

FOR ENTREPRENEURS AND VISIONARIES



# ELIMINATE STRESS

**AND MAINTAIN PRODUCTIVITY**

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KEYNOTE SPEAKER

# The Agenda



1

What is **stress**?

2

**Why** do we feel stressed?

3

The **right reasons** to work

4

Do NOT become complacent

# The Agenda



5

Defining **Responsibility**

6

**How** to become responsible?

7

How to manage our  
**aspirations?**

8

**Practical** application

# Stress

Stress occurs when something you don't desire happens, either because of someone's intervention or lack of time, resources etc.

For example, you desire to be appreciated for your hard work, but you receive a different reaction from your boss, so stress happens. Or you want to complete a project, but you think you will not be able to complete it on time, so stress happens as what you want is not happening.



# Why Do We Feel Stressed?

Someone booked a music band for his wedding. The guests got late by 2 hours to reach the venue.

When it was finally time for the guests to dance the night away, the music band wrapped up its stuff and became ready to leave.

When people tried to stop them, they replied that as per their agreement, they have already performed for 3 hours, when there was no one in the hall, so they have completed their job.

You see, it's not just about completing the job, it's also about doing it well! →

But if you are only concerned about what is your agreement with the company, delivering even an inch extra from that, would be highly stressful.

When one agrees to a job agreement, he forgets to consider that a lot more compromises would need to be made than what's mentioned.

But isn't the same true with every other relationship, be it with your spouse, family or friends? Even though it may sound cold, relation means a certain kind of transaction. Even with your dog, you have a transaction going; he can serve you with loyalty and you can serve him with comfort. Don't think that your dog cannot stress you out.

Remember the last time he peed on your precious carpet. It might be as stressful as phone calls from your boss or a client on a Sunday. →

# The right reasons to work



Can you think why that is so?

All those relations that are stressful are usually accepted under some compulsion. You want a pet because you feel the need to show love and compassion. So that urge compels you to adopt a pet. Now when he does anything else than what he was kept for, he becomes a trigger for stress.

You want to be successful because you want to prove yourself to your family, so there is a compulsion. Now all those times, when your job doesn't satisfy your desires, it becomes stressful.

# The right reasons to work



## How to work for the right reasons?

When you donate some amount of money willingly, and not due to compulsion, isn't it much less stressful than investing the same amount to earn profit?

Even when you are never going to get your donated money back, you still have no stress.

But a small investment in stocks, that you made out of compulsion of earning profit is so stressful.

**The reason behind doing any activity determines your experience of it.**

The reason behind donating money is to **serve** and the reason behind investing money in stocks is to **earn more profit**.

# The right reasons to work



## What is the difference?

When we say “serve”, it is an **action-oriented** reason, because the very word means action. But when our reason for working is “to earn”, it is a **result-oriented** reason.

When we willingly take an action, there are no issues, but when there is a condition attached to it there is a possibility for disappointment.

Action would become willing when you learn to enjoy it for what it has to offer in the process itself.

For example, if you are an ice cream seller, you must learn to enjoy the process of frosting the ice, whipping the cream and serving the dish. Then even if the customer dislikes it or you don't earn enough money, you won't be stressed.

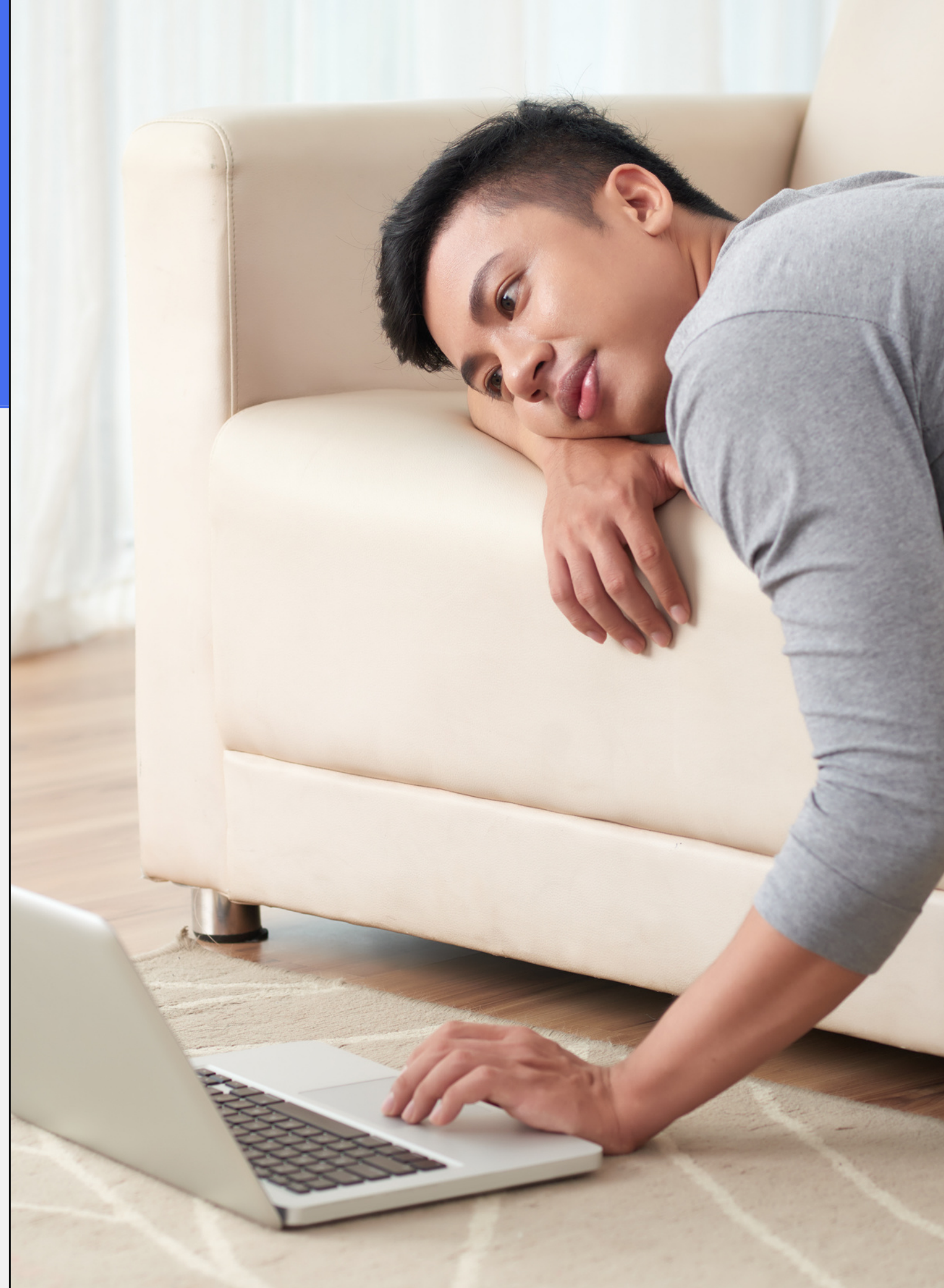
Similarly, if you are an investor, then why don't you enjoy the process of evaluating a business idea and making the most of it as a mentor rather than just calculating what you will get from the process.



# Do NOT Become LAZY..

One may think that this would make them complacent and unexcited for work. That's is not necessarily true.

If someone wants to be stress-free, he has to become action-oriented. And if he doesn't want to be complacent at the same time, one must also become **responsible.**



# How to become responsible?

## How to increase the ability to respond?

Think about this, what made you an entrepreneur or visionary? It's your sense of responsibility. Whatever your business idea maybe, it was a response to a problem you became conscious of while others were giving a blind eye to it.

So, why did you stop being conscious of what's needed to be done after you decided upon your business idea?

*If you respond to every situation consciously, will you ever become complacent?*

No, you would want to do more and more every time you find the need.

So all you need to do to become responsible is sustain your conscious approach even after you select your business idea or your vision. **At every step, stay conscious of what's needed.**

# How to become responsible?

For example, after diverting my responsibility to the youth, I never feel complacent in any way because I know I have so much to do for their happiness. But at the same, I don't feel stressed because I know I am doing all this to give a creative expression to my capabilities.

# How to manage our aspirations...



How to enjoy life without having aspirations?

Let me ask you a question. If you want a mango, would you keep on chanting and thinking about mango, or would you sow the seed and nurture it? The latter, right?

This means if you are not thinking about “what you will get” all the time, and rather focus on your work, you will be more successful than others. That's assured.



# How to manage our aspirations...

The enemy of complacency is your ability to respond to every situation with the same determination. It can only be achieved if you are conscious of everything that's needed to be done in your organisation.

If you are willing to respond to everything that's happening in your organisation, you will not have a single moment of complacency.

To become responsible, all it takes is to see reality and not live in hallucination. Your thought that “I need 600 million dollars to be happy”, is a hallucinatory idea. But thinking about what’s needed to be done in reality is the way to become responsible.



# Implementation

## Phase 1

Visualize yourself sitting in the office working on your current project. You may already start to feel the stress. Now focus on why are you indulged in doing that activity. List the reasons on a sheet of paper.

## Phase 2

Then see what is the nature of the things you have listed. Are they result-oriented or action-oriented?

If you have listed money, status, or even social benefit, all these are result-oriented reasons. But in case you have mentioned things like “you enjoy doing the work”, “you get a creative expression” or “you feel fulfilled” then these are action-oriented reasons as they are related to the action and not a future outcome.

## Phase 3

Now list down what are the different aspects of the problem that are still unsolved.

For example, you envisioned a better market for ethnic clothes, so you started your ethnic clothing business. But still, there is a lot more to be accomplished to solve the problem you had focused on. Now list these things down.

These are the things that make you feel passionate and fill you with energy.

# Implementation

## Phase 4

Now, all you have to do is to **work with focus in the direction of solving these listed aspects of your focus problem**, but this time do it because you are passionate about it and it's such a joy to be able to contribute.

If you work willingly for reasons like “It makes you feel fulfilled”, “you enjoy the creativity”, etc. and keep reminding yourself of that, you will neither have any stress nor will you become less productive.

# Summary

**If you work for being successful, you don't become successful, you only become stressed.**

**If you work for the joy of it and with responsibility, you would be on the top of your game.**

**You need to:**

- **Enjoy the work,**
- **Consciously respond to the vision, and**
- **Work with determination to achieve it.**

**It's not a self-help trick or a productivity hack.**

**It is an attempt to come closer to reality, the perks of which you will cherish for a lifetime.**





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