

BEING IN LIFE

“Being in Life” moving from proving, reacting and judging toward living, experiencing, growing and protecting what really matters.

Living What Really Matters

Being in Life means being fully present and consciously engaged with the areas of life that REALLY matter to you.

It is not about winning every argument, proving that you are right, making others wrong, looking good or avoiding looking bad. It is about building and experiencing a life that is meaningful, healthy, peaceful, powerful and aligned with your own values and priorities.

The fundamental question is:

“What REALLY matters to me and am I actually taking care of it?”

The word REALLY is important. It takes us beyond social expectations, ego, comparison, appearances and other people's opinions and brings us back to our own genuine interests, responsibilities, relationships, growth and well-being.

1) Be in Your HEALTH: Your body is the foundation through which you experience life. Take care of your physical health, sleep, exercise, energy, medical needs and overall well-being. Don't sacrifice your health continuously while trying to achieve things that may ultimately become meaningless without good health.

Ask yourself:

“Am I taking care of the body and energy with which I have to live my life?”

2) Be in Your PROFESSION OR BUSINESS: Be genuinely engaged with your work, profession or business, not merely with your position, status or image.

- Develop competence.
- Create value.
- Improve your performance.
- Build credibility.
- Learn from failures.
- Take responsibility for your results.

Don't spend your professional energy proving that you are better than others. Spend it becoming better than you were yesterday.

3) Be in Your IMPORTANT FAMILY RELATIONSHIPS: Give real attention to the relationships that REALLY matter. Being in life means being available, not merely being physically present.

- Listen.
- Communicate.
- Care.
- Support.
- Appreciate.
- Spend meaningful time with the people who are important to you.

A successful career cannot compensate for relationships that you continuously neglect.

4) Be in Your IMPORTANT PROFESSIONAL RELATIONSHIPS: Professional relationships are also part of life. Build relationships based on trust, respect, reliability, cooperation and mutual value. Don't reduce every relationship to competition, politics or personal advantage.

You do not need to please everyone. You need to maintain the relationships that genuinely matter to your work, growth and professional journey.

5) Be in the INTEGRITY of Your Working and Living Space: Your environment influences your mind. Keep your workplace, home, desk, digital space and surroundings reasonably clean, organized, functional and trustworthy.

Integrity here means that the way you live and work should be consistent with the person you claim to be. Don't create a beautiful image outside while living in disorder inside.

6) Be in Your FOOD AND DIET: Food is not merely something to satisfy hunger. It is part of how you maintain your body, energy and quality of life. Develop awareness about what you eat, how much you eat and how your food choices affect your energy and well-being. Eat to support life, not merely to satisfy every impulse.

7) Be in CONTINUOUS TRAINING AND DEVELOPMENT: Life requires continuous learning. Keep developing your knowledge, skills, thinking, communication, emotional maturity and professional competence.

Don't wait for a crisis to realize that you need to grow. Learning is not preparation for life. Continuous learning is part of living life.

- 8) **Be in MEDITATION, REFLECTION OR SPIRITUALITY:** Create some space where you are not constantly doing, reacting, consuming or responding. Meditation, prayer, spirituality, reflection, silence or conscious breathing can help you reconnect with yourself.
- The purpose is not to escape life. The purpose is to become more present in life.

WHAT “BEING IN LIFE” DOES NOT MEAN

Being in Life means deliberately moving your attention away from activities that consume enormous energy but produce very little meaningful growth.

- 1) **It is NOT about proving yourself to others:** You don't have to constantly demonstrate your intelligence, success, goodness, competence or importance. Your life does not need to be a courtroom where you are continuously defending yourself.
- 2) **It is NOT about constant justification:** You don't have to explain every decision, every choice or every aspect of your life to everyone. Some things simply need to be lived, not justified.
- 3) **It is NOT about “I am right”:** Being right is sometimes important. But making “I must prove that I am right” the center of your life can destroy peace, relationships and productivity.
Ask instead:
“What REALLY needs to be done here?”
- 4) **It is NOT about making others wrong:** You don't need to win by proving someone else is stupid, wrong, inferior or bad. Growth is more valuable than victory.
- 5) **It is NOT about reactions and upsets:** Someone else's behavior does not have to become your emotional experience.
 - Pause.
 - Observe.
 - Understand.
 - Choose.Don't give other people the remote control of your emotional state.
- 6) **It is NOT about constantly judging everything as good or bad:** Life is more complex than simple labels.
Instead of asking:
“Is this good or bad?”

Sometimes ask:

“Is this useful? Is this important? Is this aligned with what REALLY matters to me?”

- 7) **It is NOT about right versus wrong in every situation:** There are situations where principles matter deeply. But many everyday disagreements are simply differences in perspective, preference, priorities or interpretation.
You don't have to turn every difference into a battle.
- 8) **It is NOT about looking good:** If you constantly need to look successful, intelligent, powerful, generous or perfect, you become dependent on other people's perceptions.
Live well rather than constantly trying to look well.
- 9) **It is NOT about avoiding looking bad:** The fear of looking bad can make people compromise their peace, values, authenticity and growth. You may sometimes be misunderstood. Being misunderstood is not the same as being wrong.

THE REAL SHIFT

Being in Life means shifting your attention:

- From **“Proving”** to **“Living”**
- From **“Justifying”** to **“Choosing”**
- From **“Reacting”** to **“Responding”**
- From **“Being right”** to **“Being effective”**
- From **“Making others wrong”** to **“Understanding”**
- From **“Looking good”** to **“Living well”**
- From **“Avoiding looking bad”** to **“Being authentic”**
- From **“Comparison”** to **“Growth”**
- From **“Ego”** to **“Experience”**
- From **“Conflict”** to **“Peace”**
- From **“Control of others”** to **“Control of self”**
- From **“External approval”** to **“Internal alignment”**
- From **“Winning arguments”** to **“Protecting what matters”**
- From **“Short-term appearance”** to **“Long-term well-being”**

THE “REALLY MATTERS” TEST

Before investing significant emotional energy in something, ask yourself:

“Does this REALLY matter?”

If yes:

- Give it your attention.
- Give it your time.
- Give it your energy.
- Give it your commitment.

If no:

- Let it pass.
- Not everything deserves your emotional investment.
- Not every comment deserves an answer.
- Not every disagreement deserves a debate.
- Not every person deserves your explanation.
- Not every situation deserves your upset.

BEING IN LIFE = CONSCIOUS INVESTMENT

Your time, attention, energy, health, relationships and mind are limited resources. Where you invest them becomes your life.

Therefore:

- Invest in your health.
- Invest in meaningful relationships.
- Invest in your profession or business.
- Invest in learning.
- Invest in your environment.
- Invest in your inner peace.
- Invest in your values.
- Invest in experiences that genuinely matter to you.

And stop investing excessive energy in:

proving, reacting, competing, justifying, judging, comparing and seeking approval.

THE ULTIMATE PURPOSE

Being in Life is not withdrawal from life. It is deeper participation in life.

It means being present enough to experience what you have, responsible enough to take care of what matters, courageous enough to grow, wise enough to let go of what doesn't matter, and powerful enough not to surrender your peace to other people's behavior.

- The goal is not simply to “have a good life.”
- The goal is to experience your life profoundly while continuing to grow and expand.

Growth + Expansion + Peace of Mind + Personal Power

That is the essence of Being in Life.

THE BEING-IN-LIFE MANTRA

- “I will invest my life in what REALLY matters to me.”
- “I will take care of my health, my work, my relationships, my environment, my learning and my inner life.”
- “I will not waste my precious energy proving, justifying, reacting, judging or trying to control how others see me.”
- “I will choose growth over ego, experience over appearance, peace over unnecessary conflict, and purpose over approval.”
- “I will live my life, not spend my life trying to prove that I am living it.”

**BE IN YOUR LIFE. EXPERIENCE IT. GROW THROUGH IT. EXPAND WITH IT AND
PROTECT WHAT REALLY MATTERS.**

Feel free to approach us for one-to-one free personal career guidance and consultancy for stable and creditable career through our world class internship programs. Feel free to call or WhatsApp on any of our numbers: 9781000815, 9878000815, 8686000815, 9878400815, 9779000815, 8727000815