

How to achieve and be happy

ManRaj Khuman
(an indian prince who strives to create
iconic brands which make people
happier)

Today's talk

- A – my story
- B – lessons I have learned
- C – creating your one page plan
- D – group discussion and close

It's a pleasure to be here

This is what I know about you

- Mixed group (63% men and 37% woman)
- Ages from 18 to 45
- 57% between 25 to 29
- 19% less than 19

Please help me get up to speed

- So what have you learnt so far?
- 5 volunteers please

What does it mean to be a SIKH in the 21st century

- Sikhism is changing in each country, even in India
- Identity, traditions and culture are important to all people
- So what does it mean to be a SIKH
 - Three aspects (visual, traditional, spiritual)

Let me share something about me

- My story
 - Education and student involvement
 - Early career
 - Corporate career
 - Development work
 - Today
- My brand
 - Innovator and change agent

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Key lessons

- 1. Personal responsibility
- 2. The courage to create
- 3. The power of now
- 4. Time perspective
- 5. Stamina

1. Personal responsibility

- You are responsible for all decisions and outcomes in your life
- Happiness require self awareness and aligning your goals with your principles
- Balance requires mental, physical and spiritual health – you need all of them
- A good life requires continual growth and training to be ready when opportunities arise
- Treating all people you meet well (we are all humans)

2. The courage to create

- Why the heart is important
- Why its so hard to do new things and take risk
- What is creativity?
- Three lessons from Steve Jobs (founder and ceo of apple)

3. The power of now

- There is no time like now
- The blank page

4. Time perspective

- Philip Zimbardo (TED) – 6 time perspectives
- Taking gratification now or delaying it for greater future benefit
- 6 ways to think about it (past/present/future)
- We all have an equal amount of time (24 hours)

5. Stamina

- Life – a marathon and a sprint
- Its about the inches

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Break out sessions

- One thing I want to leave you with
- Personal brand – what do you stand for?
- Happiness – what are your principles?
- Goals – what do you want to achieve inline with your principles?

One page plan <ManRaj Khuman>

1. What is my brand? (ie. what do I stand for?) An indian prince who strives to create iconic companies that make people happier	3. What are my goals/ what will I change in -7 days; 30 days; 90 days 7 days – more sport 30 days – write travel story 90 days – pay off my personal debt
2. What are my core principles? ▪ respect for all people ▪ self discipline ▪ love of aestheics and beauty ▪ have a go	3. What are my goals/ what will I change in -1 year; 3 years 1 year = buy an investment property and look for business ideas 3 years = start a family and begin my own business

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Lets support each other

- Volunteers – need 10 (at least one representative from each group)



I am here for you

- You are never alone
- Success requires support
- Do not be afraid to try!!!
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