

To 'Love your Life and Yourself', You have to ' Know your Life and Yourself' .

I am your Guide for Life .



LIFE PARACHUTE

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Illustrated by Avanti Natarajan



INDIA • SINGAPORE • MALAYSIA

This book will be your strength you can return to time to time. If you are a teacher, this book will provide you and your students with countless ideas for writing a self expression.

Just listen carefully to your heart and start writing – only your words, your thoughts, your feelings. If you are totally honest in your writing as I hope you will be, you will discover the that no experience in life – good or bad is ever wasted. Each has so much to teach us. I felt joy, tears when I was answering a few. I found this journey of writing profound or even a sacred experience.

I hope you will enjoy this writing adventure you are about to undertake and find your mighty self.

You are awesome
(just in case – you are wondering)

Yours Sincerely,

Manjoo Shree. N

WHO ARE YOU?

We don't mean your name.
We don't want to know how you are called.
We are asking "who are you"?

Makes you think, doesn't it? You start thinking about your looks, your relationships, like and dislikes. But, still... You do not know who you are - do you? Don't you think that's strange? Shouldn't you, of all people know who you are? If you want to be in control of your life, you need to have this knowledge. If you want to take your life in any direction, you need to first know where you stand.

This book will help you go on a journey of self discovery. Its easy. We recommend you to read every chapter and complete the activity. More importantly, apply what you've Learned. If you don't practice, its like having a motor bike and driving with a 'stand on it'

unleash yourself today.

I AM YOUR FRIEND

This book is your friend.

I don't have
a magic wand,
a crystal ball
or
all the answers.

What I do have are :

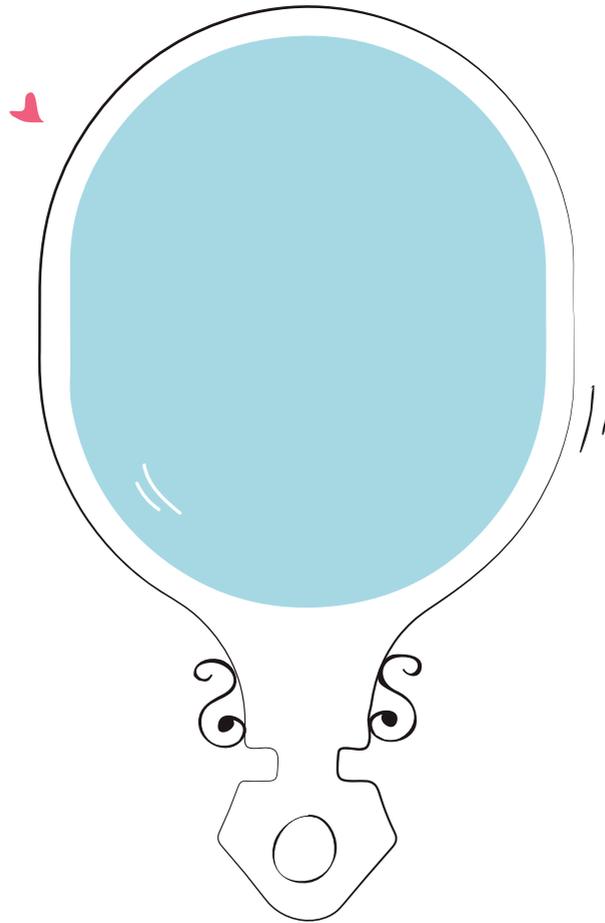
Ears to listen,
eyes to see
and
time to give.

I have ideas and your open mind.

I am your book,

I am always there to show you pointers
when you need me.

I WOULD SAY.. HELLO..



Write atleast 5 good qualities about yourself inside the mirror.

Practice picking up the mirror and reading those statements to yourself. Say them with confidence and smile. Continue them with a small group of friends, gathering and then to the public. What you get in life depends on how you view yourself -Your identity and what you are capable of.