

Life in details

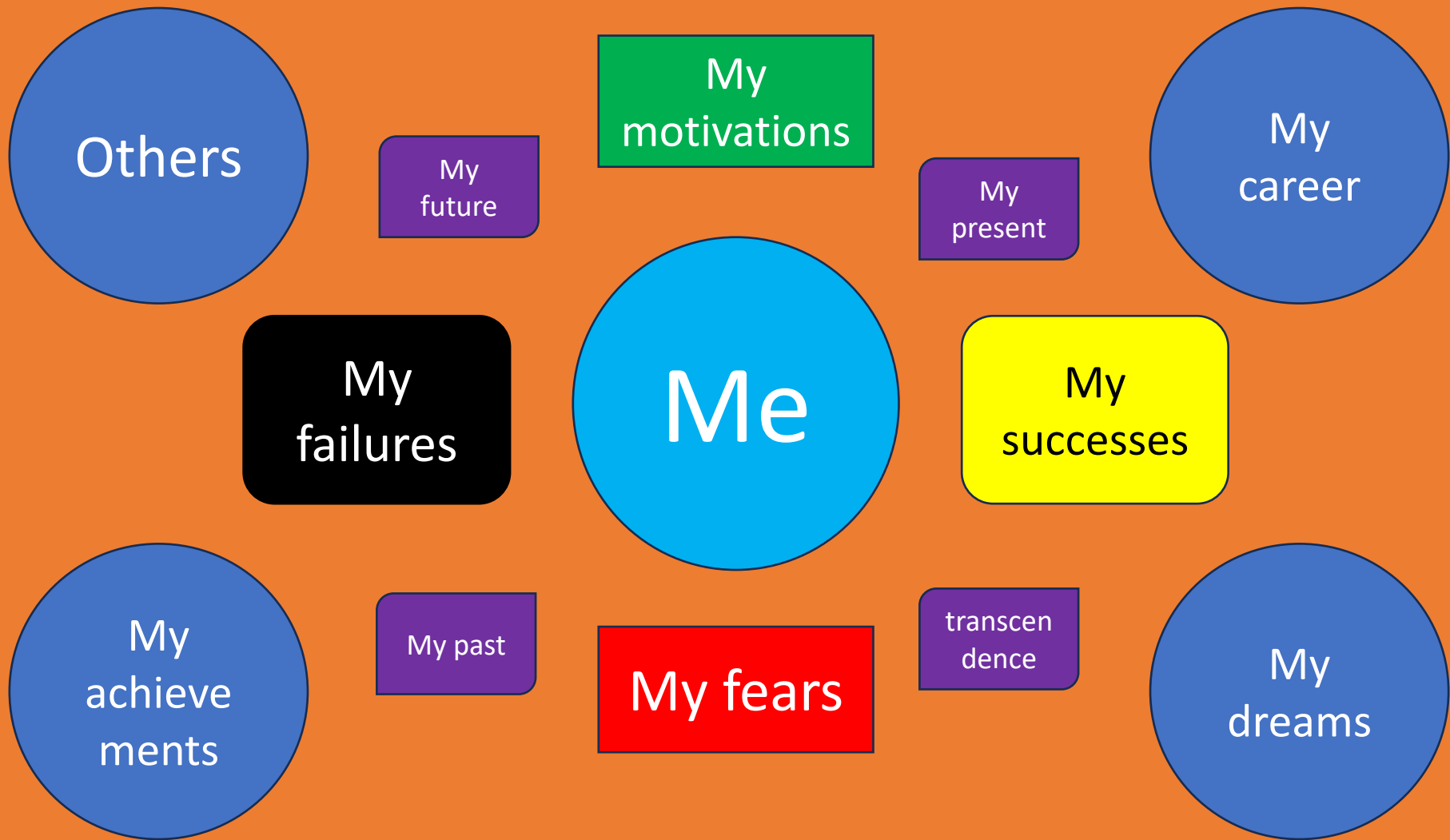


Fr. Lawrence Muthee, SVD

Jeremiah 1:5

- “Before I formed you in the womb I knew you, before you were born, I set you apart; I appointed you as a prophet to the nations.”





A kitchen scene featuring a wooden cutting board leaning against a white tiled wall. In the foreground, a potted herb plant with green leaves sits next to a white ceramic mortar and pestle. A light-colored ceramic jar holds several wooden spoons. The background is a white tiled wall.

Self-awareness

- What is your name?
- When did I receive first Holy Communion?
- How many siblings do you have?
- How many friends do you have?
- Who is your best friend?
- What is that my biggest milestone?
- Have you been a leader of any group?
- Where were you in 2005
- Have you physically fought with someone as a child or as an adult? What was the fight about?
- What is your favourite food? Color? Music genre?

What defines me

1. My gender
2. My character
3. My attitudes
4. My likes
5. My dislikes
6. My friends
7. My commitments
8. My strengths
9. My weaknesses
10. My past
11. My present
12. My colour

Who am I?
How can I
describe myself?





My Past

- Our past plays a very important role in what and who we are today?
- Where was I born?
- When was I born?
- What kind of a family was I born into? (nuclear, complete, extended, values, religion, finances)
- Which school did I attend?
- Who were my friends then?
- What Kind of teacher did I have?

My motivations

- - What motivates my day-to-day commitments?
 - What keeps me doing what I do?
 - What is my support system?
 - Why have I not quit yet?
 - What is the driving force?
 - Who motivates me most?
 - What is my goal?



My fears

- What are my greatest fears?
- What makes me uncomfortable? (things, people, supernatural, the unknown?)
- How do I handle my fears?
- Does my fears affect the way I function?



My strengths



Do I know what my strengths are?



What are my capabilities?



Do I exploit my potential?



What stands out in me?



In what have I excelled so far?



Are my strengths inborn or acquired through hard work?



A background image showing several hands clasped together in a supportive grip. One hand is wearing a black and white striped sleeve, another a green sleeve, and a third a white sleeve. The hands are resting on a wooden surface.

Others

- Who are the people around me?
- Who are my best motivators?
- Who are my critics?
- Who are my friends?
- Who are my confidants?
- To what extent do others affect my life, my decisions, my commitments?
- Who discourages me?
- What kind of people do I dislike? Anyone in particular?
- Who are those who cause me pain?

How to live with others

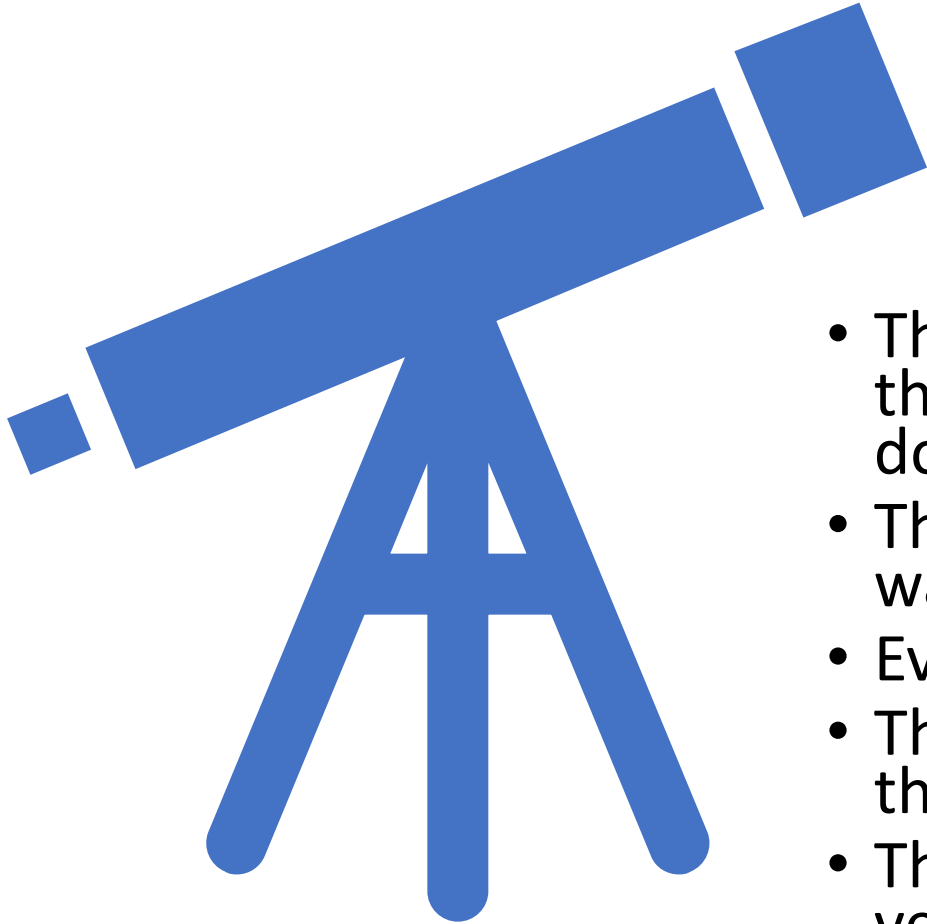
One of
the
wonders
of the
creation
is how
different
people
are:

People different in the way they think, look at issues, handle situations, like and dislike things, react to situations, experience life. Etc.

Therefore, there is no natural common grounds. For us to be able to live with others, we need to make deliberate efforts that are aided by relationships, systems, faith, culture, laws and regulations, etc.

We are born alone, and we will die alone. We learn how to live with others. Some learn better than others, depending...

I am not you!



-
- The biggest discovery of all times is to realize that people do not and do not have to see, or do things the way you see or do.
 - There is a reason why people do things the way they do.
 - Even twins see and do things differently.
 - That is why we have to agree to disagree with the people we live with always.
 - Those who do not appreciate this fact live very stressful and tiresome lives.

Me to them

**Do things for
people not because
of who they are
or what they do in
return, but because
of who you are.**

—HAROLD S. KUSHNER



Take care of things in the beginning not later

- You can bend a young and fresh twig but not an old and dry one



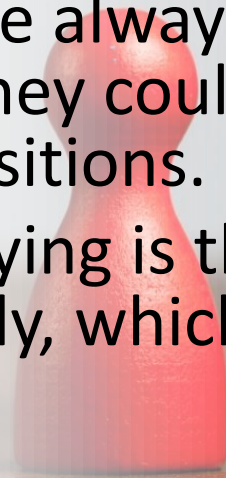
How to collaborate without being corrupted



- Know my role
- Have principles
- Know my limitations
- Respect boundaries
- Have demarcations
- Have a second look at things
- Think before deciding, choosing, responding, acting
- Ask questions and clarifications
- Make an informed choice
- Live by the choice you make

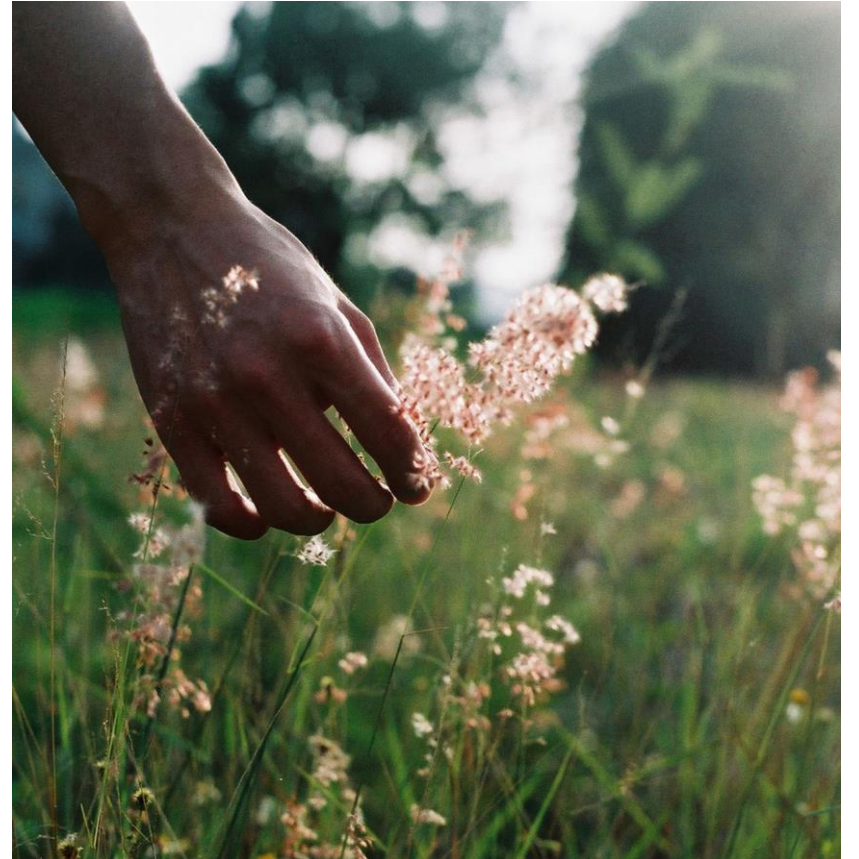
How should leaders be

- It is said that the society's leaders reflect the majority of the people in that society.
- If all other factors remain constant (bribery, threats, etc) people will always choose leaders who see and do things as they would do.
- That is why there exist the opposition to all types of leaders. There are **always** those who think and feel that they **could** do things better than the one in positions.
- Actually what they are saying is that they would do things differently, which may not be necessarily better.



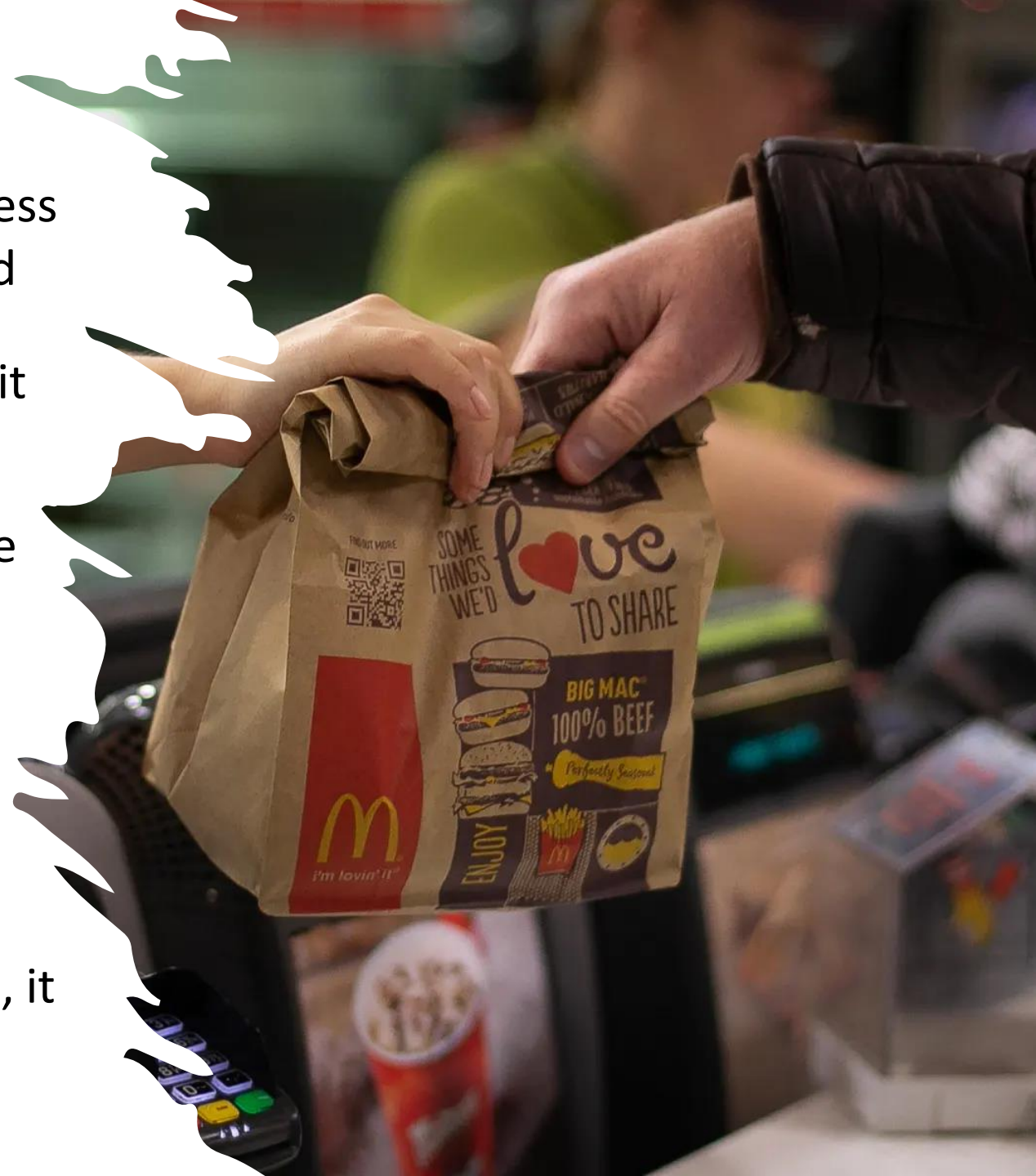
Out of site out of mind

- As we move and change our locations, we leave some behind and acquire new ones
- It is not a must that you keep all contacts you ever made, By the principle of natural selection, some will drop, and others will remain. Those who remain are the ones that matters at that moment.
- Some you will only contact when you need something.
- Like flowers, you enjoy their view when you are beholding them.
- Like sticking grass, some will stick on your life as you pass by.



Take away tips

- Life is good, you need to discover its goodness
- Life can be bitter if you or those you depend on make the wrong decisions
- No situation is permanent unless you want it to be
- Life is much easier and fun if you do not concern yourself with other peoples' private businesses
- If you display your private matters to the public, be ready to be discussed in public places
- There is no secrets where someone else is involved, there is nothing like “do not tell anyone”
- Do not hate when people gossip about you, it is because you have something they don't.



Take away tips

- Avoid gossip at all cost, it is poison to your mind
- Focus on you, people come and go
- If you don't control your mind, someone else will
- Loneliness is the price you pay when you start to improve yourself
- Not everyone will like you, that's life
- Stop telling people everything. Most people don't care, and some secretly want you to fail
- Be kind, but don't let people use you



Take away tips

- It is better to be hated for what you are than to be loved for what you are not.
- Don't go broke trying to impress broke people
- Make peace with your past so it won't screw up your present
- Don't compare yourself to others, you have no idea what their journey is all about
- Never underestimate the power of stupid people
- Sometimes you win, sometimes you learn



Take away tips

- If nobody helps you – do it alone
- Be selfish with your time, a lot of people don't deserve it.
- What other people think about you is none of your business
- Being alone gives us an opportunity to reconnect with ourselves
- Life is too short to waste time hating anyone
- Envy is a waste of time you already have what you need
- Do unto others as you would have them do unto you



Take away tips

- If you tell the truth, you don't need to remember anything
- He who is not courageous enough to take risks will accomplish nothing in life
- If they don't appreciate you, they don't deserve you
- To avoid disappointment, expect nothing from nobody
- Failure is a bruise, not a tattoo
- The root of all suffering is attachment
- Time always exposes what you truly mean to someone



Take away tips

- Choose your friends wisely. The fastest way to become better is to surround yourself with better people
- Never take anything personally. What others say and do is a projection of their reality
- If you are a give, remember to learn your limit because the takers do not have any
- Don't waste your time with explanations: people only hear what they want to hear.



Take away tips

- When you are angry, stay silent
- You have 3 choices in life. You can watch things happen, make things happen, or wonder what the hell happened.
- People will judge you in one way or another, so be who you want to be
- Learn to say no without explaining yourself
- Be a good person, but don't waste your time proving it
- Stop telling your friend your plans, don't let anyone know what you're doing until it's done



Take away tips

- Don't spread yourself for everyone to study you. Being mysterious is power
- When you feel offended, be silent and reflect. Silent heals and prevents lot of troubles
- Don't waste time talking about other people's accomplishment, start making your own
- There is no rehearsal in life, life is a one-time offer, use it well
- Be yourself! People don't have to like you, and you don't have to care



The end