

ਰਜਿ: ਨੰ: 1147/2002

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ॥

### ਸਤਿਨਾਮੁ ਸਰਬ ਕਲਿਆਣ ਟਰੱਸਟ (ਰਜਿ:)

ਆਫਿਸ: ਫਲੈਟ ਨੰ 204 ਬਲਾਕ ਆਈ ਸੈਕਟਰ 117 ਵੈਲਿੰਗਟਨ ਹਾਈਟਸ ਟੀ.ਡੀ.ਆਈ ਐਸ.ਏ.ਐਸ ਨਗਰ ਮੋਹਾਲੀ

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ਵਿਦਿਆਰਥੀ ਦਾ ਨਾਂ ਤੇ ਹਸਤਾਖਰ

03.10.2023

ਕਹੁ ਰਵਿਦਾਸ ਭਇਓ ਜਬ ਲੇਖੇ ॥ਜੋਈ ਜੋਈ ਕੀਨੋ ਸੋਈ ਸੋਈ ਦੇਖਿਓ (1293) ਇਸ ਪੰਗਤੀ ਤੇ 10 ਲਾਈਨਾਂ ਵਿਚ ਆਪਣੇ ਵਿਚਾਰ ਲਿਖੋ।

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ਸਤੁ ਸੰਤੋਖੁ ਦਇਆ ਧਰਮੁ ਸੀਗਾਰੁ ਬਨਾਵਉ ॥ (812) ਇਸ ਪੰਗਤੀ ਤੇ 10 ਲਾਈਨਾਂ ਵਿਚ ਆਪਣੇ ਵਿਚਾਰ ਲਿਖੋ।

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ਨੋਟ : ਇਸ ਪੰਨੇ ਤੇ ਵਿਦਿਆਰਥੀ ਆਪਣਾ ਨਾਂ ਲਿਖ ਕੇ ਹਸਤਾਖਰ ਜ਼ਰੂਰ ਕਰਨ।

# 7 Attitudes

- **Procrastination** : Procrastination is an act of delaying or postponing a task. Tomorrow may never come. Find a way to move to the future rewards and punishments. Live into the present moment. Procrastination is a thief of time. Procrastination is often more painful than having in the middle of doing work. The guilt, shame and anxiety that you feel procrastinating are usually worse than the effort and energy while working. Failure is not the end of your story, it is the comeback story.
- **Indecision** : Indecision is a greatest thief of opportunity. Nothing is more expensive than missed opportunity don't delay, decide it. Pay attention to your emotions. Take your time to think strategically. Banish your perfect mindset and visualize possible outcomes and open your heart. Learn to differentiate what is right and wrong, good and bad.
- **Self Judgement** : Never compare your weakness to someone else's strength. Be kind to yourself you are God's masterpiece. The more one judges, the less one loves. Try proving yourself and see what happens. Stop judging other people and free yourself being judged. Start to realize your purpose and become more courageous. The only time to work is now to increase your self worth. Life and time are two teachers. Life teaches us to make good use of time, while time teaches us the value of life.
- **Overthinking** : Over thinking leads to unhappiness, causes anxiety and depression. Stop over thinking, you are creating problems that are not there. You can't control everything just learn to let it go. Train your mind to concentrate on the present moment and keep yourself occupied in work. Stop proving to the world, how intelligent you are and don't seek approval from others.
- **Envy** : Envy is the art of counting other's blessings instead of your own. Don't be at loosing end and count your blessings instead. Do not have a grudging admiration and desire to have something that is possessed by another. You should be able to drop expectations from a relation and give for the sake of giving. Stop attaching happiness to material things.
- **Scarcity Mind set** :It is the belief that there will never be enough resulting in the feeling of fear and anxiety. Nature is inexhaustible store house of riches. The supply will never run short. Don't try to create poverty thoughts. Let the idea of abundance dominate your mind. As you think so can you create. There is more than enough for everyone in this universe.
- **Victimhood** : Victimhood is a condition of having been hurt or damaged especially when you want people to feel sorry for you. You are not a victim, rise up. You always have a choice. It is all in the state of mind. Life is blessed with most amazing things and thank

God for being a part of your journey. Stop trying to change others, instead focus on changing yourself. Some people will do anything to prove themselves worthy. Live with honor, dignity and be a leader. You are master of all the situations. Always remain in **Chardi Kala.**