



**The Hasten Program: Self
Development**

The Hasten: Empowering you

In association with

CA Rishi Jha & Associates



The Program: Self Development

Self development is a continuous process an ongoing one,

- sometimes we follow the process intentionally in a structured manner,
- many a times, we do learn, even without realizing... just like a new born baby..... which learns so many things naturally



Self Development: Why

- ∅ Enables one to proceed toward meaningful, successful life with peaceful mind, dignity and respect
- ∅ Prepares to be welcomed, accepted and respected at all places, forums, gatherings that one deserves





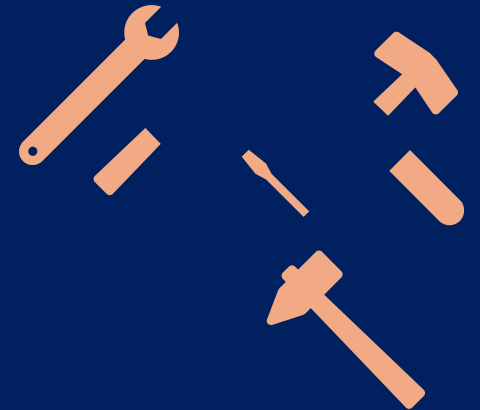
The Program: Self Development

- ∅ Who / what am I?
- ∅ Break free
- ∅ Develop habits, if not already have
- ∅ Make better version of self
- ∅ Be your own BOSS
- ∅ Learn how to practice resilience
- ∅ Pay back



Self Development: Who am I? Why to know self

- ∅ First step, critical element for self development
 - ✓ It is always the best to know your own ground before engaging in a battle as that helps to arrange the required tools, means, infrastructure, resources that facilitates preparation to become better version of self





Knowing self: 3rd party perspective,
perception, image

∅ It can be very useful to know about

➤ what others say, feel about



✓ More useful is to understand why they feel that way

❖ This can enlighten one as to which element of the
personality needs

❖ further polishing 

❖ toning down 

Let's do an event exercise



Knowing self: 3rd party perspective,
perception, image

Let's do an event exercise

Evaluate yourself and your neighbouring cadet

Give scores as following for a “Yes” and zero for every “No”

- A. Always Cautious: 1
- B. Mostly Careful: 2
- C. Likes going out: 3
- D. Friendly to all: 4
- E. Confident: 5

Please note this is NOT personality test/score, this is only the perception



Knowing self: 3rd party perspective, perception, image

Personality>>>>	Always Cautious	Mostly Careful	Likes going out	Friendly to all	Generally Confident	Total
Response	Yes	Yes	Yes	Yes	Yes	
Score	1	2	3	4	5	15
Response	No	No	No	No	No	
Score	0	0	0	0	0	0

Perception Analysis

Personality>>>>	Always Cautious	Mostly Careful	Likes going out	Friendly to all	Generally Confident	Total
I, me, myself	1	2	0	0	5	8
Neighbour 1	1	2	3	0	5	11
Neighbour 2	1	2	3	0	0	6
Neighbour 3	1	2	0	4	5	12
Neighbour 4	0	2	3	0	5	10

Average
e9.75

If the score that you have given to yourself is same or around 80% or above as is given by your neighbor cadet that means all OK;

However if score is different more than 20% means there is Gap that needs your attention

Please NOTE, this NOT right or wrong



Who am I?: stages, journey

self-awareness archetypes

Emptiness, darkness

Not looking for anything, not willing to seek, reluctant, ignorant

Seekers

Not knowing yet as to what is to be known, but looking for answers

Introspectors

Typically this stage is where journey of self awareness begins, long way to go yet

Pleasers

This stage makes one start to know about own-self and entice them to make them self appear in a widely popular pleasant manner

Aware

Knowing, understanding and accepting own strengths and weaknesses, working with and through

Note that being any of the above stage does not mean good or bad, inferior or superior; knowing the stage where you are is important, accepting the fact and proceeding for betterment should be the goal



Self Development: Break Free (Freedom from prison of comfort zone)



∅ Break the shackles/boundaries created by your own comfort zone



∅ Challenge the limits of your knowledge, experience, skill sets

∅ Think and feel “if any human can do”, “I WILL DO TOO”



❖ Our brain is as dumb as intelligent it is – if it is repeatedly and intentionally told to believe something, it starts not only to believe it, also starts preparing the entire body with required capabilities and skills

Worst prison is created by our own self with existing strengths that only so and so areas I shall be looking at, however, we tend to ignore the fact that, new strengths can be added at will, any time we want



Self Development: Develop habits

∅ Reading books is a highly effective tool for self development



∅ Books written by philosopher of your choice atleast one Indian and one non Indian



∅ Do not engage yourself with their personal views written in such books but surely try to understand the philosophies, principles written and then try following it

∅ Read these books 2 to 3 times may be over a period of entire one year but do so





Self Development: Make better version of self

- ∅ As you have started the process of
 - knowing yourself,
 - Challenging yourself, breaking the barriers
 - Understanding philosophies of life
 - ❖ You already have initiated the process of making a better self



Your ship already has the “Light house” in sight, it will proceed to the right shore



Self Development: Be your own Boss

- ∅ Have a plan for own-self, of own **(be your own boss; dare not disobey this boss !!!!!)**
- ∅ Start planning or setting goals for yourself, do it yourself
 - Get suggestion, recommendations from teachers, parents, friends, professionals
 - keep it in mind these are only the tools, decision has to be made by you for yourself as you should be the **BOSS** of your own life,
 - treat yourself as two independent individuals one as the **BOSS** another as the employee
 - This **BOSS** ensures that the employee follows the instruction that **BOSS** has given based on the decision **BOSS** has made



Self Development: Practice resilience

Learn how to practice resilience

- ∅ Life will always seem as uphill journey or unknown waters
 - Practice to enjoy the difficulties, see it as improving on weaknesses or harnessing strengths
- ∅ Learn from failures, setbacks.....move on
 - Use failures are the pillars of success — *Failures let you know about the weaknesses, the gaps in your approach, rectify them*








“Anyone who has never made a mistake has never tried anything new.” - Albert Einstein

“It’s never too late to accept your mistakes and start all over. Always just try again.”

Take criticism as fuel to the fire / hunger for moving forward



Self Development: Pay back the good

- ∅ Pay back the good received, experienced, learnt
 - ∅ To family, 
 - ∅ To society, (Friends, relatives, neighbours) 
 - ∅ To The Nation 
 - ∅ To humanity (be kind and gentle for all where needed) 
 - ∅ To Nature 
- ∅ Forgive, forget, learn the lesson from all the bad experiences



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