku: Yes... Dadaji Can you tell me how to face challenges?

Dadaji: Pinku from time to time we face smaller or bigger challenges in our life. Attitude towards those challenges plays the most important part. The person with positive attitude towards challenges gradually becomes stronger and more successful.

Pinku: What are the barriers in challenges Dadaji?

Dadaji: Well! It is often ourselves and those around us. How often have you thought about doing something challenging and find yourself saying: 'I'll never be able to achieve that!' More often, in my experience, it is the lack of support from those closest to you, your family and friends, who play the critical role in halting a challenge before it has even begun. 'There's no

Challenges makes you a better person

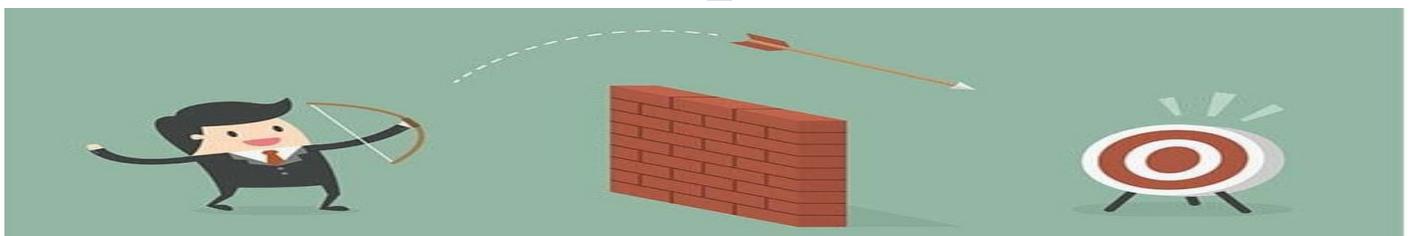
way you can do that' is a classic response to the presentation of a potential challenge to friends and family that leads to the first and most important risk to your challenge. Overcoming this first barrier and identifying your challenge is the first step on your road to success. Make sure the challenge is important to you, that you have the time to commit to the planning, preparation and delivery of the challenge, and that you have the resources to deliver success.

Pinku: Do you think it is good to share with others or near and dear about the challenges?

Dadaji: Having established your challenge, then you should let family and friends know what you are aiming to achieve – a challenge shared is a challenge halved!

Pinku: Dadaji...Should I set goals normally or challenging?

Dadaji: A goal should be challenging but achievable.



Challenges are just huddles to be crossed

It is important that you establish your goals at the beginning and make sure they are outside your comfort zone; don't set your sights low. In addition, make sure that the goal is measurable so you can monitor your progress on a regular basis. And most importantly, celebrate success. When you achieve a goal, make sure to smell the roses.

Pinku: Challenges often appear unachievable what should one do Dadaji?

Dadaji: You are correct Pinku... major challenges can often appear unachievable when viewed as a whole. The key to delivering success is to dissect the challenge into a number of smaller steps which together lead to the delivery of your challenge. Each small step can be viewed as a short-term goal. Combining a number of short-term goals leads to the delivery of a medium-term goal, and combining medium-term goals leads to the completion of your journey, the delivery of your long-term goal (your challenge) and success.

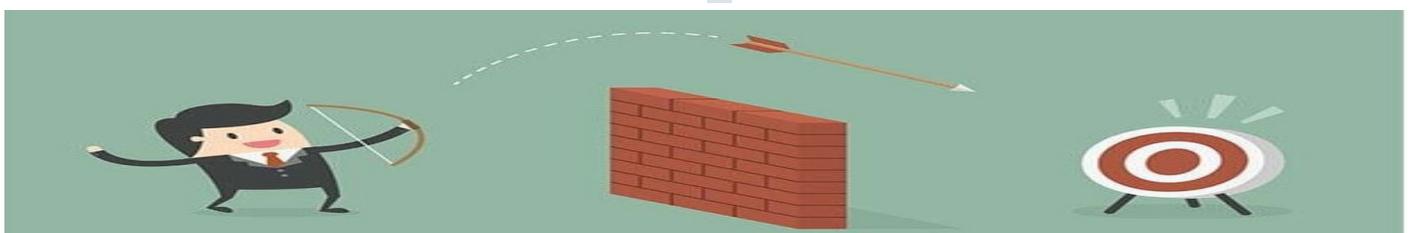
Pinku: Dadaji most often it's my own brain that becomes hindrance even to accept challenges.

Dadaji: Very true Pinku. The brain is central to the delivery of success whatever the challenge.

If you cannot overcome Challenges then what life have you lead ?

More often it is our loss of belief, commitment and motivation that leads to failure. Believing you can achieve your goal provides the foundations in overcoming your challenge. With belief comes a commitment to investing the time, effort and resources to make sure you continue to deliver your short-term goals, and repeated success in delivering your goals increases your motivation which, in turn, increases your belief in your abilities to deliver your long-term goal. Making sure you pay attention to your brain performance throughout your challenge will optimize your chances of delivering your goals. Pinku: Is it that everyone has to face some challenges in their lives?

Dadaji: Every human has to face challenges in life and that is life. How you come out is on you and its lack of faith that makes people afraid of meeting challenges.



Challenge is believe self & getting ahead

Remember one thing Pinku being challenged in life is inevitable but, being defeated is optional.

Pinku: I heard that dinosaurs extinct as they could not face the challenges of nature. How far is that true Dadaji?

Dadaji: The last dinosaurs died approximately 65 million years ago. Although the cause of their extinction is still a mystery, the main reasons for the extinction can be attributed to their large size which was a challenge to accommodate them with the nature. May be that they were unable to defeat the challenges of nature such as climatic change, diseases, changing plant communities, and geologic events could all have played a role.

Pinku: Dadaji what is the relation between challenges and fate?

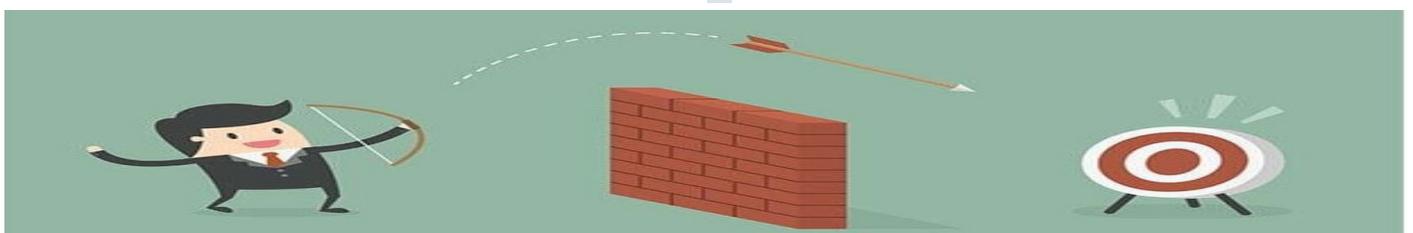
Dadaji: I don't know how far I am correct but for me fate is something which is unavoidable. It is something which you have accepted and possibly negotiated before you were born. Therefore you cannot argue against it during your lifetime and say it is unfair, for you have accepted it. Fate is the circumstances of your birth, the time of your birth and the place of your birth. It is also, of course, those high points of your life those times when you have no choice, where things move or

The more the strongly you believe the more you can overcome the challenges

push you in a particular direction and when you look back after a time you say it was inevitable. Fate is usually the manner and time of your passing on. But history has always proven that the direction of fate can be changed when you challenge the circumstances, when you say "No" to things which you usually say yes under pressure, when you encounter tough situations with a smile and fight back every time, when you bump into troubles and you say "welcome" I am ready. Those who have gone against odds were always successful and changed their fates by virtue of their strengths to challenge and come out of these odds.

Pinku: That seems interesting... Ok... Tell me Dadaji what is the relation between stress and challenge?

Dadaji: Well Stress and Challenge are two different labels or I would say two different choices or alternatives that you make.



Challenges what makes life interesting

Unfortunately, in modern life stress has certainly become a buzz word relating to just about anything in life that appears to give us difficulty. When you sense danger whether it's real or imagined the body's defenses kick into high gear in a rapid, automatic process known as the stress. The symptoms can be both physical and psychological. In short stress is a feeling of strain and pressure. What do you usually do Pinku when you feel strained or you are under pressure?

Pinku: Well! Dadaji...hmm... I start blaming myself for the situation and then go through the stress or pressure.

Dadaji: Well! Do you think that's the correct solution?

Pinku: I don't know Dadaji that's exactly what I have been done all through.

Dadaji: Stress gives you only two solutions flight or fight.

Pinku: That's interesting.

Dadaji: Yes Pinku... flight meaning you run away from situation and fight means you fight against the situation.

Pinku: Stress is all about our mind haunting us correct Dadaji?

Dadaji: Well to refine your statement I would

Criticism allows you to
self challenge

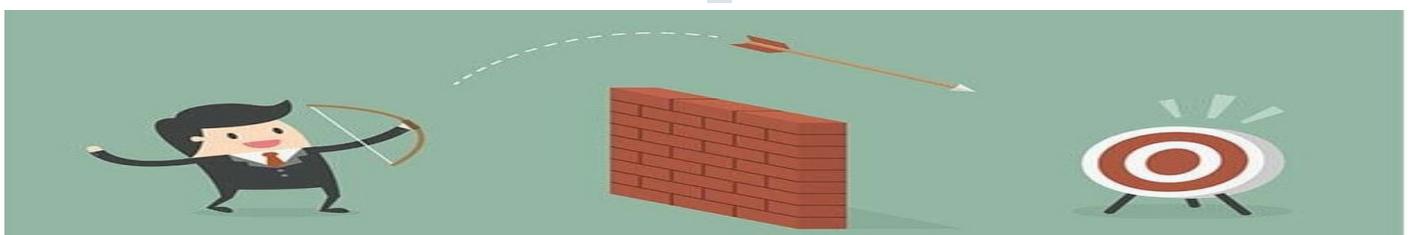
rather say negative vibes generated by mind puts you into stress. Now tell me if positive vibes are generated during pressure situation what happens?

Pinku: Can positive vibes be generated during stress situation?

Dadaji: Yes... you can always train your mind to do so... and that is where the difference comes. This is what we call challenge. When you see positive outcomes in everything you do, the label changes from stress to challenge and the outcome of success is more.

Pinku: That was great explanation Dadaji. Tell me one thing why there is so much retaliation against those who challenge?

Dadaji: I would not prefer to use the word retaliation I might use the word contradict/dispute those who challenge. For me that's healthy as you learn a great deal when someone disputes or may be criticize you.



Overcome Negativity overcome Challenges

Pinku: Dadaji it is said that a leader should always challenge the status quo... what do you mean by status quo?

Dadaji: Well Status quo is used mostly in political sense meaning the existing state of affairs. To make it simpler in terms of laymen language, it means something being in existence for long or has become monotonous. Challenging status quo means to challenge existing beliefs and go for improvements or take risk for better results or making choice to make things better. Every single leader in the history who ever wanted to create greatness, who wanted to create a better world, who wanted to create better practices, had challenged the status quo.

Pinku: Hmm... now I understand Dadaji that challenge the status quo mean, we believe that our abilities will be able to make a difference.

Dadaji: Yes exactly. Actually status quo is easy as the practice that has existed since long is easy to follow and there is history attached to it. Also, there is no risk in following the status quo. Hence, leaders also sometimes do not want to think out of the box and change the system as they are comfortable with what they have been doing since ages. This should change Pinku.

Challenges are inevitable

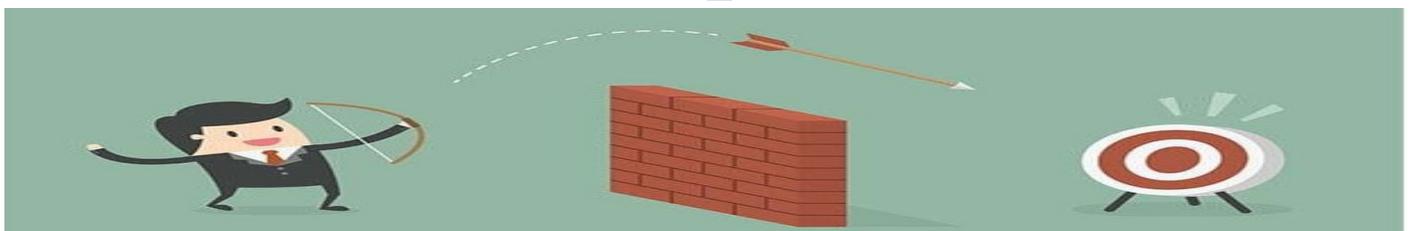
Face it

Changes are inevitable hence, always challenge status quo. Also, a leader's sense of purpose defines the stakes within the challenge they are confronting. The stronger the sense of purpose, the more it will help neutralize inevitable fears. For leaders to have lasting impact, they must provoke change, disrupt comfort.

Pinku: So what I understand Dadaji is challenge the status quo and go for change. Dadaji tell me one thing "Is challenge always difficult?"

Dadaji: Well! Pinku everything is state of mind. Difficulty has a negative, backward-looking connotation. Challenge is something you know is going to be hard, but theoretically you are eager to take it on. Challenge makes a game more satisfying, whereas difficulty causes frustration.

Pinku: Well explained Dadaji... Can I infer from above that challenge is actually a skill?



Challenges are test of wits

Dadaji: Hmm... Well your guess is actually correct. Challenge is skill of problem-solving and critical thinking abilities, along with your aptitude for succeeding under stress. Skills can also differ as per the attitude of the individuals one might prefer taking measured, methodological, and planned approach, whereas another might prefer deep dive in and do all that they can to meet the challenge, without necessarily thinking of the bigger picture.

Pinku: Which is better way of tackling Challenges Dadaji, a planned approach or deep dive?

Dadaji: Both the ways are good as long as the actions you take and the thought process you put produce positive results.

Pinku: Dadaji our school is now going into a new model called case studies. The principal said that this method will make you experts as you already know how to win a challenging situation. How far this is true Dadaji:

Dadaji: Well Pinku. Your principal is partially correct as all the situations cannot be embedded in case study methodology but still that's the best method of learning from others mistakes and how to overcome challenges in a better manner. In case study you are given a life situation where

Challenge your limits
And achieve what you want

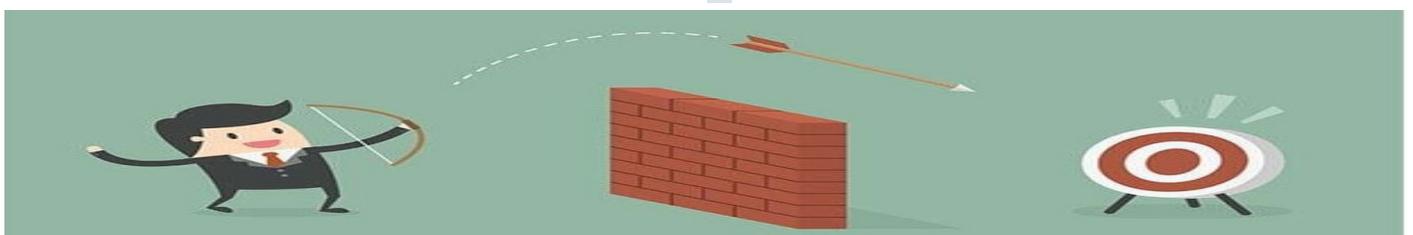
someone else has already been through such situation earlier. You are asked to solve the situational challenges with your own style/insight. Your brilliance in tackling such tough situations will show how much you are talented and how better can you handle challenges.

Pinku: I got it Dadaji. Instead of repeating a mistake someone has done in the past, or may be mistakes that you could fall pray for are being curbed through case study methodology.

Dadaji: Exactly.

Pinku: Can there be life without challenges?

Dadaji: Well! Challenges are the spice in life that makes it worth living. If there were no challenges in life, living would be a drag that would take away the charm of being alive. It may seem that one has to face more and difficult obstacles in life, but every challenge helps us become a better person.



Challenges are test of wits

The great fighter and boxing champ Muhammad Ali once said “It isn't the mountains ahead to climb that wear you out, it's the pebble in your shoe.” Meaning it's not outside challenges that disturb you it's your inside belief that troubles you whether you could make it up the challenge or not.

Pinku: Can you tell me any example of above statement where someone believed his inside strength.

Dadaji: Oh sure Pinku. There are several people in this world who have accepted the challenges of their disabilities and done wonders. One such person is Dean du Plessis. He was a cricket commentator from Zimbabwe. He was doing commentating for ten years despite the fact that he was blind. Du Plessis was born with tumors in both eyes, and was not expected to survive infancy. But he did, and has been following cricket since his childhood. Du Plessis knows the players well, and follows the action by listening to the stump microphones around the field.

Pinku: Oh! That was a great story Dadaji who would believe that a blind person can tell commentary. That was Wow! Dadaji.

Dadaji: Yes indeed Pinku.

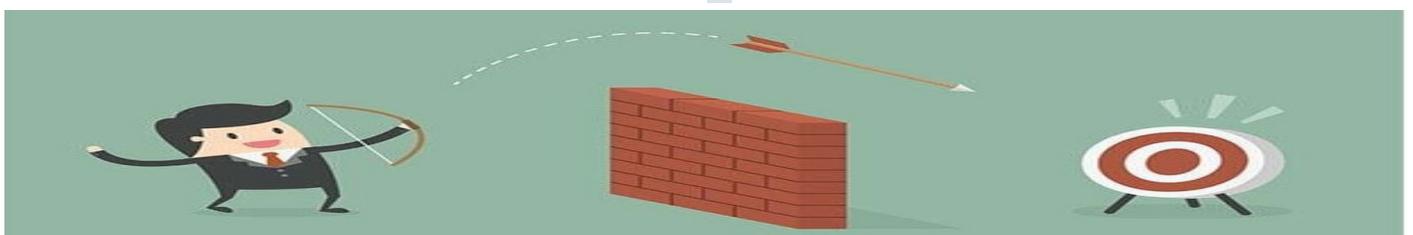
Every change is a challenge
and every challenge leads
to a change

Pinku: Then why some other people who do not have any disabilities, go through disappointments, unhappiness, frustrations and grudges?

Dadaji: Simple Pinku. They instead of challenging the situations are more happy carrying failures in their backpacks.

Pinku: I did not understand Dadaji can you please elaborate...

Dadaji: Oh sure Pinku. Many people go through life wearing a heavy backpack, a backpack filled with bricks of life's disappointments, unhappiness, frustrations, judgments and grudges. The backpack gets heavier and heavier as more bricks are added making each day more of a struggle. This can lead to feelings of unhappiness, depression and sadness. Let me explain. Bricks come from your response to the events in work and life that don't go as you would like.



We only grown when we face Challenges

When this happens, most people get disappointed, frustrated and upset. But instead of challenging with the event or circumstance, they justify being upset, forge a new brick and add it to the pile already in the backpack. The consequence is that life gets tougher and becomes less enjoyable.

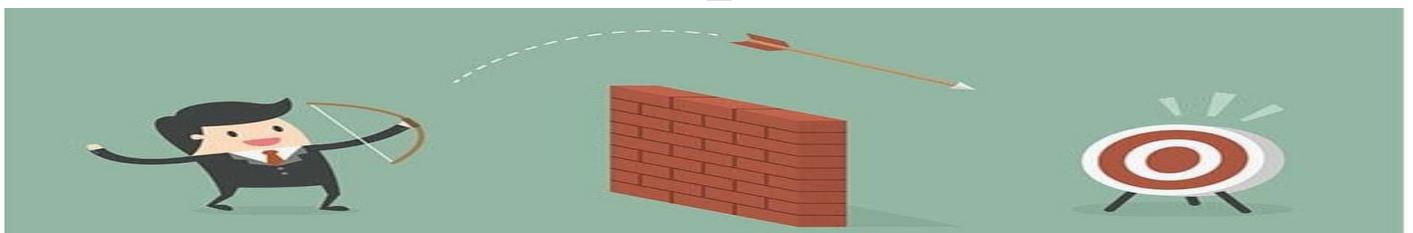
Pinku: hmm... that was really elaborated explanation Dadaji. Is there any relationship between having guts and challenge?

Dadaji: Well! If someone says you have lot of guts meaning you possess lot of courage and you are brave. Saying that the strongest fears often emerge in the anticipation of failure as fear become a paralyzing agent when our imagination runs out of control. We start imagining the worst possible outcome. Guts give the required strength, the movement to tackle that fear which enables to face any challenge, but that's not the "Mula Mantra" (Ultimate chant or chant which comes with guaranteed success) or only factor which will drive you. However, it is required in all the challenges you face.

Pinku: I have all the guts and believe to succeed but the only problem is others try to influence my thoughts which often drive me to put a back-step with my plan. Is that a good sign Dadaji?

Overcoming challenges
makes life meaningful

Dadaji: Not at all Pinku. That's not a good sign at all. This means that you start worrying and putting a back-step or the guts that you had to challenge a situation is slowly fading away as you are falling in someone's influence. If your thought is influenced, what is the use of having that gut believe which cannot be executed? That does not mean that you should not listen to others. You should have appropriate listening filters meaning you should only intake those thoughts which help you to give mitigation or easing of the risk that you may face while taking up a challenge. My thought process say's consolidate all the views or thoughts but take action as per your gut feeling or intuition which will lead you to win any challenge. After all you are writer of your own destiny hence; do not hesitate to take apt decisions to win over any challenging situation. What do you think will happen if you fail?



Smooth sea's do not make skillful sailors

Pinku: Well Dadaji I might be criticized or maybe I will not be feeling good.

Dadaji: Well taking up challenge does not mean that you always win. If you win you get accolades if you lose, you will get experience. But one thing is for sure Pinku, if your intent is good and still you fail, remember you will still receive accolades and not criticism.

Pinku: Hmm... I think I understood what you are trying to say Dadaji. Is Challenge driven by Geed Dadaji?

Dadaji: I truly appreciate the question Pinku. In accomplishing a challenge, you should have that greed or rather I would say that hunger to win. But greed should not be confused with "Selfishness" as selfishness has been hard-wired into our nature by the evolutionary struggle for survival. Better to have instincts such as cooperation, altruism and fairness to face challenges.

Pinku: Great Dadaji... Tell me one thing why do people remember god when they face any challenge?

Dadaji: Hmm... my personal opinion, to enhance courage or to gather that strength to face the challenge people looks forward to god. And, it is not a wrong approach at all. When you have

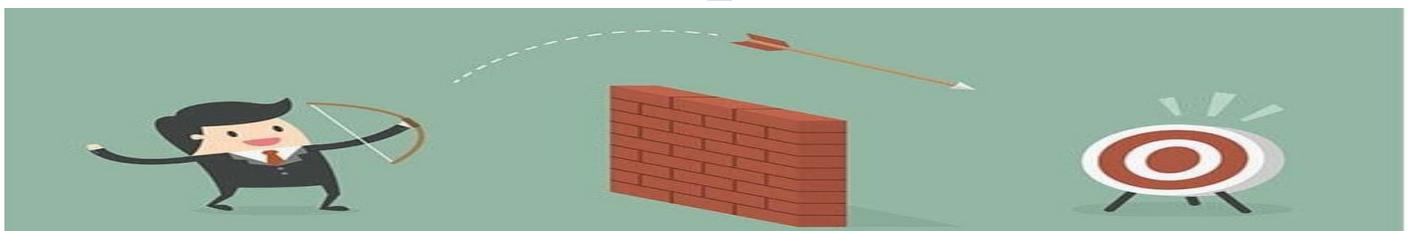
Challenging roads leads to beautiful destinations

faith, you have the courage to fight against all odds. Faith in self or god will boost the energies and hence, give strength to say "Get Set Go".

Pinku: Understood Dadaji. Do people with ego ever challenge?

Dadaji: Well! I don't want to confuse you with ego against arrogance. People with loads of ego usually are those who reflexively get hurt for silly reasons and they normally go into defensive rather than challenging the situation. But, ego is also connected to self-pride. So some people challenge and some people adjust to the situation satisfying their self-ego depending on their nature. However, arrogance is something which always comes ahead of a big fall. You are most likely to fail if you challenge being arrogant.

Pinku: Ah! Dadaji that was great explanation... I will never be arrogant any time in my life time.



Challenge your limits

Dadaji: Good Pinku. And, you should rather be proud of what you are or what you have achieved rather than building that arrogance that I am always the best. Time changes for everyone. Once upon a time champions and today no one cares. You need to continuously adjust to the present situation keeping your self-pride and challenge situations wherever required.

Pinku: So True Dadaji... What is the advantage of challenging or being challenged?

Dadaji: Pinku that's a very question. Challenges do not come alone, they bring lots of gifts along with them some of which are positive and some not so pleasant. The positive ones are accolades, rewards, enthusiasm to do more and not so pleasant one's are criticism, de-moral and blues (sadness). But one thing is for sure if you do not challenge, the one thing that you will never get is experience which leads your future.

Pinku: True Dadaji. I realize that more the experience, the more you know more and the more you are successful.

Dadaji: Yes Pinku. You should always challenge your limits and do not limit your challenges.

Pinku: That was a decent quote Dadaji. Tell me more.

When life gets tougher
Challenge yourself stronger

Dadaji: Talking to lots of people and also from my own experience, I realize how much we let our own assumptions and beliefs hold us back. A lot of the time it's to do with fear or a lack of confidence. We don't take a particular action or challenge because we're scared of what might happen; that we might fail, that people might not like us and etc. These confidence obstacles may be different, but the outcome is the same that we avoid and limit our challenges. And that creates lost opportunities for our development and our happiness.

Pinku: Yes Dadaji. True...

Dadaji: What is there in life to live if we do not challenge ourselves every second that we live. Life without a challenge is like body without blood. So take challenges head on, go for it and win. That is life. That's all I have for you Pinku as of now. We will talk about other topics later. Bye.

