



# HOW TO BECOME GREAT AND THE BEST WAYS TO ACHIEVE SUCCESS IN LIFE

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## Abstract

To be great and successful is very easy when we have strong youth with strong mind and body. My dear youth Arise, Awake and know your Strengths. Reach great heights in life, to come out with flying colours in all walks of life, to achieve desired goals, to overcome mighty obstacles, is the ambition of every youth. The great Swami Vivekananda once aptly said “**Arise, Awake and stop not till the goal is reached**, all the youngsters need to enhance their strengths and skills to make India as a super power in the world.

Everyone wants leisure, peace and joy but no one knows where to find these in this world of racing, broken hearts, crammed houses, packed buses and jammed minds. People are very busy with different activities which make our live more complicated. To be good and happy one should develop a positive attitude towards his/her life and others also. Due to globalization, today’s youth and professionals have a great scope and opportunities to work on international projects in different countries all over the world. There is a huge demand for high quality professionals throughout the globe, by strengthening the abilities of our youth, we can make our nation as a destiny for international skills hub. We can also make our nation as a super power.

Our great philosopher Swami Vivekananda wanted our youth to be like lions. He himself was a lion and came to this world to transform everyone into lions. His only mission in life was to awaken the youth of this country to bring back the lost glory of our motherland. His life and message are a perennial source of inspiration to our modern youth. If you imbibe/learn new skills and have a strong goal in life and if you develop good personality traits and skills then you will surely achieve success in life like our great missile man Dr. APJ Abdul Kalam.

**You cannot change your FUTURE, but you can change your HABITS.**

**And surely your HABITS will change your FUTURE”- APJ Abdul Kalam**

So, here when everyone has to make an analysis of his /her strengths and weakness and convert all their setbacks into strengths then you will be happy and successful in life. For that everyone may follow the 7 “p” s formulae: 1. Positive attitude, 2. Passion, 3. Planning  
4. Preparation, 5. Practice, 6. Patience, 7. Perfection. If you adopt and practice this formula as a way of life, it will bring success and happiness to your life.

**Key words:** youth, strengths, inspiration, Positive attitude, Passion, Preparation, Planning, Practice, Patience, Perfection, soft skills, success and happiness etc.

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*All power is within you; you can do anything and everything. Believe that you are strong and talented; do not believe that you are weak. Stand up, be bold, be strong. Take the whole responsibility on your own shoulders, and know that you are creator of your own destiny. - Swami Vivekananda*

To be great and successful is very easy when we have strong youth with strong mind and body. My dear youth Arise, Awake and know your Strengths. Reach great heights in life, to come out with flying colours in all walks of your life, to achieve desired goals, to overcome mighty obstacles, is the ambition of every youth. This ambition is really wonderful, marvelous, it is great sign of real youth, without that life is meaningless, useless, and monotonous. Youth must always look forward- and should never be satisfied with anything less than what they want to achieve in life. Go forward, go forward, Go forward-never look back even for a moment.” These are the encouraging words of the great Swami Vivekananda. “**Arise, Awake and stop not till the goal is reached**, all the youngsters need to enhance their strengths because of this act, our nation will be strong in many aspects and become a super power in the world. The present youth have to remember and follow the inspiring words of great people like Swami Vivekananda:

*Stand and die in your own strength; if there is any sin in the world,  
That it is a weakness; avoid all weakness; because weakness is a sin,  
Strength is life and weakness is Death. - Swami Vivekananda*

**Modern youth and their problems:** Today people have bigger houses and smaller families; more convenience, but less common sense; we have more degrees, but less common sense; more knowledge, less judgment. In the society we have more experts, but more problems; more medicines, but less wellness. Most of us spend too recklessly, laugh a too little, drive too fast, get angry too quickly, stay up too late, get up too tired, read too little and pray too seldom. People have multiplied their possessions, but reduced their values. No away days talk too much, love too little and lie too often. We learnt how to make a living, but not a life; we have added years to life, not life to years. Today, people have taller buildings, but shorter tempers; wider freeways, but narrower viewpoints. We spend more, have less; we buy more, enjoy less. We went all the way to the moon and back, but have trouble crossing the street to meet the new neighbor. We conquered outer space, but not inner space. We have split the atom, but not our prejudice; we write more, but learn less; plan more, but accomplish less. We learned to rush, but not to wait; we have higher income, but lower morals. We build computers & mobile phones to hold more information and to communicate, to produce more copies of data, but we communicate very less in reality. We look for quantity, but short of quality. That means all of us are living in the age of science and technology without any happiness and peace of mind. These are the times of fast foods but slow digestion and less nutrition; tall men and short character; steep profits and shallow the relationships. Two incomes, but more divorces; fancier houses, but broken homes! I don't think I am presenting a cynical view of the world. This hard reality of present youth in every nation we can observe. The reader can go through the various facts about young people and recheck the truth of the above statements! If not in our lives, these are the commonly known happenings of the world around us.

Many new problems youth are facing like lack of discipline, recklessness, day dreaming, poor social ability, lack of necessary skills, lack of clarity in thought, words and deeds. Taking all these things into mind and the youth are creating pressure and stress in their life. Because of lack of proper upbringing, culture and higher ideas cause an individual to pursue animal pleasures. One is not able to think for oneself. No choice is available to the individuals to do what he/she would like to do in his/her life. Everyone wants leisure, peace and joy but no one knows where to find in this world of racing, broken hearts, crammed houses, packed buses

and jammed minds. People are very busy with different activities which make our live more complicated. To be good and happy one should develop a positive attitude towards his/her life and others also.

*“Life could be so much better for many people, if they would just spot their negative thinking habits and replace them with positive ones. The way to overcome negative thoughts and destructive emotions is to develop positive emotions that are strong and more powerful”*

**Dalai Lama**

Positive attitude is a mindset that helps you to see the good in people and helps to recognize opportunities and the willingness to try doing new things. In today’s competitive world there is huge demand for working professionals. Present engineers have immense career opportunities because the society requires more and more talented professionals and technological advancement. Impact of technology on all human activities- business, entertainment, health, education etc. is growing enormously. As a result, professionals have great opportunities to make lot of money, to earn good name and fame, and to contribute to the enhancement of society, our youth should possess more skills. Due to globalization, today’s professionals have a great scope to work on international projects in countries all over the world. At the same time, the students in professional college have to face a tough/cutthroat competition around the world to get a good job, the demand for high quality professionals, the fast changing technologies all these may create immense pressure on the present students too excel as a very good professionals.

Today, in most of the educational institutes trying to impart not only technical skills but also giving importance to over all development of skills of students. Physical growth alone is not a sign of real youth. The young should be the energetic, the strong mind, the well-built body, the intellectually developed and equipped with good qualities and skills will certainly transform our so-called youth in to real youth, and then they are able to break all barriers that hamper their progress. Swami Vivekananda was confident about such transformation when he said, “My faith is on the younger generation, the modern generation; out of them will come my workers. They will work out the whole problem, like lions. Swami Vivekananda wanted our youth to be like lions. He himself was a lion and came to this world to transform everyone into lions. The effect of his thunderbolt-like words was on many youth who fought for our country’s freedom were transformed into real lions; to mention a few great names such as – **Bhagat Singh, Chandra Shekhar Azad, Rani Lakshmi Bai of Jhansi** , Subhash Chandra Bose, Sardar Vallabhbhai Patel, Lokamanya Tilak, Aurobindo, Sister Nivedita, Mahatma Gandhi etc.– who made india free. His only mission in life was to awaken the youth of this country to bring back the lost glory of our motherland. His life and message are a perennial source of inspiration to our modern youth.

### **Mental Attitude of Present youth:**



“I am not a lucky guy

“My luck is not favoring me”

“I am not successful”

“Failure is haunting me every day”

“ I am failing in the interviews”

“As I don’t belong to the community, certainly I am going to lose the job”

“I don’t have any god-father to support me”

Above are the frequent statements of many young people around us. we hear all these things frequently from the youth. They are disturbed, frustrated, and terribly disappointed for the failures which they have

experienced. But they don't realize that nobody is responsible for their failure except 'you'. They are not aware that their negative mental attitude and improper scheduling of activities which lead them to face failures. To overcome all these challenges to be successful in life one should develop the positive attitude and they have to enhance a skills set for success.

### **How to Master the mind and actions to be successful in life:**

People with a positive attitude always improve the lives of themselves and others around them with their hard work, good humour, and caring nature. As great English poet John Milton said in Paradise Lost "the mind is its own place, and in itself can make a heaven of Hell, a hell of Heaven "If you wish to make life heaven, here are a few techniques to manage the activities of the mind. the mind jumps from one object to another." It is high time that the youth now must recognize the importance of success and happiness, every youth should know that the success is not a chance but it is purely a choice. In old days political power or financial support was necessary to get a job even for intelligent candidates. Now days no such power is required and at present the jobs are given to the deserving and intelligent candidates. Hence, I suggest the present youth to be skillful, happy and successful in life they may follow the 7 "p" s formulae .

### **The power of 7 'P's formulae: The best ways to achieve success in life.**

No great man including God was born great. If you imbibe/learn new skills and have a strong goal in life and if you develop good personality traits in you and surely you will achieve success in life like our great missile man Prof.APJ Abdul Kalam :



**You cannot change your FUTURE, but you can change your HABITS.  
And surely your HABITS will change your FUTURE"- APJ Abdul Kalam**

Here one should be aware of his/her strengths and weakness, as well as he/she must have SWOC(strengths, weaknesses , opportunities and challenges) analysis and convert whatever the setbacks they have into strengths. This will make them happy and successful in life. For that you can follow the 7 "p" s formulae:



## The best ways to achieve success in life:

1. **Positive attitude**
2. **Passion**
3. **Preparation**
4. **Planning**
5. **Practice**
6. **Patience**
7. **Perfection**

1. **Positive attitude:** Positive mental attitude is a concept first introduced in 1937 by Napoleon Hill in the book *Think and Grow Rich*. The book never actually uses the term, but discusses about the importance of positive attitude as a contributing factor of success. Positive attitude is a mindset that helps you to see the good in people and helps to recognize opportunities and the willingness to try doing new things.

A positive attitude is not just carrying smile on the face every time, it is more than that. Maintaining a positive attitude all through life impacts one's social status, physical health, and long term success. Having a good attitude shows a person's character in a positive way. A good attitude is the start of a good future, and a lot of success. Positive attitudes create a lot of wonderful opportunities in and outside of the workforce. Overall, a good personal character will create an easier route to achieve difficult goals and tasks causing a more trustworthy person to be created. Good moral character comes from a person's ethics, virtues and Attitude that mean the Attitude of person will decide his/her Altitude (success) in life.

When you start thinking optimistically, your mind becomes clear of any negative thoughts and you will see the world in a new light. You will stop blaming yourself or others. You will be in total control of your emotions and try to seek a valuable lesson in every setback you experience.

Here are a few more reasons why should develop a positive attitude in life:

**a) Happiness:** A positive attitude is known to be linked with the feeling of happiness. Happiness is a state of mind; it comes from within and not dependent on external factors. When you think positively, you will be in harmony and feel happy. To put it simply, with a positive attitude, you can be happy right now ... irrespective of any situations you are in.

**b) Self-confidence:** When you develop a positive attitude, you will start feeling better about yourself. You will treat yourself with more respect and love, and this in turn will boost your confidence levels and inner strength. You will take on new challenges and come out of your self-limiting beliefs.

**c) Stronger immune system:** People with a positive attitude are lively, energetic and healthy. Positive thinking renders a positive effect on health as well; it lowers stress and improves your overall wellbeing. Even when you fall sick, your body recuperates faster.

**d) More focused:** With positive thinking, you achieve emotional balance, which actually helps the brain to execute functions properly. You learn to stay focused and as a result, you can come up with the right decisions in challenging situations.

**e) Training your mind to develop positive attitude:** Repeating positive affirmations is a great way to train your mind to think positively. Reading inspirational and motivational quotes on a daily basis will help you overcome negative thoughts and instill a sense of optimism in you. The positive attitude also helps to cope more easily with the daily affairs of life. It brings optimism into your life, and makes it easier to avoid worry and negative thinking. If you adopt it as a way of life, it will bring constructive changes into your life, and makes them happier, brighter and more successful. With a positive attitude you see the bright side of life, become optimistic and expect the best to happen.

**2. Passion:** **Passion** is used to define the energy or excitement one have for a person or anything. It's a feeling and a **strong emotion and passionate** people are always loved. Nothing can describe passion. It is showed by

the actions. Every person needs to have a **strong passion or desire to do something**. It will become their motive after sometime.

### Why people are passionate?

Human beings have passion for many different things. Some of them are:

1. **Education.** Some students are always very passionate about their study. They obtain good and excellent grades at the end of semester and it bring them pure satisfaction.
2. **Love:** Some people are truly passionate about their partner and they even die for them if they have to. Love is their priority.
3. **Life:** There are many **interesting personalities** in the past who are passionate about their whole life. They don't just sit and waste their life. They have a purpose in their life.
4. **Success:** They have a strong desire to achieve and keep climbing stairs of success every day. In this strong desire they dedicate their time and energy.
5. **Position:** They fight for their chair and are very passionate about them. So being passionate is a very good habit and a positive gesture in anyone's behaviour. It's always positive and becomes negative in rare conditions. Try to bring passion in your life. This will add beauty to your things. It is nothing but a strong desire, a burning desire that leads to a positive self-motivation. Passion represents an intensive driving, or strong feeling or conviction. This suggests your goal you have to have a specific goal in mind and visualize success. Intense determination will support you physically and mentally.

**3. Planning:** Planning means creating a clear proposal for achieving your goals. Whether it is right or wrong, we are not taking up any work without planning, while achieving success, this is a very important step. Here you have to think of a formula in mind- 'desire and deserved'. The Indian government's five year plan was very successful as it was perfectly scheduled by experts. In the same manner, when you decide to win the game you have to make sure if the plan is measurable, achievable or not.

### The importance of planning:

1. **Having clear objectives.** Making a plan enables us to visualize our goals with clarity.
2. **Achieving our aims.** A good plan is essential to doing what we need to do.
3. **Explaining to others.** Showing other people our clearly laid out plan helps them to understand our aims and intentions.
4. **An essential first step.** Making a plan is the first step towards achieving whatever it is we want to achieve.
5. **Predicting the future.** We cannot know everything about the future, but the process of planning helps us to hypothesize in an informed way about what the future of our projects will be.

**4. Preparation:** Preparation is a skill that can be learnt and which, with discipline and experience, improves over time. For some, planning and preparation may come naturally but for others, they invariably prefer to meet and deal with challenges and problems as they arise. The difference between being reactive and proactive is preparation. And the advantage of preparation is that you can manage problems more quickly and more efficiently because you will already have the solutions at hand ready to be implemented.

The important factor here is time – and as we all know, time is money! Successfully solving a problem in one hour is clearly preferable to having to maybe expend two, or even three hours upon dealing with it. An appropriate analogy might be tackling a fire in a warehouse. If there was a professional fire crew ready for action at a few moments notice, to be on site with fire-fighting equipment and water without delay, then valuable stock – and possibly also life – could be saved. Contrast this scenario with an unprepared fire crew who might take an hour to get to site to then find they had no access to water. Thousands of dollars' worth of stock could have been destroyed, unnecessarily.

One of the keys to delivering a great presentation is required a very good preparation, as a public speaker we need to keep in our mind that many issues need to be take into consideration before going to give a presentation on stage – the audience profile, their level of experience and knowledge base, their expectations, details of the venue where the event is due to take place. As a speaker you need answers to these questions and many others doubts also before the presentation you have to prepare the contents of the presentation. So,

preparation is key to success .it is more important for all professionals to successful. It may not be a presentation that you are going to deliver, but it could be a report that you need to finish, an action plan that needs writing, a proposal that needs in-depth research or perhaps preparing for a very important job interview.

**5. Practice:** A best practice is a standard or set of guidelines that is known to produce good outcomes if followed. Best practices are related to how to carry out a task or configure something. Strict best practice guidelines may be set by a governing body or may be internal to an organization. Other best practices may be more informal and can be set forth in manufacturer's guidance, in published guidelines or even passed along informally. In some industries, there may be a legal requirement to follow best practice guidelines. In many technological fields, however, a best practice usually presents the optimal way to work, how to use a product or a set of ideals to reach toward. It may not be required to follow a best practice, but an organization should consult a best practice regularly and follow it wherever possible.

It is the act of engaging in an activity again and again for the purpose of improving, or mastering it, as in the phrase `practice makes perfect`. Once your planning is done, you have to strive vigorously until you achieve success, just like the sports teams practice to prepare for actual games. Playing a musical instrument well takes a lot of practice. It is a method of learning and of acquiring experience. In the same manner you have to practice vigorously and overcome hurdles.

**6. Patience:** This step is very important because this is where many youngsters fail and become dropouts. Patience is the state of endurance under difficult circumstances, which can mean preserving in the face of delay or provocation without acting in a negative way. When you face a hurdle or difficulty, don't get frustrated or dejected. Patience is the level of endurance you can take before chaos. It is also used to refer to the character trait of being steadfast.

“The strongest of all warriors are these two — Time and Patience.” — **Leo Tolstoy**

We have been taught from an early age that patience is a virtue, but to what end? To be sure, patience in employee relations, business negotiations, and in achieving strategic goals is important. Let's look at the value of patience and how it can be a game changer both personally and professionally.

**Patience builds your reputation:** A well-rounded leader is set apart from the rest of the pack by mastering skill sets that lead to success. At times, many of us are driven more by impatience; with ourselves and others, than by the virtue of patience. Our impatience can be our demise. Thomas Edison said, ‘Many of life's failures are people who did not realize how close they were to success when they gave up.’ Building your reputation as a leader in these challenging times requires patience. Managing your reputation as a leader begins by mastering the skill of patience and not giving up. Building your brand and reputation takes times; it doesn't happen overnight. Successful brand leadership begins with patience and a commitment to the due diligence necessary for excellence.

**Patience leads to positive recognition:** There is a reward for the virtue of patience. The reward may be greater sales, increased customer satisfaction, stronger profits, or a promotion. Whatever the measure of realization looks like for you it is the dividend of patience and hard work. But this realization begins with understanding the causes of impatience. The most basic reasons for impatience are: lack of control, lack of understanding, lack of planning, lack of communication and unrealistic expectations. When you claim control of these issues you can claim the rewards that patience can deliver.

**Patience is your most formidable resource:** Many people in business are looking for a leg up on the competition and ways to improve company performance. Sharp business plans and the best talent money can buy are no substitutes for the virtues needed to guide you in the right direction. Patience is not easy to come by, and when it matters most, you want to be the leader who is making smart decisions based upon sound principles rather than knee-jerk reactions. Patience is one virtue that will serve you well.

**7. Perfection:** Everyone needs to celebrate his/her good deeds all the time. We don't need to wait for perfection time or massive life milestones to celebrate ourselves in life. One has to celebrate every movement of their life. Every day one should enhance their level of awareness give a huge hug and tell he /herself how wonderful a job they are doing in their life. This creates a space for that inner self-criticism. We need to practice imperfection- If

you're bent toward 'perfect,' sometimes it's wonderful to practice imperfect. We can allocate a time window and force ourselves to get something out in the world that we know in advance won't be perfect. Another exercise that can be helpful is to do something imperfect intentionally to celebrate imperfection and the space it creates. We need to take note of your grading of others.

While developing close friendships, leading people, and becoming a parent we hold grace for other people. Surprisingly in each role above, we tend to be more understanding to other people than ourselves, especially as a parent. As a parent, you see your kid utterly and perfectly complete just as you are. Watching the way we accept our kids, and beginning gingerly to apply that kind of acceptance and care to ourselves we can change our lives. This will help you feel comfortable about yourself in the state of imperfection.

Perfection is a state of flawlessness. Once you master the above six steps you will automatically achieve complete success. Many people reach their goals by adhering to the above six steps. Particularly in India where there was terrible discrimination prevailing among the people, castes, communities. Despite those differences and ill treatment and non-cooperation some positive people could overcome the hurdles and achieved success.

**Take up one idea. Make that one idea your life think of it, dream of it! Live on that one idea! Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success.**

**--Swami Vivekananda**

Here are a few inspirational and motivational lines from me for our youth to be successful in life:

### **A KEY TO SUCCESS**

**-Dr. Sivanjaneyulu Pagolu**

A positive attitude is certainly a key to success  
Always surround yourself with optimistic people.  
Always believe yourself and do hard work  
Never believe in luck and believe your efforts only.

Always make use of the available time  
Never waste your time in any form.  
Never drop any work in the middle  
Complete all the works with complete focus.

Always develop good Time management skills  
Stay calm and positive in all the situations  
Always be positive towards you and other people  
This positive attitude makes your life happy and successful.

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