Yes We Can!
Yes We Will!
Yes, We Can! Yes, We Will!

We live in an amazing time of change, challenge and opportunity to make our world a better place.

Though we may currently face many unprecedented challenges, there is also a lot freshness, hope and positivity. This is our chance to really make life work for all the people around the world.

If anyone can, we can!

Let us all work together to embrace this change and tackle the many challenges we face.

This eBook is my heart-felt contribution to make positive things happen in your life and in the world – please read and apply in your life daily.

And of course please do also pass it on to all the people in your life 😊

Arvind Devalia
24th January 2009

http://www.ArvindDevalia.com
# Yes, We Can! Yes, We Will!

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1. Bring More Personal Social Responsibility into your Life Today

One of my key areas of interest has always been how we as individuals and groups can improve the world. To me it is all about addressing how we live our lives and the impact we have on everything and everyone around us, both locally and globally.

After all, a butterfly flapping its wings in Regents Park, London causes turbulence and havoc in New Orleans - now you know what really caused Katrina 😊

The point is that everything we do matters and makes either a positive or a negative impact on everything around us.

Remember Gandhi’s famous quote - “Be the Change you wish to see in the world”.

From the being, comes the doing and ultimately the having. So we now have the message - “Do the change you wish to see in the world”.

The time has come when we cannot just rely on others - each one of us has to our bit. Increasingly more and more companies are also waking up to their responsibilities to the environment, the larger community and the global implications of their activities.

Corporate Social Responsibility (CSR) is no longer just a buzzword and in the last year, CSR has become a crucial part of company.

It is now time for people to be more and more aware about their Personal Social Responsibility (PSR).
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PSR is all about doing to others what you would like others do to you. It is about recognizing how your behaviour affects others, and holding yourself accountable for your actions. For example, contrast someone being well mannered with someone being rude.

PSR is an idea whose time has come. Ideally a PSR aware person will:-

1. Always endeavour to have a positive effect on others.

2. Have a mind set to contribute.

3. Refrain from causing any negativity in his environment e.g. by throwing litter on the ground, or by gossiping.

4. His social and economic activities will have a positive or neutral impact on the environment.

A socially responsible person will endeavour to have a positive effect on others and enrich his environment. He will strive to make a positive contribution, and will not pollute the atmosphere, both physically and metaphorically.

So from today onwards, start by firstly becoming aware of the concept of PSR. By coming from a place of being socially responsible for all your actions, you will immediately begin to think differently.

Then start acting from this new found awareness of PSR. For example, even by giving way to a motorist when it’s your right of way will help improve the world. Recall how great you feel when you have done just this, and the other driver has graciously acknowledged you.

Another idea is to write a letter to the manager of someone who has served you well. Become someone who is gracious and generous with authentic praise and appreciation. Also look to carry out random acts of kindness.

So you see everything you do, does make a difference.

Make your life and your actions count from today. Make things happen.

Come from a place of being socially responsible - you owe it to our future generations.

http://www.PersonalSocialResponsibility.com
2. Bring more Kindness into the World

Though “Personal Social Responsibility” may appear to be a relatively new concept, compared to “Corporate Social Responsibility”, a lot of relevant ideas have been around for ever.

As part of Personal Socially Responsibility (PSR), you might want to consider carrying out random acts of kindness on a daily basis.

It is truly a win/win/win situation. The person you are being kind to benefits through your help. You feel good for having helped someone. And the world is a better place through your kindness.

Never underestimate the impact of a single act of kindness. I still remember after all these years, how someone stopped and helped me after I had broken down. Since then, I have stopped on the road myself and helped stranded motorists a number of times. All because of that single act of kindness by a stranger.

Also, it is important to carry out your acts of kindness without expecting anything back.
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So where do you begin to bring more kindness in the world?

To get you started, I have listed 29 ideas below. And why the number 29? Because it is as good a number as any - and also because I couldn’t think of idea number 30!

Put them into practice and also create your own:-

1. Send someone a hand written note of thanks.
2. Make a card at home and send it to a friend for no reason.
3. Buy a lottery ticket for a stranger.
4. Put some coins in someone else’s parking meter.
5. Buy a coffee for the person on the street selling a magazine.
6. Cut your neighbour’s hedge.
7. Walk your friend’s dog.
8. Give a compliment about your waiter / waitress to his / her manager.
9. Send someone a small gift anonymously.
10. Stop and help someone replace their flat tyre.
11. Let someone jump the queue at the bank.
12. Pay for the drinks on the next table at a café.
13. Treat a friend to the movies for no reason.
14. Give a huge tip to someone when they least expect it.
15. Hold the train door open for someone rushing to get in.
16. Give up your seat for someone, not just an elderly person.
17. Write notes of appreciation at least once a week.
18. Talk to a homeless person and have a “normal” conversation.
19. Pick up some rubbish in the road which would otherwise be lying around.
20. Compliment a work colleague for their excellence.
21. Recommend a competitor to a potential client.
22. Give another driver your parking spot.
23. Give a piece of fruit to a delivery person.
24. Help an elderly neighbour carry the rubbish out.
25. Tell all your family members how much your appreciate them.
28. Send a thank you note to a person who has helped you in the past.
29. Smile a lot.

What goes around is sure to come around - happy helping 😊

Please apply these ideas in your life from today - and share your own ideas with others and me how you get on with spreading kindness in the world – that way I won’t have to think up idea number 30 myself!

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3. Follow your Dream

Many years ago a friend sent me a card with a wonderful poem which I still treasure to this day. It is posted on the office wall next to my computer and serves everyday to remind me to follow my dream:-

If while pursuing distant dreams
your bright hopes turn to grey
don’t wait for reassuring words
or hands to lead the way.

For seldom will you find a soul
with dreams the same as yours.
Nor often will another help you
pass through untried doors.

If inner forces urge you
to take a path unknown,
be ready to go all the way,
Yes, all the way alone.

That’s not to say you shouldn’t
draw lessons from the best;
just don’t depend on lauding words
to spur you on your quest.

Find confidence within your heart
and let it be your guide.
Strive ever harder toward your
dreams and they won’t be denied.

- Bruce B Wilmer

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This poem reminds me of Dr Martin Luther King’s famous speech - “I have a Dream”.

The words above outline the single minded journey he undertook to achieve his dream of equal rights for his people.

Similarly, Mr Nelson Mandela stood by his principles and purpose despite being imprisoned for 27 years and ultimately achieved his dream of freeing his country from apartheid.

So the lesson is to believe in your dream and follow it even if it means doing so on your own. Perhaps loftier the dream, more lonely the path.

Begin today to follow your own dream:-

What is YOUR dream?

What can you do with your life to change the world forever?

When will you begin?

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4. Bring More Peace into the World Today

Every year, September 21st is International Peace Day.

It is inspiring how the vision of one man a few years has created this international peace day. On this website you can also make state your commitment to what you will do on that day for peace.

In theory, there should be no fighting going on International Peace Day, but we all know that in practice there will be the usual killings etc in war zones around the world.

That special day on 21st September is really for us to take a step back and look at our own lives and see where and how we can bring more peace on an ongoing basis. Ultimately, if we bring peace all around us then it can spread from there.

**What grievance can you let go? Whom can you forgive? What toxic or negative habit can you let go of?**

This is not to say that you let others trod all over - it is also about respecting your own needs and boundaries and creating your life as best you want it to be.

At the same time, searching for peace is also not about becoming a tree hugging hippy! Though there is nothing wrong with this, and each to their own path, the majority of the people in the world just want to live “normal” fulfilling, happy lives in peace with enough for their daily needs.

So the question to ask yourself every day is this – “How can I bring more peace into my life today?”

To help you get started, reflect on these following questions and apply in your life:-

- **What will YOU do to bring more peace into the world?**
- **What will you NOT do?**
- **What peace habit will you apply EVERY day?**
- **WHO will you forgive and let go?**
- **Who will you NO longer try and control?**

Reflect on the answers to these questions. You may also want to come up with your own questions and reflections.

And remember that it is not just about bringing peace into the world on just one day - it has to be everyday and a life long practice.

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5. Live with Acceptance and Friendship

Sometime ago, I came across a poem by Amanda Cater, called “If a Child”:–

• If a child lives with criticism, he learns to condemn
• If a child lives with hostility, he learns to fight
• If a child lives with ridicule, he learns to be shy
• If a child lives with shame, he learns to feel guilty
• If a child lives with tolerance, he learns to be patient
• If a child lives with encouragement, he learns to be confident
• If a child lives with praise, he learns to appreciate
• If a child lives with fairness, he learns justice
• If a child lives with security, he learns to have faith
• If a child lives with approval, he learns to like himself
• If a child lives with acceptance and friendship, he learns to find love in the world.

It is many years since I last read this, and somehow it seems more poignant and meaningful today. It makes more sense today as I guess I am in a different space and more grounded. Also over the intervening years I have been blessed with numerous nephews and nieces and I have done a lot of work with the children at Nirvana School.

The above words ring so true and yet they are much more universal than just for children. These wise words in their simplicity offer us a way of living with each other.

Imagine how all of our relationships would change instantly, if we refrained from criticism, hostility, ridicule and shame.

So from today, get committed to live with tolerance, encouragement, praise, fairness, security, approval and most importantly I feel, acceptance and friendship.

By treating every other human being with acceptance and friendship, all the other pre-requisite things will follow too.

From today, be prepared to be amazed by how much all your relationships improve…

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6. Connect with More People using the Human Touch

Are you increasingly socialising and networking with other people online?!

With the advent of social networking websites such as Facebook and MySpace, people are spending more and more time communicating with each other online.

We are all now so interconnected and with the advent of email and the internet, we are only a few keystrokes away from anyone else in the world.

At the same time, people are finding that it is now more vital than ever to have strong connections. Networking electronically is said to be the way forward, as the world becomes ever smaller.

However, where does this leave face to face human contact? Ultimately, the depth of the connection you make with people is what ultimately bonds you to them. And what better place to do this than when you meet people face to face for the first time?

Are you comfortable meeting strangers for business and social purposes? Just how can you convert strangers into useful contacts and friends who will support you in your goals?

Networking online has become such a buss, but people are realising that in the changing world, they have to get out there and actually meet other people. Never mind the growing band of online social networks.

There are lots of so called networking events happening every day, whereby you get a chance to meet other guests and delegates. But how can you make the best use of these opportunities?

To start with, change your attitude. Drop the ‘what’s in it for me attitude’. Do not go around the entire room collecting and handing out business cards. I was at an event a few months ago where one lady simply went around the room giving out her card without making any attempt to connect with anyone. That is not what networking is about.

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Networking is simply about developing good long-term relationships:-

1. Develop a good close network of say 20 people. They in turn will have around 20 close contacts of their own, which they will be happy to share with you. So you immediately have introductory access to 400 people. It is key to develop this good close network in the first place. This will take time and will require sustained effort on your part to maintain it.

2. Once you have developed a close network, look at ways of giving. Remember that it is always givers gain. People to whom you give will want to give to you. It is as simple as that. Continue to develop your network by adding value. Perhaps your contacts might like to hear about a new money saving service, or a new book that you found interesting and so on.

3. Always look to expand your network. Look to meet and interact with at least one new person every day. Engage with strangers and truly listen to them as everyone has something to contribute. You have umpteen opportunities to meet people – work, social events, shops, parties, gym and so on. Remember that you have two ears and one mouth – use them in that proportion as you listen to any acquaintance.

4. Before trying to do any business with your network, build the relationship first. Really get to know the other person and understand his needs and desires. The human touch is key.

The last point is possibly the most important one - seeing the other person as a fellow human being and connecting as people will have a deep effect on your future dealings with each other.

Also remember that the human touch is key even within your online network. So as you connect with others on Facebook, MySpace or any other social network, connect at a deeper level and see how you can help others.

Ultimately, it all comes down to seeing every human interaction, online and offline, as yet another opportunity for contributing in the best way you can 😊

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7. Learn from Mother Teresa about Love and Peace

Mother Teresa left behind many poignant and deep quotations about LOVE which are so relevant and inspirational for the world today.

The common theme of her words reflects her work with the lonely, the sick, the dying and the destitute. Her unending love came through in her work and in her words. She was forever compassionate towards the loneliness felt by “wealthy” people who on surface had it all. She was also very concerned about the breakdown of families.

Here is a selection of Mother Teresa’s words - please read them slowly and absorb them and apply their wisdom in your new life of doing things to make the world a better place:-

• Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.

• I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love.

• If we want a love message to be heard, it has got to be sent out. To keep a lamp burning, we have to keep putting oil in it.

• Do not think that love, in order to be genuine, has to be extraordinary. What we need is to love without getting tired.

• Everybody today seems to be in such a terrible rush, anxious for greater developments and greater riches and so on, so that children have very little time for their parents. Parents have very little time for each other, and in the home begins the disruption of peace of the world.

• The success of love is in the loving - it is not in the result of loving. Of course it is natural in love to want the best for the other person, but whether it turns out that way or not does not determine the value of what we have done.
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• It is easy to love the people far away. It is not always easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home. Bring love into your home for this is where our love for each other must start.

• If you can’t feed a hundred people, then feed just one.

• Even the rich are hungry for love, for being cared for, for being wanted, for having someone to call their own.

• Let us always meet each other with smile, for the smile is the beginning of love.

• Loneliness and the feeling of being unwanted is the most terrible poverty.

• Love begins at home, and it is not how much we do… but how much love we put in that action.

• Spread love everywhere you go. Let no one ever come to you without leaving happier.

• The biggest disease today is not leprosy or tuberculosis, but rather the feeling of being unwanted.

• The most terrible poverty is loneliness and the feeling of being unloved.

• The hunger for love is much more difficult to remove than the hunger for bread.

• There is more hunger in the world for love and appreciation in this world than for bread. We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty. We must start in our own homes to remedy this kind of poverty.

• Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat.

• Good works are links that form a chain of love.

• In this life we cannot do great things. We can only do small things with great love.

Mother Teresa’s message of love and hope lives on - it is now up to all of us to continue her work and make the world a better place. Yes, we can. Yes we will.

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8. Live Life One Day at a Time

So many times we hear the phrase - \textit{live life one day at a time}. The idea is that we make the most of each day, since we simply do not know what is going to happen tomorrow.

At the same time, we stop living in the past – learns from our lessons but let go of any regrets and disappointments.

To remind us to make the most of ourselves and to live one day at a time, here are some inspirational words from an unknown author:-

\begin{quote}
There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is Yesterday with all its mistakes and cares, its faults and blunders, its aches and pains.

Yesterday has passed forever beyond our control. All the money in the world cannot bring back Yesterday.

We cannot undo a single act we performed; we cannot erase a single word we said. Yesterday is gone forever.
\end{quote}

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The other day we should not worry about is Tomorrow with all its possible adversities, its burdens, its large promise and its poor performance; Tomorrow is also beyond our immediate control.

Tomorrow’s sun will rise, either in splendour or behind a mask of clouds, but it will rise. Until it does, we have no stake in Tomorrow, for it is yet to be born.

From today onwards make the most of each day 😊
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9. Do your Bit for the World by Recycling and Reducing

Over the last couple of years, I have seen a great increase in the interest amongst people to recycle and reduce wastage. But there is always room for more.

It is now up to each one of us to do our bit at home and look for ways to reduce and recycle where necessary. And when you do get rid of things and send it off for recycling, though more and more local authorities councils are doing their best to recycle, much more can still be done.

Do check with your local council or local authority that they are doing everything possible - and help the environment and the planet in your own way by doing every little bit YOU can to recycle.

Of course the best thing we can do is to review our level of consumption and spending – do we really need to buy so much stuff?!!

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10. Improve your Relationships with all the People in your World

In a world increasingly tense and with international relations more uncertain than ever, it is key that we review how we all get on with each other.

Change however begins in our daily lives and if we improve the one to one relations with all the people around us, ultimately relationships on a global level will also improve.

Ultimately, to get and live the life you love, you want to have great relationships with everyone in your life. Here is how you can bring more unity and friendship in the world:

1. People will come and go from your life, but their impact and their essence remains with you forever. Every person has a “gift” for you – a lesson – ask what you can learn and receive in each relationship.

2. The key is to know that people really appreciate honesty and openness in relationships. Always be true to your word and tell it how it is for you. Speak the truth directly and authentically.

This doesn’t however, mean being brutally rude. It is important to also be respectful of other people’s feelings and opinions. Be tactful as appropriate to the situation.

3. Show your appreciation in all areas of your life. Keep a count of the number of times you say “thank you” every day and keep increasing. Say your thanks genuinely and wholeheartedly to your partner, colleagues, and family; and especially to all those strangers who do so much to make your life convenient and easy, such as shop assistants, the postman and the dustman.
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4. Listen to other people. The greatest gift you can give people is your undivided attention. Practice your listening skills, focus completely on that person and be present. When people are talking to you, stop what you are doing, look straight at them and avoid distractions and interruptions. Your undivided attention tells the other person that you genuinely value them.

5. Be interested in other people. The emphasis here is on being interested rather than ‘interesting’. Be genuine about this and do not fake it.

At the same time, make other people feel important, show everyone that they count and raise their self esteem. By doing so, you will raise your own self esteem too.

6. Don’t take things personally. What anyone says or does to you is merely a reflection of their own reality. Become immune to what others say and do when it’s negative or hurtful. See it as a gift to you and an opportunity for you to help them.

7. Stop criticizing yourself and others. Criticism can be so demoralizing and destructive for adults and children alike. Become aware of how you speak to the people you care about, and recognize when you are being critical. Ask people for genuine and open feedback about your habits of criticism and be big enough to change your ways.

8. Truly empathize with other people. Start to listen and understand their point of view. This will help avoid arguments and save you from draining your energy. Anytime you are in a tricky situation, put yourself in their shoes and ask yourself how you would like to be treated. Remember the old saying – do unto others what you would have done to you.

9. Stop dumping on others! Do not relieve your own stress by taking it out on someone close to you - this does not help either of you.

10. Focus on changing yourself - accept and realize that you cannot change anyone else. If a situation bothers you so much, then change it or change your attitude to it. It is all about you and what you bring to any relationship.

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11. Do not make assumptions about other people and situations. Communicate clearly, so as to avoid misunderstandings and conflict. Ask for clarification anytime you are not clear about something. Speak up even if you feel you might sound stupid or naïve – better to be clear now than to have a fall out later.

12. Stop gossiping about others as it will inevitably come back to you, and affect your relationships. Assume that anyone you are talking about can hear what you are saying about them. Learn to only say good things about others – by this doing this one thing alone, your relationships will soon improve.

Assess where improvements are needed in your relationships, and get committed to improving them. Here are some actions for you to improve all your relationships.

Spend some time reflecting on your life and working through the actions below. I suggest you get a notepad and start writing down your thoughts and also ideas of what you will do to improve your relationships.

It is not enough that you just read these tips – you do have to take some action and commit to bringing about change in your life. You will be glad you have done so as almost immediately you will notice the relationships with all the people in your life improving quickly. Yes you can!

If necessary, read the above tips again and then work through these action points:-

1. Review your relationships and assess where improvements can be made. Can you identify any patterns?

2. List up to ten ways you can start improving the relationships in your life.

3. Think of five people in your life, with whom you would like to improve your relationship.

4. List five things you will do in the next seven days, to improve your relationships with these people.

5. Write down what you did and how the relationship improved. Apply these lessons again and again.

Yes, you can – and yes you will!
11. Talk to People using the Universal Language of Love!

Love is the universal language of the world – and here is how we can all say “I Love You” in a number of different languages.

Such a list can of course never be complete to encompass all the languages in the world but you can now all say to other people around the world whatever major language you choose 😊

I am sure there are a few errors in this list, both spelling and phrasing, but at the end of the day the essence of the message is the same – Love is all that matters.

Afrikaans - Ek het jou lief
Afrikaans - Ek is lief vir jou
Albanian - te dua
Albanian - te dashuroj
Alentejano (Portugal) - Gosto De Ti, Porra!
Alsacien - Ich hoan dich gear
Amharic - Afekrishalehou
Arabic - Ana Behibak (to a male)
Arabic - Ana Behibek (to a female)
Arabic (not standard) - Bahibak (female to male)
Arabic (not standard) - Bahibik (male to female)
Assamese - Moi tomak bhal pau
Basque - Maitea haut
Batak - Holong rohangku di ho
Bavarian - I mog di narrisch gern
Bengali - Ami tomAy bhAlobAshi
Bengali - Ami tomake bhalobashi
Berber - Lakh tirikh
Bicol - Namumutan ta ka
Bolivian Quechua - Qanta munani
Bulgarian - Obicham te
Burmese - Chit pa de

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Cambodian - Bon sro lanh oon
Cambodian - Kh nhuam soro lahn nhee ah
Canadian French - Sh teme (spoken, sounds like this)
Cantonese - Moi oiy neya
Cantonese - Ngo oi ney
Catalan - T estim molt (I love you a lot)
Cebuano - Gihigumago ikaw
Ceqli - Go pyar zi
Corsican - Ti tengu cara (to female)
Corsican - Ti tengu caru (to male)
Croatian - Ja volim tebe
Czech - Miliuji te
Danish - Jeg elsker dig
Dutch - Ik hou van jou
Ecuador - Quechua Canda munani
English - I love you
Esperanto - Mi amas vin
Estonian - Mina armastan sind
Estonian - Ma armastan sind
Farsi - Tora dust midaram
Farsi (Persian) - Doostat dAram
Filipino - Mahal ka ta
Finnish - Mina rakastan sinua
Flemish - Ik zie oe geerne
French - Je t aime
French - Je t adore
Friesian - Ik hald fan dei
Gaelic - Ta gra agam ort
German - Ich liebe Dich
Greek - S ayapo
Greek (old) - Se latrevo
Greenlandic - Asavakit
Gujarati - Hoon tane prem karoo chhoon.
Haitian Creole - Mwen renmen w
Hausa - Ina sonki
Hawaiian - Aloha au ia oe
Hebrew - Ani ohevet otcha (female to male)
Hebrew - Ani ohevet otcha (female to male)
Hindi - Main Tumse Pyar Karta Hoon
Hokkien - Wa ai lu
Hopi - Nu umi unangwa ta
Hungarian – Szeretlek
Hungarian - Szeretlek te ged
Icelandic - Eg elskat thig

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Indonesian - Saya cinta padamu
Iranian - Mahn doostaht doh-rahm
Irish - Taím i’ ngra leat
Italian - Ti amo (if it’s a relationship/lover/spouse)
Italian - Ti voglio bene (if it’s a friend, or relative)
Japanese - Aishiteru
Javanese - Kulo tresno
Kannada - Naanu Ninnanu Preetisuthene
Kannada - Naanu Ninnanu Mohisuthene
Kiswahili - Nakupenda
Klingon - bangwI’ SoH
Korean - Tansinul sarang ha yo
Kurdish - Ez te hezdikhem (?)
Lao - Koi muk jao
Latin - Te amo
Latvian - Es milu tevi (Pronounced “Ess tevy meeloo”)
Lebanese - Bahibak
Lëtzebuergesch - Ech hunn dech gär
Lingala - Nalingi yo
Lithuanian - ta-ve mee-lyu
Lojban - mi do prami
Luo - Aheri
Macedonian - Sakam Te!
Madrid lingo - Me molas, tronca
Malay - Saya cintakan mu
Malay - Saya sayangkan mu
Malay/Indonesian - Saya sayangkan engkau
Malay/Indonesian - Saya cintakan awak
Malayalam - Njyaan Ninne’ Preetikyunnu
Malayalam - Njyaan Ninne’ Mohikyunnu.
Malayalam - Ngan Ninne Snaehikkunnu
Malaysian - Saya Cintamu
Mandarin - Wo ai ni
Marathi - me tujhashi prem karto (male to female)
Marathi - me tujhashi prem karte (female to male)
Mohawk - Konoronhkwa
Navaho - Ayor anosh’ni
Ndebele - Niyakutanda
Norwegian (Nynorsk) - Eg elskar deg
Norwegian (Bokmaal) - Jeg elsker deg
Oriya (India-Orissa) - Mun tumaku bhala pae
Osetian - Aez dae warzyn
Persian - Tora dost daram

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Polish - Kocham Cie
Portuguese - Amo-te
Portuguese (Brazilian) - Eu te amo
Punjabi - Mai taunu pyar karda
Punjabi - Main Tainu Pyar Karna
Quenya - Tye-mela’ne
Romanian - Te iubesc
Romanian - Te Ador
Russian - Ya vas liubliu
Russian - Ya lyublyu tebya
Sanskrit - tvayi snihyaami
Serbian - ljubim te
Serbocroatian - Volim te
Serbocroatian - Ljubim te
Shona - Ndinokuda
Sinhalese - Mama oyata adarei
Sioux - Techihhila
Slovak - lubim ta
Slovene - ljubim te
Spanish - Te quiero
Spanish - Te amo
Swahili - Nakupenda (followed by the person’s name)
Swedish - Jag a’lskar dig
Swiss-German - Ch’ha di ga’rn
Syrian/Lebanese - Bhebbek (to a female)
Syrian/Lebanese - Bhebbak (to a male)
Tagalog - Mahal kita
Tahitian - Ua Here Vau Ia Oe
Tamil - An unnaik kathalikkinren
Tamil - Naan Unnai Kadalikiren
Telugu (India) - Neenu ninnu pra’mistu’nnanu
Thai - Khao Raak Thoe (affectionate, sweet, loving)
Tunisian - Ha eh bak
Turkish - Seni Seviyurum
Ukrainian - ja tebe koKHAju (real true love)
Urdu - Mujhe Tumse Muhabbat Hai
Vietnamese - Em ye‘u anh (woman to man)
Vietnamese - Anh ye‘u em (man to woman)
Welsh - Rwy’n dy garu di.
Yiddish - Ich han dich lib
Yugoslavian - Ya te volim
Zulu - Mena Tanda Wena

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12. Be a Responsible Business Leader for the World Today

The world is today changing rapidly and this is affecting the world of business as never before. Globalisation, the Internet and emerging economies such as in India and China are bringing huge challenges to businesses in the UK and the western world. And of course currently we have a huge economic downturn and a banking crisis.

Organisations are generally driven to change either by the desire or philosophy to be the highest quality, best, first or leader in an industry; or they are forced to change through painful circumstances such as high turnover, loss of revenue or loss of industry position.

Management can’t force employees to overcome their fear of dramatic change through short-term motivation. Inspired leadership and a deeper, longer term approach are needed.

More than ever before, companies need to fully embrace the philosophy of “Corporate Social Responsibility” (CSR) and this begins internally by fully considering the needs of employees.

Here are some simple tips to provide leadership to bring about change:-

1. Embrace change as a positive feature of today’s business world and see it is a positive thing. A simple review of new industries that have developed in the last decade will demonstrate that change is here to stay. Change is more rapid than any other time in history, it is not going away and is a completely natural process.

2. Get comfortable with being uncomfortable, as any time we try something new, we feel awkward and uncomfortable. It is part of what it takes to change. It helps to reframe the feeling. Instead of feeling uncomfortable about change, see it as a fresh opportunity to do other things – maybe what you always wanted to do.

3. Create a clear vision and define where you want your business to be. Do the work necessary to fully believe in and commit to the change. Develop and sustain your belief in the change effort, and communicate that belief with your actions and words.

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4. Build a case for change. Understand where you are now and decide where you need to be. Create excitement for the future in order to overcome the discomfort created by change. Harness commitment and awareness of the need for change.

5. Identify the people in your organisations who are early adapters and change agents. They are the visionaries, forward thinkers and influencers. Work with them and they can bring up the rest of the staff, including those who may be inclined to be negative and resistant to change.

6. Remember that organisations are people - just as your organisation is changing so are your people. Each individual is going through his or her own personal process of change. Recognise and motivate employees for their contribution and their strengths.

7. Put the change into perspective. Explain why things must change - link the change to world events, business trends and other themes, so that your staff realise that they are part of something much larger than the change that you are presenting to them.

8. Be up front about the consequences, if any, if they don’t adopt the change - people need to know what their options are. At the same time people need their hands holding, at least temporarily. No one wants to look stupid.

9. Be patient while people reposition themselves after first learning about the change - the body and mind simply takes time to do this, so don’t assume a sluggish response is resistance - it’s just human. Also, reward curiosity and alternative ways of thinking. Often, simple acknowledgement or recognition can be enough reward.

10. Be up front and fully honest - change is scary enough, but when the other person feels like they don’t have all of the facts/information, expect a strong reaction. Just as soon as you or the situation changes in some way, let others know immediately.

11. Encourage constant open communication. Regular communication is vital to the change process. Feedback needs to be ongoing in all directions - up, down and across. At the same time, encourage risk taking and brainstorming. Respect differences and test out new ideas and methods. Keep what works and let go of what doesn’t.
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Be prepared for the normal emotional reactions to change. Change can create instability, anxiety, conflict, nostalgia for the past, and fear of the unknown. Help people move through these responses by expressing empathy and using a coaching leadership style.


To conclude, see change as new opportunities for companies to capture large markets. Whilst change may be seen as a stiff challenge, it also represents an opportunity for inspirational leadership.

Practice leadership based on the courage to live the change you wish to bring about. Apply the principles of CSR, and you are more likely to increase your chances of being successful in these rapidly changing and challenging times.

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13. Ask Yourself What the World needs Today

What the world needs today is more people passionate about following their heart and making a difference.

What the world needs today more than ever before is more people committed to living a life of passion, service and contribution.

On that note, here are some fine words from Dr Martin Luther King Jr about serving:

‘Everyone can be great, because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You only need a heart full of grace - a soul generated by love’

What the world needs today is more leaders to stand up and speak up for what they ultimately know is the best thing to do.

And here is a great quote from Harold Whitman:

“Don’t ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.”

What makes you come alive?
14. Use your Magic Wand to bring more Love into the World!

If I had a magic wand…

I would change the world in an instant.
I would provide food for all the starving people and share their joy.
I would stop wars and bring about peace.
I would show men that their enemies have the same desires, needs and wants as they do.
I would bring out the love that is in everyone’s heart.
I would get people to share and bask in the abundance all around us. I would encourage people to slow down and appreciate the beauty around us and in us.
I would enable people to take better care of Mother Earth.
After all, everyone is doing the best they can.

But until I find my magic wand,

I will live every day of the rest of my life in such a way
That I may never need such a magic wand.
I will use the gift of this body to create a better world through my thoughts, words and actions.
My mouth I will use, only to spread words of encouragement, gratitude, appreciation…and never a negative word about another.
My eyes I will use, only to see the beauty in others…even where it is deeply buried, I shall seek it out.
My ears I will use, only to hear good about others.
My hands I will use, only to enhance the world and to make a lasting contribution.
Each morning I will awaken slowly, and bask in the glory of the world that is around us,
And marvel at the sheer miracle of this life.
Every day I shall strive to live my truth,
And each day I shall spread the love that is in my heart.
After all, love is all that matters.

(Arvind Devalia - November 2003)
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15. Live your Life Knowing that Love is all that Matters…

Life is very simple if only we all believed that Love is all that matters.

Love is the most amazing thing in our lives. It is what makes us human, what makes life worth living. Nothing else truly matters. The size of our homes, bank balances, the beauty of our spouse, the speed of our car. All those things pale into insignificance when we face the splendour of what it is that makes us tick.

Love is not the highly commercialised circus we see say on Valentines Day. It is much deeper and much more profound than sending someone a dozen roses at hugely inflated prices. It is much more than candle lit dinners and fancy chocolates.

Here in the West, we have forgotten how wonderful it can be to just love someone for who they are and to accept them. There is always a catch – a kind of tit for tat. We have forgotten to love our selves. We hold grievances against others for supposed petty hurts and forget their magnificence.

Yet we all yearn for that deep connection with others, those moments of bliss, joy, completeness. We crave to have more of those delicious moments we may have had with a romantic partner. Such moments seem so rare and forlorn.

We all remember the blissful moments when strangers have shared their love and made a difference. We all remember the feeling of gratitude in the eyes of someone whom we have helped. We remember how great it feels to do something for someone without expecting anything in return. We cry when we see happy stories on our TV screens of families reuniting. Such stories touch our hearts and yet they are so rare, as we continue to get bombarded with so much doom and gloom by all the propaganda around us.

We remember the sheer joy of children playing and the love in their eyes. Our hearts skip a beat, we get goose pimples and we get teary eyed when we witness an act of sheer love, pure, unadulterated and unconditional. Such moments literally take our breath away.

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Love is much greater than what we feel romantically. It is what makes us sing, dance and makes us human. Love does not make the world go around – it simply makes the ride worthwhile.

I always wonder why there is so much pain in the world. My heart broke at the age of nine, when I first saw pictures of starving children in India and Africa. I remember feeling so exalted to hear Dr Kissinger say that within a decade, the human race will have eradicated starvation from the face of the planet. That pledge now seems a distant and painful watershed.

The world to date has not been working – hence the great calling worldwide for change. Our tried and tested methods have failed. We need to review our core values and to see just where we are headed.

If there was enough love in the world, we would simply not tolerate a single human being starving. As Gandhi said – “There is enough for everyone’s need, but not for everyone’s greed”.

However, there is enough love in each of our hearts to heal the world. We have simply forgotten this as we all strive to get bigger, better and to get somewhere. Usually though when we get there and have these things, we find forlorn emptiness. Yet there is a better way. Open your heart to what is possible.

There is no political, social, cultural agenda here. Together we can help the human family get back to its roots and claim its legacy – a world of caring, sharing and growing together. It will feel like coming home.

Let go of all your fears and know your life can be so full of love it will simply overwhelm you. Let us experiment with love together and see where we end up.

There are so many simple things we can all do on a daily basis to bring more love into our lives. Together we can all make this an even better and more beautiful world than it already is.

What have you got to lose – except perhaps your fear of being hurt, let down, taken advantage of? Once you became aware of the miracles that love can produce you will want more of the same. Your situation will change, people around you will change and you will change. You will become human again.

Let us all become human again together, and manifest even more love in our already magnificent world. A world of love, love and more love always. After all, nothing else matters.
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16. Let your Light Shine

Some inspirational words continue to inspire you every time you hear them. “Our Light” from Marianne Williamson has that power. The words are from her best selling book - *A Return to Love*.

I have heard these words said aloud on many occasions now and I still get goose bumps every time. Mr Nelson Mandela is said to have used some of these words, either during his inauguration as South African president, or soon after. But there is no record of this in any of his official speeches.

However, these are probably the sort of sentiments he would have shared. These powerful words make us realise once again just how powerful and amazing we are:-

*Our deepest fear is not that we are inadequate.*
*Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us.*
*We ask ourselves*  
*Who am I to be so brilliant, gorgeous, talented, fabulous?*  
*Actually who are we not to be?*  
*You are a child of the universe…*  
*Your playing small doesn’t serve the world.*  
*There is nothing enlightening about shrinking so that others won’t feel insecure around you,*  
*We are all meant to shine, as children do,*  
*We are born to manifest the glory of God that is within us.*  
*It is not just in some of us; it is in everyone.*  
*And as we let our own light shine, we unconsciously give other people permission to do the same.*  
*As we’re liberated from our fears, our presence automatically liberates each other.*

So how will you let your light shine from today?

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17. Appreciate the True Joy in Life

I first came across these inspirational words from George Bernard Shaw a few years ago when I began my journey of self development and personal growth.

I was attending this seminar, and the presenter ended the evening by quoting these words. It was a fitting end to an interesting period of learning and growth, and his words seemed to have a profound effect on most people in the room.

As you begin your own journey of making a difference in the world and contributing, may these words inspire you in the same way they have inspired me:-

“This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish selfish clod of ailments and grievances complaining that the world will not devote itself to making you happy.

I am of the opinion that my life belongs to the whole community and as long as I live it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work, the more I live. I rejoice in life for its own sake.

Life is no ‘brief candle’ to me. It is sort of a splendid torch which I have a hold of for the moment, and I want to make it burn as brightly as possible before handing it over to future generations.”

Let your light shine brightly for a long time ☺.

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18. Strive for Peace in Our Time

A couple of years ago, I bought the domain name at www.PeaceinMyTime.com

The phrase “Peace in my Time” appealed to me as I believe that to achieve peace in the world, you have to achieve it internally first within yourself and in your own life.

Also, I felt peace could be achieved in my lifetime i.e. in my time.

Here are some inspiring words from Dr. Martin Luther King Jr about peace.

“One day we must come to see that peace is not merely a distant goal we seek, but that it is a means by which we arrive at that goal. We must pursue peaceful ends through peaceful means”

One day there WILL be world peace. There is even a wonderful website at www.PeaceOneDay.Org, who are the people behind the UN International Day of Peace, which is normally on 21st September every year.

Their vision of the International Day of Peace extends far beyond the cessation of violent conflict and represents an opportunity for individuals to join in a moment of global unity.

You can start today, wherever you are to somehow find some time to be peaceful i.e. no petty arguments, no road rage, no shouting and definitely no backbiting or gossiping.

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To get you started on your journey of peace, here are some ideas from the “Peace One Day” website:-

• Make peace with someone you have fallen out with.
• Swim or cycle for your own peace of mind.
• Bring your family and friends together for a meal.
• Send peace cards and emails.
• Organise some lunch boxes for homeless people.
• Make peace with yourself.
• Create or visit a peace garden.
• Light a candle for peace.
• Hold a few minutes of silence.
• Write a prayer for world peace.

The key is to make peace with yourself and everyone that you have ever fallen out with. And of course, you must continue to do these activities every day and not just today.

Here is a very timely and poignant quote from the Peace Pilgrim:-

“We can work on inner peace and world peace at the same time.

On one hand, people have found inner peace by losing themselves in a cause larger than themselves, like the cause of world peace, because finding inner peace means coming from the self-centred life into the life centred in the good of the whole.

On the other hand, one of the ways of working for world peace is to work for more inner peace, because world peace will never be stable until enough of us find inner peace to stabilize it.”
Yes, We Can! Yes, We Will!

19. Create the Ten Key Pointers for Your Life

Isn’t it funny how a lot of tips and pointers seem to be ten in total?! Here is a list of ten pointers sent to me by a friend a while ago. Pick out the ones that resonate with you – or perhaps you want to choose all ten for yourself

1. Always keep that childlike sense of wonder because it is that which pushes us to live.

2. Believe in the power of positive thinking, and never underestimate the strength that each of us possess, it crops up when we least expect it to.

3. Spend time with your family and loved ones, and make the most of your time with them. Learn from them, laugh with them, play with them and share with them.

4. Keep smiling, because it is your positive energy that allows others to grow and be full.

5. Taste life, live it, reach out eagerly without fear for newer and richer experiences.

6. Make time for yourself, everyday spend some time in silence, in some creative work, just to keep your spirit alive. Keep a journal, read, meditate, sing, dance, walk, exercise, anything that will keep that spark in you lit.

7. Love without expectation (this is tough, but the more we practice, the easier it becomes ☺)

8. Allow your heart to work through you, the most beautiful things in the world cannot be touched, they must actually be felt with the heart.

9. Be kind to others, and you will see little small miracles happening in your daily lives.

10. Last but not least, Be KIND TO YOURSELF! Have patience with yourself and allow your life to unfold like a budding flower.

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A few years ago, Londoners were shocked and traumatised by the events of the bombings in July 2005.

Looking back, it is hard now to even imagine how tense and tumultuous those few weeks were. The day after the euphoria of London winning the right to stage the 2012 Olympics, our lives were shattered by bombs within our own midst on 7/7. And all this came just days after the positivity of the Live 8 concerts worldwide.

At the time, I wrote in my regular monthly newsletter about my vision for the world:-

“My vision is that one day generations of children to come will ask their parents if something called “war” ever existed. They will wonder if people really did blow each other up in cold blood, and how humans ever let that happen in the first place. They will also ask if children really died due to a lack of food.”

Call me naive, but to live with such hope is perhaps the only way forward, since “an eye for an eye makes the whole world blind“. I believe it was Gandhi who said this and in the world today, his words, wisdom and inspiration are needed more than ever.

When we have events such as Tsunami, Katrina and 7/7, it is always uplifting to hear stories of heroism and humanity coming through after the initial shock and horror.

In the aftermath of such tragedies, what we feel and express is clearly very profound and deep compassion for others.

It seems to take a Tsunami, 9/11 or a 7/7 for this compassion to be displayed. Yet this compassion is always there within us and the challenge for all of us today is to channel this compassion, and then create and ultimately manifest our own visions of a better world.

It is at such times that one briefly glimpses the type of world we could have i.e. full of compassion, caring and love for our fellow beings.

It just needs all of us to hold a higher vision for humanity and appeal to our highest morals and values.

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Remember it only takes a few people with a vision to change the world for the better in a very short time. Just look what Dr Martin Luther King Jr achieved in a relatively very short time.

Here are some words from Dr King which are more relevant than ever before today:-

“Through our scientific genius, we made of the world a neighbourhood, and now through our moral and ethical commitment, we must make of it a brotherhood.

We must all learn to live together as brothers or we will all perish together as fools. This is what we must learn.

It simply means that every nation must be concerned about every other nation; every individual must be concerned about every other individual.”

We can all have a dream for a better world – and take many steps to make it happen.

What is your vision for the world?

When will you begin to work on manifesting it?

What can I do to help you with your vision?

And what can you do to help me manifest my vision?

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21. Spread your Sunshine Everyday

I was once walking through Regents Park in London and I came across a gardener who was diligently digging and clearing the ground. As it was almost spring time, I knew that within a few weeks, hundreds of little flower shrubs he was planting in immaculate rows would be blossoming in their full glory as in the above image.

Despite the slight drizzle, the cold and the impending dusk, this delightful old man was completely lost in his work. I watched him in action for a while - it was just wonderful to see someone so engrossed in their work.

I wondered if the gardener truly appreciated just what joy and beauty he was adding to the lives of so many people. He was indeed bringing sunshine to the lives of so many - and he gave me another lesson in humility and service.

So here are some questions to ponder as you begin to make positive things happen in your world:

*What can you do today to bring sunshine to the lives of other people?*

*How does your work directly enhance the lives of the people around you?*

*How can you make the world a better place today?*

Look for ways of giving to others - and you will be bringing some sunshine into their lives - and yours.
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22. Act now to curb Global Warming

One of the most serious issues facing us today is global warming. We all now know just how serious the environmental problem now is. Just what sort of world will future generations of children have? With the increasing level of global warming, will there even be a world left for them?!

The vast majority of scientists now agree that global warming is real, it is already happening and that it is the result of our activities, and not a natural occurrence. The evidence is overwhelming and undeniable.

So it is up to each one of us to take personal responsibility and take action in all areas of our lives. From increased recycling of waste at home to watching our car mileage and emissions, it will all help to preserve our planet for future generations. Here are some simple tips to get you started:-

- Replace a regular incandescent light bulb with an energy saving compact fluorescent light bulb
- Move your thermostat down 2 degrees in winter and up 2 degree in summer
- Choose energy efficient appliances when making new purchases
- Wrap your water heater in an insulation blanket
- Use less hot water
- Turn off electronic devices you are not using
- Unplug electronics from the wall when you are not using them
- Be sure you are recycling at home
- Buy recycled paper products
- Switch to green power
- Simply buy and consume less

Some of these may seem simplistic - and they are. So you will have no excuse not to implement them 😊

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23. Create a Legacy for Our Children

As we look around the world today and all its challenges, I often wonder what sort of world we are leaving behind for our children.

Whilst most of us continue to live as if there is no tomorrow and we use up our natural resources like they are ever lasting, pause for a moment and realise that there is only one certainty about our life. Sooner or later we are all going to die. Accept it or not, every day brings us closer to that day.

Our life will then only live on in the memories of our loved ones and in a generation or two we will be remembered as grey ageing pictures or more likely nowadays preserved in the annals of any number of internet websites. Even on social networking websites you will just be a collection of forgotten images.

The only time people truly begin to live fully live their lives is when they have faced death. Recall the example of people who have had near-death experiences - life for them really began after seemingly being given a second chance. Their priorities change and they begin to make the most of everyday.

I have 5 young nephews and a niece and sometimes when I see them I wonder what sort of world their children will grow up in. The eldest nephew is now 19 and he goes to college this year, with the usual wide eyes enthusiasm and naivety of the young. I know they will all survive and prosper but you wonder what challenges they will face in the years to come.

So what legacy can you leave behind for the children in your life and those to follow? What can you do for your descendents? What can we all collectively do ensure that our children and their children can have a future to look forward to?

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I believe that the answer is that each one of us does the best we can on our individual paths. We begin to live our lives in a moral, ethical and caring way.

It is all about leaving behind for the children of the future a legacy of a life well lived.

By a legacy, I do not just mean we leave behind something material such as an inheritance in the form of property, a company or wealth, though all those things are important too. I mean something that will improve this world and make a positive difference to the lives of our children, no matter how small or big. It is not about our fame or rewards but simply about helping others.

Legacy is all about showing the young a path to follow and setting an exemplary example. It all comes back to you living your life so well from the highest possible moral grounds that all those who follow will be inspired and follow your example.

A few years ago, we threw a birthday party for an uncle who had reached the age of one hundred. He was probably even older, as a century ago in India no one kept accurate records. At the party there were five generations present and in total my uncle had over eighty direct descendents there. He certainly had a lot to celebrate in his life - his legacy to us was an example of a life of solid graft and helping others. He remains a role model for the four generations that shared his life span.

It is all fair and proper that we do this. Think of all those people who have gone before us and who have shown us the way to live - they left a legacy and it is now our duty to leave a legacy behind for others.

Make it your intention from now onwards to leave behind a legacy worthy of you.

Start today - you know you can – and you will 😊
Some people always seem to be happy, smiling and full of sunshine. Others seem to believe that they have a right to be happy, and that other people should make them happy. Some people even believe that when they are not happy, they have a right to complain about it and that complaining will cause them to be happy.

So just how can you keep a sunny outlook all year around? Here are my tips:-

1. Accept that it is okay and normal to be happy. Do not see being happy as being unduly selfish, or materialistic, or self-centred.

2. Live your life with positive optimism. Negative thoughts and worry zap your energy. Thinking of the good and positive things in your life generates feelings of warmth, affection, appreciation, hope, and security, and draw positive things to you. Also spend more time with positive people.

Limit your input of negativity such as through the media. Stay well informed, but watching news reports over and over again about things you can do nothing about will bring dark clouds into your life. Limit the amount of TV you watch.

3. Show gratitude. Just take a second and realise that you are alive! Be happy with what you’ve got - not what you want. Focus on what is right in your life rather than what is wrong. Appreciate what you have. For example, stop obsessing about wanting a slimmer body and be grateful that you can walk.

4. Smile. Sounds simple and it is. Try this today when you go out - smile at everyone you see. You will be surprised at what comes back to you. You will feel happier and you will be spreading happiness around you.

5. Make at least one friendly phone call each day, with no intention to get some business or anything else. Just a friendly hello without any expectation.

6. Eat healthy and quality food. How sunny you feel depends so much on what you are putting into your body. You need and deserve quality foods. Determine what food really works for you, and develop a personal way of eating that will support you. Consult a nutritionist if necessary.
7. Appreciate the nature around you. Literally stop and smell the roses. Every now and then, look at a sunset, cloud formation or trees. We are too busy - convince yourself of the beauty of nature and keep at it.

8. Exercise regularly and make it fun. Take 45 minutes out of your day to work your muscles and strengthen your body, mind and spirit. Remind yourself of the benefits and adapt exercise habits as part of your daily routine of self care. Stop thinking of exercise as an option - start now and experiment until you find something you truly enjoy.

9. Get sufficient sleep, which will keep you shining. Determine just how much sleep your body needs and make sure you get it. Avoid watching TV, reading, doing work in bed. Make your bedroom a peaceful place for you.

10. Remember the happy times, when you are not feeling so sunny. Happy memories are a reminder that the world is not always out to make you miserable.

11. Let it all out. Laugh, cry, scream or anything else you get the urge to do, but do whatever it takes to let out the emotions you are feeling. You will feel so much better and lighter afterwards. We all need to vent at times.

12. Do something for someone else. Random acts of kindness are magical and giving of yourself is one of the best highs you can get. For example, let other drivers into your lane. Have a friendly conversation with the cashier at the supermarket.

Become conscious of your positive acts. When you give the gift of a smile or a kind word, you create a wonderful ripple effect of sunshine that touches many, and helps build bridges between everyone.

Here’s to many more weeks, months and years of sunshine.
Yes, We Can! Yes, We Will!

25. Hear no Evil, Speak no Evil, See no Evil

This picture of the three wise monkeys was drawn by children at Nirvana school (www.NirvanaSchool.org)

The visual image of three monkeys advising us to “Hear no evil, Speak no evil, See no evil” is a great one to keep in mind all the time.

The concept of three wise figures probably originated from India, and then passed on to China and Japan. These three wise monkeys are now a favourite theme for ornamental pieces, and the inherent learning for us is the ability of the disciplined mind to avoid evil.

If we reflect a bit more on the wise monkeys and adopt their message in our lives, just image what a transformation would take place.

From today onwards, if you were to fully adopt their wisdom and live their message daily, there would soon be a new you. For a start, you will:-

- Refuse to hear bad things about others and take part in gossip
- Always say positive things about everyone
- See the beauty in others and all around you

Imagine how different our world would be if everyone adopted the wisdom of the three monkeys.

Make one of your guiding principles from now on:-

“Hear no evil, Speak no evil, See no evil”

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26. Start Giving and Receiving

Do you look to help others in any way you can? Or do you tend to look out just for yourself?

Most cultures and religions emphasise that life is all about giving. You reap what you sow, and by being generous and sharing your goodness is how you become happier. We have a choice in how we behave towards others. We can be generous, considerate and caring to the people around us. Or we can be mean, self centred and petty.

Every human interaction is an opportunity for giving and receiving a gift, such as love, friendship, honesty, support, thoughtfulness, generosity, humour and fun. In any situation, ask yourself - how can I help? How can I contribute here?

When you give to another, you receive the blessings of what you have given them - such as pleasure, satisfaction and joy. What goes around comes around, and once you put the balanced cycle of giving and receiving in action, you will receive as surely as you give.

At the same time, be open to receiving. If everyone was giving, and no one was receiving, to whom would we be giving? Recognize that by being open to receiving, you are giving the other person an opportunity to be blessed by their giving. It is a great thing to give… and to receive.

Every time you meet someone, ask yourself - what can I do for this person? A sincere compliment or even just acknowledging their presence can make a huge difference to them - and you.

Look for opportunities for connecting people. A lot of business is done through personal recommendations and we all know someone who is excellent at what they do. Or simply get like minded people together. Hook up people who you feel may have some synergies.

We can all strive to lead a life of contribution. Though we can’t all be like Gandhi, Mother Teresa or Nelson Mandela, we can certainly make a difference to the world in our own small way.

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Here are some simple ways you can begin to give to the people you meet every day:

1. Smile and see how others respond. Give someone the gift of your smile and kindness. It is amazing how easily you can uplift someone with a smile.

2. Help someone lost or in some trouble. Look for the proverbial damsel in distress. Even giving directions to a lost tourist will lift your spirits.

3. Help someone for no other reason than to make their life easier. For example, next time you are in a traffic queue, give way to other motorists. Count the number of times each day that you do something for others simply to help them.

4. Make a monetary contribution to a good cause. You will be surprised how far a little change can go.

5. Say something positive to at least 3 people every day. This could be your neighbour, a work colleague or the newsagent. The opportunities of brightening up someone’s day are endless once you begin to look out for them.

6. Recommend someone’s services or products. Help other people grow through your recommendations. Offer to put people in touch with someone who you think could help them. Recommend the plumber or decorator who did such a great job for you.

7. Talk in glowing terms about someone to a third person. Instead of gossiping and “bitching”, stop and get in to the habit of only saying positive things about others.

8. Acknowledge at least three people daily. This could be by sending them a greeting card or a “thank you” note, telephoning or emailing. Perhaps a mobile text message. Do something for them which you know they will appreciate.

Remember, you are a gift bearer and a gift receiver in every relationship. And the key to creating the life you love is contribution.

Make this the week when you begin contributing and giving. Make contribution a life long mission. Your life will change dramatically and your interactions with other people will become more satisfying, enjoyable and fun. Yes, you can ☺

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27. Look after our Sacred Planet in Every Way Possible

I recently came across these words from Chief Seattle from the time when his people were required to give up their land in the middle of the 19th century.

Chief Seattle’s Prayer

Every part of this earth is sacred to my people. Every shining Pine needle, every sandy shore, every mist in the dark woods, every meadow, every humming insect.

All are holy in the memory and experience of my people. We know the sap which courses through our veins. We are part of the earth and its part of us. The perfumed flowers are our sisters. The bear, the deer, the great eagle, these are our brothers.

The rocky crests, the juices in the meadow, the body heat of the pony, and man, all belong to the same family. The shining water that moves in the streams and rivers is not just water, but the blood of our ancestors.

Each ghostly reflection in the clear water of the lakes tells of events and memories in the life of my people. The water’s murmur is the voice of my father’s father. The rivers are our brothers. They quench our thirst. They carry our canoes and feed our children. So you must give to the rivers the kindness you would give any children.

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So you must give to the rivers the kindness you would give any brother ... Remember that the air is precious to us, that the air shares its spirit with all the life it supports. The wind that gave our grandfather his first breath also receives his last sigh. The wind also gives our children the spirit of life.

Will you teach your children what we have taught our children? That the earth is our mother? What befalls the earth, befalls all the sons of the earth. This we know: the earth does not belong to man, man belongs to the earth.

All things are connected like the blood which unites us all. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself.

- Chief Seattle 1855

Though there are various versions of this “prayer”, the essence of Chief Seattle’s wise words come through - it is our land and it is up to us to care for it. Just what would he make of all the damage we are currently causing to our planet?

The point is that it is up to each on of US to do something about saving our planet.

When will you start?!
28. Strive for Excellence…Just Begin!

As you begin to make things happen for the world, strive for excellence, not perfection. So often when you want to do something perfectly, you never get started.

Striving for excellence does not mean that you must be perfect. It means that you use your talents, abilities, and skills in the best way possible and get ahead of others by giving that little extra. Simply do your best in every thing you do at work, home and play.

Accomplishing tasks in an excellent fashion gives you great pride and self-esteem, since the quality of your work is a measure of the quality of yourself.

Here are some practical ways of bringing more excellence into your own life.

1. Always give more than is expected of you, regardless of what’s in it for you. Exceeding expectations and going that extra mile will set you apart from others. Learn to look at every situation in terms of the value you can add to that situation. Do things faster, better, and even more cheerfully for everyone in your life - customers, employer, family, and for yourself.

2. Have a passion for whatever you do for a living. Half-hearted attempts will ultimately show up as mediocrity. Make what you do part of your daily life, part of who you are. Seek out those things you can get passionate about and use them to create excellence in your life.

Also, be totally committed to what you do, as excellence is only possible only with commitment. Either find a way to become fully committed to what you are doing, or find something else to do.
Yes, We Can! Yes, We Will!

Once totally committed, you will be able to work around obstacles. The moment you get committed, you will find ways of learning quickly what needs to be done - and you will also find the right people to help you. Learn to ask for help!

3. Believe that what you do matters, and that it will make a difference. A life of excellence comes from continually making a contribution. You can’t save the whole world single-handedly, and we can’t all be a Gandhi or a Mandela, but you can certainly make a difference one person at a time. So look for ways to contribute.

4. Challenge yourself to excel all the time - and build your confidence and competence. The person you become in the pursuit of your dream is worth far more than the achievement of that dream. Aim high and push to be your absolute best, and then go even beyond that - you are capable of far more than you think. At the same time, be realistic - don’t set your sights so high that you have no way of reaching your goal.

5. Expect the best of everyone around you - generally you will get the best from them. Most important of all, expect the best from yourself. Talk to yourself in positive terms. Eliminate all negative self-talk.

6. Always follow through and follow up. Many times a job remains unfinished as the initial excitement about starting the job wanes, but just a little more effort to finish it will bring big results. Conversely, start only what you know you can finish. Also, do it right first time around and save yourself a lot of time later in fixing it.

7. Focus on one thing at a time. Plan your time so that you can give each task its due undivided attention. Block out any distractions such as TV, mobile phones, emails, visitors and so on. Ask yourself - what is important, your goal or the distraction?

8. Take extreme self care. Only by being in top physical and mental state can you have the energy, drive and vitality to excel. Take regular breaks - work diligently whilst you are at it, but after that put it aside. Have regular breaks and vacations and use that time to reflect on bringing even more excellence into your life.

9. Learn from every experience, and learn from others. Every situation has a learning opportunity - see problems and obstacles as opportunities to grow and excel. Look around and appreciate excellence whenever you come across it, and learn what you can from it. Ask questions of others. There is no shame in not knowing something - there are no stupid questions. See any criticism as a gift of feedback.

10. Use all available tools such as computers, internet, accountancy packages, and DIY guides. Remember that a tool is anything that helps you excel - don’t get hung up on what it is, and focus on what it can do for you.

Living a life of excellence is not difficult - simply decide right now to give it your best shot - and you will be amazed with what life gives you back. The world needs YOU to excel ☺

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29. Be Persistent to Succeed

We all have challenges in life and it is up to us to see them as exciting or daunting.

In the famous book “Think and Grow Rich” by Napoleon Hill, there is a quote from him which has a lot of meaning for all of us as we ponder on our challenges and ambitions:-

“There is one quality that one must possess to win - definiteness of purpose, knowledge of what one wants and the burning desire to make it happen”

There are 4 clear stages of achievement, which I have used for coaching clients:-

1. Get clear about your vision / dream / purpose / goal.
2. Steps / strategies to achieve that goal.
3. Break down strategies into tasks
4. Take action

Some people get more inspired when a goal seems loftier or unattainable. However the key to achieving any goal is to be very, very persistent.

As with anything else, persistence can be developed:-

1. Have a clearly defined goal
2. Create a clear plan and anchor with immediate and constant action
3. Immerse yourself in the achievement of your goal and remain focussed on your goal.
4. Surround yourself with supportive and talented people who can help you achieve your goal.

The first step to climbing any mountain is to first decide to climb that mountain. A famous mountaineer was once asked why he wanted to climb Everest. His answer was - “because it is there”.

So decide today just what your goal is to make the world a better place - make sure it totally resonates with you - and then become persistent until you have climbed your own mountain.

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30. Live with an Attitude of Gratitude

Are you grateful for your life? Or do you whinge about everything?

Gratitude is all about appreciating the things you have in your life. Are you aware of all the goodness around you? The fact that you are breathing and reading these printed words is a marvel in itself.

So often we take something for granted and then miss it as soon as it has gone. Many a time a loved one has left us, only for us to wish we had told them just how much they meant to us.

Gratitude is a way of reaching back to our natural state of happiness. You get to notice what’s right instead of what’s wrong and begin to see every “problem” as an opportunity for growth and development. Is your glass half full or half empty?

I challenge you this week to begin to value all the goodness and beauty around you. This can be as majestic as a sunset or as simple as the feel of the clothes you wear. Be thankful for a gift from a friend, a child’s smile, a stranger’s kindness, having got home safely this evening and simply to be alive. Appreciate the weather too wherever you are. After all it is the rainwater that sustains all the nature around us.

Some of the happiest people I know live with an attitude of gratitude. Adopting such an approach is a life long commitment and here are my tips to get you started.

1. List the things in your life to be grateful for and which you take for granted, such as your health, home, family, friends, work colleagues, car, and so on. Add all the things that you could not survive without, such as sunlight, air, water and food.

See how many things you can come up with. Keep this list with you, and refer to it anytime you get upset. See how long you remain upset!

2. Do something for someone for no reason other than simply wanting to do it. Have no attachment to the outcome. Pay for someone’s parking, or compliment a stranger.
Yes, We Can! Yes, We Will!

3. Post a card of appreciation to someone whom you have not been in touch with for a while. Go one step further and send cards to five people and tell them how much you appreciate them being in your life.

4. Send a thank you note to someone who has done something for you, significant or not. Get into a habit of sending such notes by post. Most mail nowadays is junk mail or bills. Light up someone’s day. Create a trail of happiness behind you, as you go forward in your life.

5. Take time to feel awe and wonder at the world. See things as if for the first time ever. For instance, imagine just how fascinating a dog would look like to a child when seen for the first time. Slow down and notice the beauty around you. Stop and smell the roses.

6. Accept things as they are. No matter how much the situation has turned out differently to your expectations, it is the way it is. You don’t know how much worse off you could have been, had things gone differently. Savour the current moment and be grateful for what is.

7. Focus on what is right in your life rather than what’s wrong. Since we are so conditioned into noticing the negatives, we often overlook all the good in our life. Count your blessings and be thankful.

8. Say “thank you” as often as possible to all the people who make your life what it is. A smile and a simple thank you will do. This will have a magical effect on the person receiving your appreciation. They will feel that their efforts have been noticed and appreciated.

Play a game and count the number of “thank yous” you say. Then increase this number the next day. The opportunities to genuinely thank people are endless.

For instance, next time you are at a checkout desk, show your gratitude and appreciation to the cashier. He and his colleagues have probably been up since the crack of dawn to make it possible for you to have your daily groceries and for you to eat.

Acknowledge your postman. Do you even know his name? See how his face lights up when you show an interest in his life. Very few people know the name of the postman who may have been delivering their mail for years. Ask him his name and make his day.

If you work in an office, acknowledge and get to know the cleaning staff. If they didn’t clean up, you would soon know that it is not fun to work in a rubbish tip. Thank the men who collect your domestic refuse every week.

All the people you acknowledge will be truly touched.

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31. Develop a “Yes, We Can! Yes, We Will!” Attitude

Most people admire those with a “can do” attitude.

What is it that makes some people have this quality of always being positive and ready to tackle anything? Such people are ready to take on anything and no challenge is insurmountable. They have answers for seemingly difficult problems and do not seem to get frazzled by anything.

Often you cannot do anything about circumstances, such as the loss of a job or the end of a relationship. It can knock us off balance, but it is how you react that really determines how long you stay down. You always have a choice. And you can choose to see the positive side to everything – and then make things happen from that point.

Here are some simple tips for us all to develop a “Yes, We Can, Yes, We Will” attitude:-

1. Positive, “can-do” people have a lot of confidence. Success in life depends heavily in believing in your own ability to succeed, and also having a strong sense of self worth that means you know that you count. So develop your self-confidence by being open to learning and growing, and by paying special attention to yourself and those around you.

2. Stop comparing yourselves unfavourably with others. You put yourself down by thinking that you will never be as good as them. Ask yourself what you can learn from the person you are comparing yourself to. What is it they do that you could model, and attract their perceived level of success?

3. Recall the times in your life when you felt really confident and reconnect with that feeling and know that you can access it again anytime you wish. Get to know yourself. Become aware of your values, strengths and skills, and also how others view you. Get feedback from good friends on how they see you. Listen to them and work on those areas that could be improved.

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4. Develop the confident image that you want to project. Select role models and learn from what they do.

5. Improve your image and appearance. Make the most of yourself: get a flattering haircut, manicure your nails and maintain a healthy skin care regime. Take time with your clothes and shoes. Dress to be professional yet comfortable.

6. Focus on the things in your life that are working well, and on your strong points, rather than what you think is not working. What are you good at? Concentrate on the positive aspects of your life and move away from problems and fears.

7. Let go of the inner voice that criticises you every time something doesn’t quite go your way. Instead, analyse the situation and learn from it. This will help you learn, grow and move on. Look creatively at setbacks.

8. Stretch yourself, step outside your comfort zone and boost your confidence even further. Look for creative solutions in any situation. Ask yourself - what’s the worse that can happen here? What can I do that will move me forward?

9. Build up your self-esteem - review all the good things that you have got going in your life and all your achievements to date. Include “minor” achievements too, such as learning to use the computer for sending emails, being able to cook simple dishes and playing basic tunes on the piano.

10. Learn to chill out and have fun. You too can also learn to see potentially stressful situations as challenges or opportunities and not as insoluble problems.

11. Above all, be enthusiastic about life and all that it brings - and remember - life is an adventure. Stay focused on your goals, and keep the motivation going.

Adopt a can do, will do attitude from today. Cultivate a strong belief in your ability to cope with whatever life may bring. Good luck.

Yes We Can! Yes We Will!
Yes, We Can! Yes, We Will!

32. Contact Arvind Devalia and Keep in Touch

Please visit Arvind’s websites for more resources and ideas for making things happen and for all of us to continue the good work. Sign up to receive his regular newsletter and read his blogs. Please keep in touch 😊

Remember - “Yes We Can!”, Yes We Will!"


“Personal Social Responsibility” and “Get the Life you Love” are both available from Amazon and all leading bookstores.

About Arvind:

Arvind Devalia is a Business Consultant, Speaker and Author, based in central London. Arvind also actively supports a number of charities including Nirvana School in Pondicherry, South India.

For general info visit:

http://www.ArvindDevalia.com
http://www.PersonalSocialResponsibility.com
http://www.NirvanaSchool.org
http://www.Shivia.com

Contact Arvind at Arvind@ArvindDevalia.com