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# **NEWS BULLETIN**

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### FROM THE DESK OF CHAIRMAN

#### **ASSOCIATION**



CA Ketan Nanii Gada

## DON'T SWEAT THE SMALL STUFF

Friends, since last 10 months, I am sharing with you my thoughts and some of the excerpts from the books I have read, which are fundamentals of the life. Recently I have completed reading one good small book "Don't Sweat the Small Stuff and it's All Small Stuff' written by Richard Carlson. It is simple way to keep the little things from taking over your life. In this time of uncertainty these simple ways are so relevant.

There are 100 small one pager strategies if implemented, will help us respond to life gracefully. I have enumerated few of these strategies in one liner, which I started implementing immediately in small ways. These are -

- Make Peace with Imperfection. When you begin to eliminate your need for perfection in all areas of your life, you will begin to discover perfection in life itself.
- Develop your compassion. Compassion develops your sense of gratitude.
- Remind yourself that when you die, your "In Basket" won't be empty. Remember, when you die there will be still be unfinished business to take care of.
- Do something nice for someone else and don't tell anyone about it. When you don't mention your kindness to others your rewards are the warm feelings, which revel in the abundant joy of giving.
- Let others be "Right" most of the time. Ask yourself "Do I want to be Right or Do I want to be happy. Many times two are mutually exclusive. Practice allowing others the joy of being right – give them the glory.
- Become more patient and create "patience practice periods"
- Ask yourself the question, "will this matter a year from now?"
- Surrender to the fact that life isn't fair.
- Allow yourself to be bored. When you allow yourself to be bored, it takes an enormous amount of pressure off you to be performing and doing something all the time. If you allow yourself to be bored (Do nothing) even for an hour and don't fight it, the feeling of boredom will be replaced with feelings of peace.
- Repeat to yourself "life isn't an emergency".
- Experiment with your back burner. Using your back burner means allowing your mind to solve a problem while you are busy doing something else, here in the present moment.
- Choose your battles wisely.



- Look beyond behavior and see the innocence.
- When in doubt about whose turn it is to take out trash, go ahead and take it out.
- Argue your limitations, and they are yours.
- Write down your five most stubborn positions and see if you can soften them.
- Agree with criticism directed toward you. Then watch it go away. Give this strategy a try. Agreeing with an occasional criticism has more value than it costs.
- Be grateful when you are feeling good and graceful when you are feeling bad.
- Be flexible with changes in your plan.
- Think what you have instead of what you want.
- Remember that you become what you practice most.
- Make service an integral part of your life.
- Do a favor and don't ask for or expect one in return.
- Become an early riser.
- Remember, one hundred years from now, all new people.
- Listen to your feelings. They are trying to tell you something.
- If someone throws you the ball, you don't have to catch it.
- Keep asking yourself "what is really important?"
- Realize power of your own thoughts.
- Live this day as if it were your last. It might be.

And it is all Small Stuff.

Thank you all.... Always in Gratitude

CA Ketan Nanji Gada

## **EVENTS IN RETROSPECT**

Day & Date	Committee	Program Name	Speaker	Attendance / Views
Wednesday, April 21, 2021	Social Media Committee	Paperless office - Frugal Technologies in 7 days	CA Mr. Guru Prasad, Guru & Jana CA Ms. J Neelima, Guru & Jana	902 views
Friday, April 23, 2021	Capital Markets Committee	Informal Meeting on Investment Ideas in Capital Markets 2.0	Mr. Hiren Ved, Co-Founder, Director, CEO & CIO of Alchemy Capital Management	240 participants on Zoom
Saturday, April 24, 2021	Program Committee	MSME - Subsidies, Funding and other Benefits	CA Bhavesh Thakkar, E&Y Shri Eknath Birari, Ex Banker IOB	857 views