



The Hasten Program: Breaking Shackles

The Hasten: Empowering you

In association with

CA Rishi Jha & Associates



Breaking Shackles: What

When one starts new venture/job/task/responsibility, it can be very difficult, then one has to work hard to accomplish expertise/mastery for the same, it can be painstaking, time consuming, tiring and frustrating.

Once such mastery/expertise is achieved, that is a very sweet point a delight, there is a strong urge to hold on to it.

It is good to hold on to it, to enjoy but more often than not we tend to make such expertise as a boundary to protect our own self, however such boundary, in fact, becomes the prison boundary and stops us from trying new things for our own betterment, improvement, growth.



Breaking Shackles: Why

One has worked hard to become expert/master in the given task/job and that is very comforting and it is a delight to be in comfort zone.

Remember if I have mastered in something, some body had mastered it already, and now I am there, so some one else is out there to outsmart me already, if not then such subject is going to get outdated or better version is about to be launched... so how do I ensure my survival and even more, success, consistently.

Work hard, get new expertise, enjoy it for while and move on with another pursuit, another journey. Keep the ball rolling, keep the water flowing and fresh....



Breaking Shackles: How

To keep yourself filled with energy and feel fresh, young...

Start new habits, plant one or two saplings, water them, care for them every day..

Have new goals/targets...small ones, easily achievable ones

try not to have goals or targets relating to your current roles/responsibilities at work or home or else where.. It should be new.....something that you have never done if not.. have done long back may be 15 – 20 years back..

Start reading books (non fictional, please), start with books with lesser contents or one chapter per week if have chosen such book with loads of content

try reading books by philosophers

You will be surprised by the calmness you can achieve just by reading book peacefully.

If you are already into book reading, start with totally new subject



Now break the shackles – action time

Once we have known

What is or what are roadblocks, barriers, hinderances,

How such road blocks/shackles are operating to stop us doing new things,

how they are stopping us from going for new heights

That we can do new things, break the routine, our subconscious mind will enable us to once gain believe in our abilities, will boost the confidence..

We will be able to think better and will start to fore see things with more clarity....and that is action time... you have seen it all now ready to leap

SO LEAP NOW, TAKE A PLUNGE, GO AHEAD.....



Get Ready to take the world head on!
Preparation is the assurance that luck
is on your side!!

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