

## **Success & Happiness**

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# **Success & Happiness**

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**Happiness to Success?**

**Success to Happiness?**

# **Success & Happiness**

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**Success is not the key to Happiness**

**Happiness is the key to Success**

# **Success & Happiness**

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**Success is getting what you want**

**Happiness is wanting what you get**

# **Success & Happiness**

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**Love the job you do**

**Do the job you love**

**“Choose a job you love, and you will never have to work a day in your life”**

**.... Confucius**

# Success

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Why are some people successful while others who are equally talented are not?

This is because of their mindset.

The people with the following mindsets believe -

- **Fixed mindset**                      **that their knowledge and skills are inborn, fixed and unchangeable**
- **Growth mindset**                      **that their knowledge and skills can be developed**

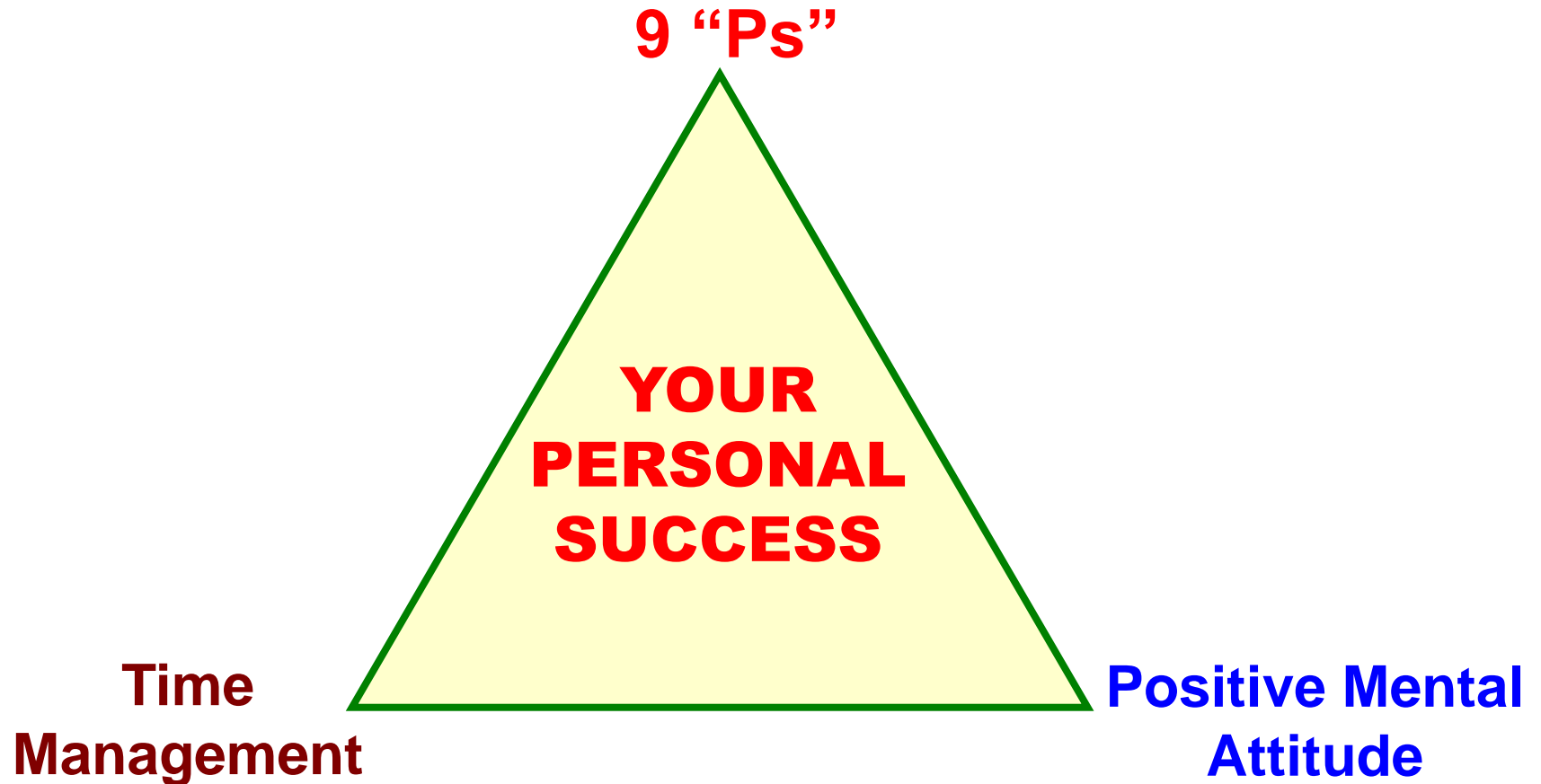
# **Success & Happiness**

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- **Your Personal Success**
- **Your Success Process**
- **Success and Happiness**

# Your Personal Success

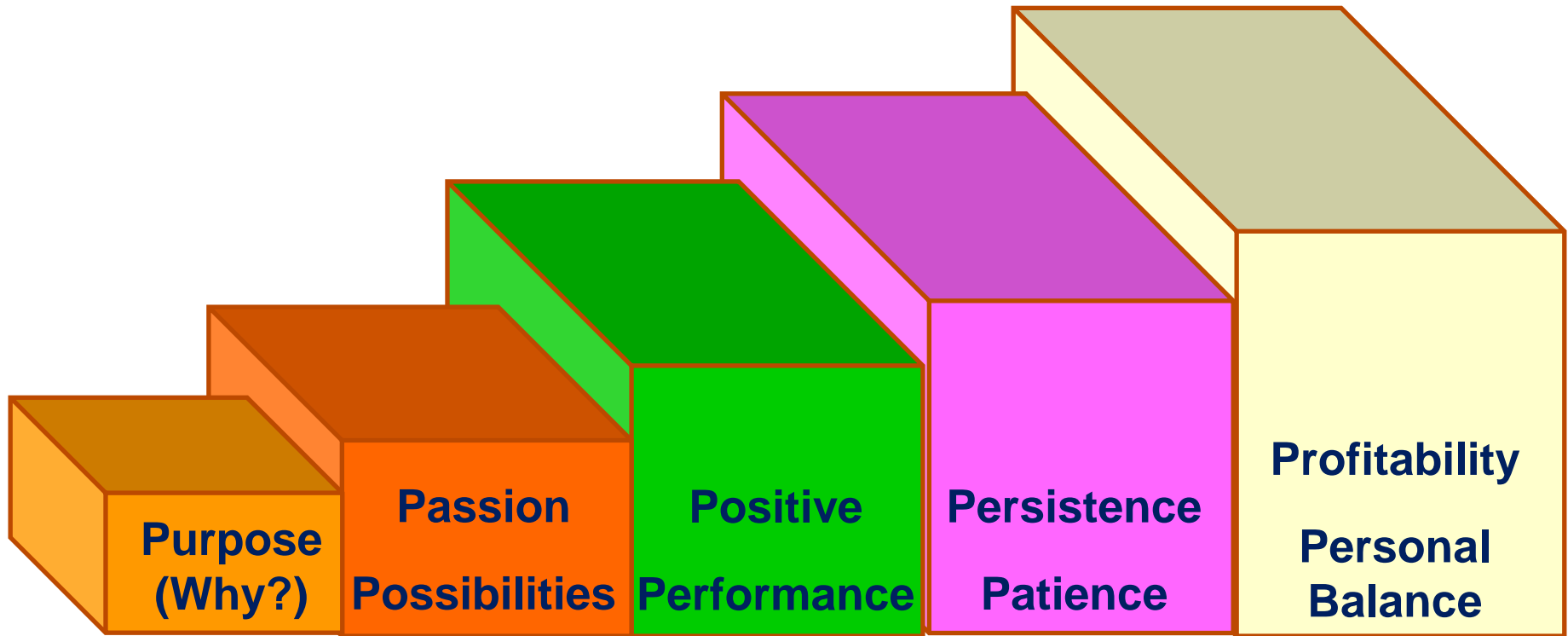
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# 9 “Ps”

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# Positive Mental Attitude (PMA)

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## What is PMA?

- Whatever you vividly **Imagine**
- Ardently **Desire**
- Sincerely **Believe** and
- Enthusiastically **Act Upon**

Will inevitably  
come to pass

.... Paul Meyer

# Positive Mental Attitude (PMA)

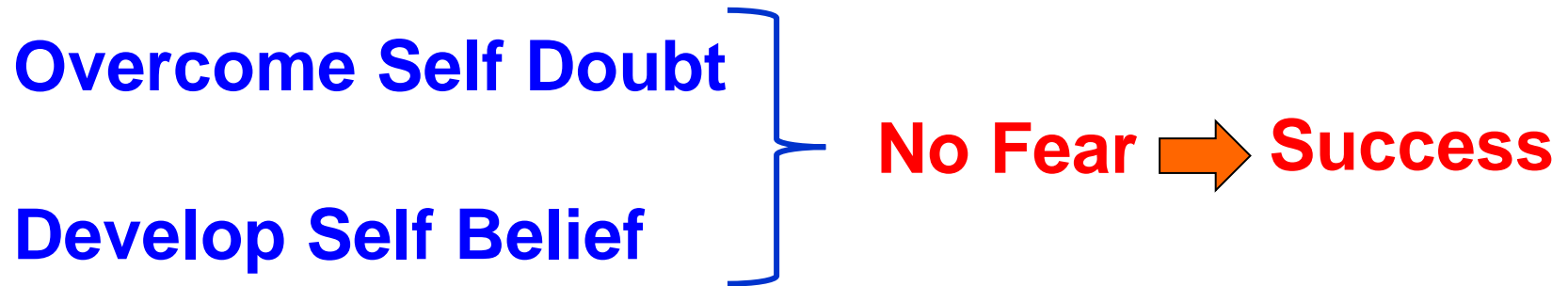
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**“The greatest discovery of my generation is that a human being can alter his life by altering his Attitude of Mind”**

**.... William James**

# Positive Mental Attitude (PMA)

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# **Time Management**

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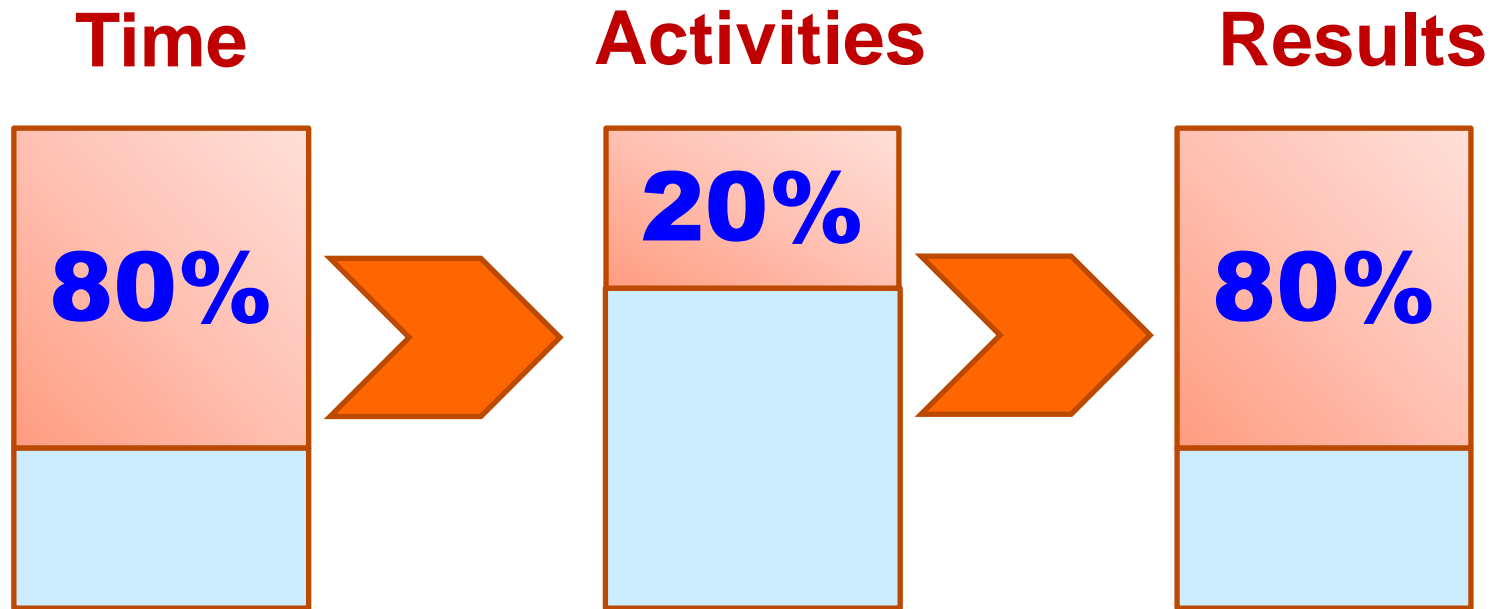
**“Time is the scarcest resource.  
Unless it is managed, nothing else  
can be managed”**

**.... Peter Drucker**

# Time Management

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## 80 : 20 : 80 Rule



# Time Management

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## Time Wasters

1. **Shifting Priorities**
2. **Interruptions**
3. **No clear goals – Lack of focus**
4. **Messy desk and looking for things**
5. **Procrastination**
6. **Ineffective delegation**
7. **Inability to say “No”**
8. **Poor planning**
9. **Poor use of systems**
10. **Meetings**

# Time Management

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## 4 D's

**Dump It ....**

**Delegate It ....**

**Do It NOW ....**

**Decide WHEN ....**



# Time Management

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## To Do List (Daily)

- At the end of the day, write a “To Do” list for the next day
- Assign priorities in order of importance **NOT** ease of doing
- Do first things first

# Time Management

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- ❖ Worry - is non-productive
- nothing is achieved except **STRESS**



Brings you down –

- ✓ physically
- ✓ emotionally

# Time Management

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- ❖ **Action** - Any action is better than **Worry**
- Effectiveness (doing the right things)
- Efficiency (doing the things right)

# Time Management

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**We have:**

- **complete control over** – **attitude and effort**
- **influence over** – **number of things**
- **no control over** – **most things**

**We should focus our time and energy on things we have complete control over or influence over instead of on things we have no control over**

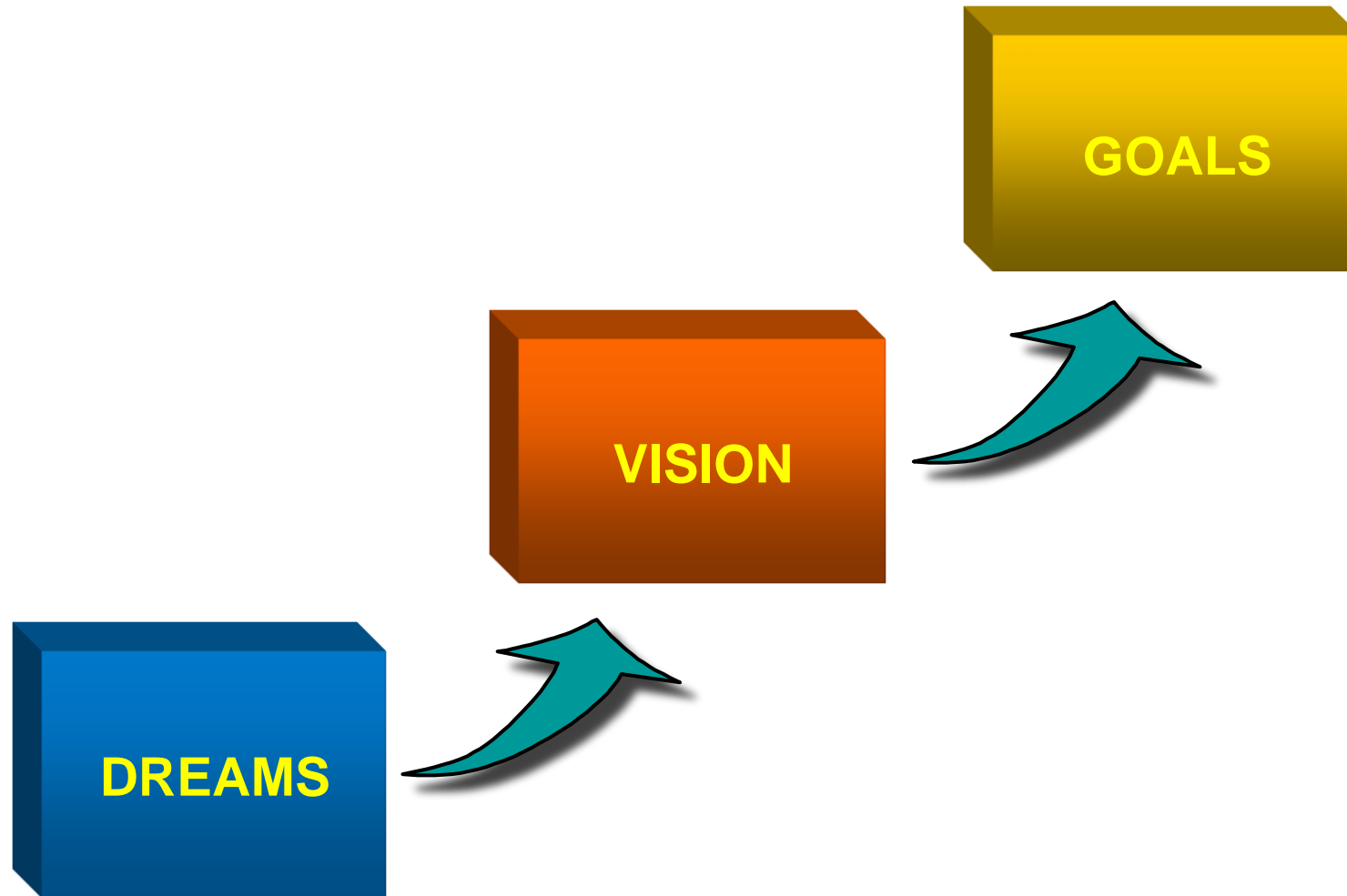
# Your Success Process

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# Your Success

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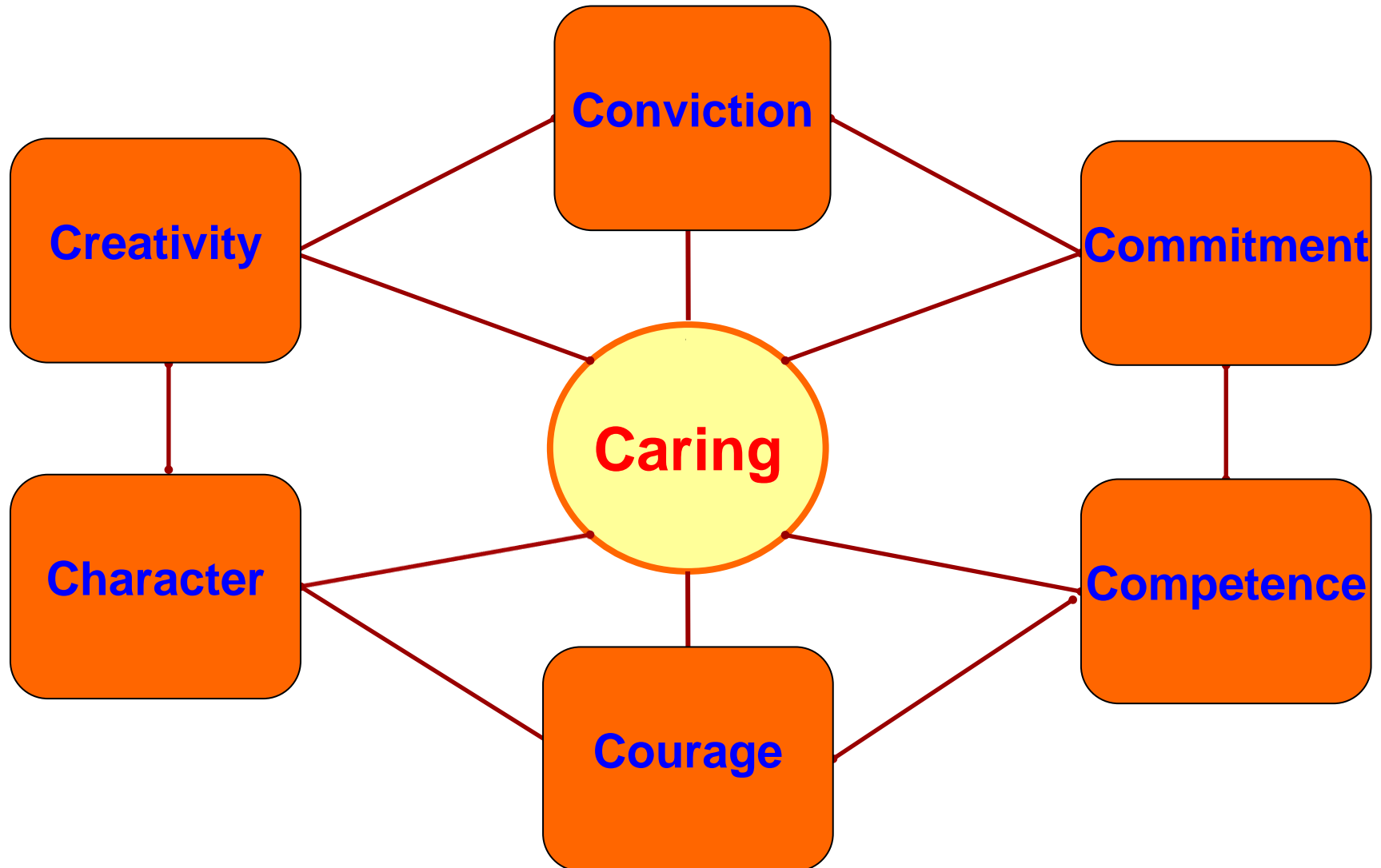


# Goals

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- ***Specific***
- ***Measurable***
- ***Attainable***
- ***Realistic***
- ***Trackable***
- ***Enjoyable***
- ***Rewarding***

# Achieving Goals





# Success & Happiness

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- **Depends on others**
- **Key Factor – Emotional Intelligence (EQ)**

# Emotional Intelligence (EQ)

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- » **Major factor in the total success of an individual**
- » **What?**
  - **Knowing one's Emotions**
  - **Managing one's Emotions**
  - **Motivating oneself**
  - **Recognizing Emotions in others**
  - **Handling Relationships**

# Success & Happiness

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## Dealing With Others

- Humility
- Empathy
- Attitude of Gratitude

# Success & Happiness

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➤ Journey not a Destination

➤ Process not a Status -

◆ Complacency

◆ Arrogance

◆ Denial

Without corrective  
action, leads to -  
**Failure**

# Success & Happiness

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## Facing Failure

### How to:

- **React**
- **Recover –**
  - **accept**
  - **adjust**
  - **achieve**

# Success & Happiness

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**HAPPINESS** is not a **RESULT**

**BUT**

Rather the cause of **SUCCESS**

# Success & Happiness

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## Happy People

Achieve better Performance / Success

How?

- See **REALITY** clearly
- Focus on **OPPORTUNITIES** not **OBSTACLES**
- Lead with **VALUES, OPTIMISM** and **FAIRNESS**
- Promote **CREATIVITY AND PRAGMATISM**
- Avoid **REACTIVE UNTHINKING DECISION** when driven by **FEAR**

# Balancing our life in all areas to become a better human being

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