



The Lion Hearted Soul

*Sampler of the book -
The Lionhearted Soul*



*Simple ways to keep the little things from taking over your life and
ways to enjoy your life.*



By Gargi Arya

Dedication

I dedicate this book to my family, friends and every person known to me to reach their full potential, improve their outlook on life and become the best person they can ever be.

Content

1. *Enjoy your each day to the fullest*
2. *Over thinking leads to depression*
3. *Spend time with yourself*
4. *Surround yourself with interesting and inspiring people*
5. *Quiet the mind. Get hold of these thoughts!*
6. *Practice gratitude every day*
7. *Life is a test. It's full of challenges, have the courage to face them!*
8. *Do something valuable for others.*
9. *Ways to become a better human being.*
10. *Live this day as if it were your last.*
11. *Suicide is not a solution.*
12. *The top five regrets of dying.*
13. *Life is Beautiful.*
14. *The Real Fake News --- Never listen to this Internal talk,*
15. *Ways to stay motivated.*
16. *The best project you will ever work is in YOU.*
17. *The five toxic beliefs you should eliminate to live a happy life.*
18. *If you are searching for that one person*

19. *When you feel like giving up.*
20. *Laws of Growth*
21. *Those who walk alone have the strongest direction*
22. *I believe in miracles*
23. *Don't let these people enter your life.*

24. *Ways to become a successful person*
25. *Confidence*
26. *Believe in yourself*
27. *What is life about?*
28. *Don't let your Ego take control of your life.*
29. *Daily Mental Habits that impact Physical Health.*
30. *The three secrets to happiness---- You must know to live your best life*

Introduction

“This is my belief: that through difficulties and problems God gives us the opportunity to grow. So, when your hopes, dreams and goals are dashed, search among the wreckage, you may find a golden opportunity hidden in the ruins.” --

APJ. Abdul Kalam

*Before reading this book, let us know about the king of the jungle—**Lion!** Do you know why Lion is special? The Lion is **courageous, very bold.** He believes any opportunity is worth giving a try and never lets it slip from his hands. The Lion is like a miracle in this world as he is ready to face every Gordian knot that comes his way!*

LIFE LESSONS THAT WE ALL CAN LEARN FROM A LION!

- *Your goal is the way to only survive.*

*As lions are born to hunt and rule; acknowledge that you are **born to accomplish** your life goals.*

- *Fail and evolve*

*Lions fail eight out of ten times, in hunting, but this makes them **fine-tune their skills**, thus, they can catch bigger prey to feed their family. Likewise, we should also **embrace our failures and evolve each time** we face them. We must study and analyze our failures and make sure not to repeat them.*

- **Focus is the key.**

*When lions go on a hunt, they make less noise and focus on the prey. They always have an element of surprise and keep everything low to make their raid successful. Now imagine, if a lion makes noise, will they be able to hunt? The answer is 'No'. So, what do you learn from this? **Too much talking makes us less focus**. Don't tell everyone about your goals and what you are doing, keep it low and completely focus on your aim.*

- **Always trust each other.**

*A pride of lions always back each other in good and bad times. Rather in tough phases as an individual they contribute more to the survival of the pride. We should also learn that **strength is in the pack**. It's necessary to not break each other's trust for a short-term gain. Also, we must support each other in overcoming tough problems and situations.*

- **Survival is everything.**

*Lions don't harm anyone without any reason. But, when someone tries to mar their territory, life, family, they leave no stone unturned in giving a tough fight. Likewise, we should concentrate on our own betterment. However, if someone is trying to ruin our career or life, then instead of getting disappointed **we should fight back and overcome such people**.*

- **Have fun in life.**

*Lions teach us to dominate problems in life and live like a true winner. As someone has rightly said; "If size really mattered, the elephant would be king of the jungle." Similarly, every animal's life is full of struggle, and we can learn a lot from them to become successful and prosperous in our own lives. Likewise, you also **need to enjoy every day of your life instead of worrying** about the problems and make it count on the Earth!*

*So, find ways to be a lion and be ready to face every circumstance which occurs in your life. Don't get into panic, just be calm. And remember, it will not last forever, learn from it and **MOVE ON!!***

1. Enjoy your each day to the fullest

“Cherish your dreams today. Life is a test. It's full of challenges. Be bold enough and enjoy your present time. Cherish your yesterday's dream, your tomorrow's and live your today's.”

When you start living life, it comes with lots of Gordian knots. Whether you are a rich or a poor man, you have to face these difficulties in your life. But, starting the day with a new strength and a smile on your face, can help you find various nice things on that particular day. Remember, happiness is a choice, you will decide whether you want to be happy or sad. The problems in our life will never listen to us. They will keep on coming. So, instead we should be bold enough and enjoy our each day to the fullest. God has given us an opportunity to live a life, so why are we wasting it on by focusing on the problems? Why are we feeling regretful about that?

“Your time is limited. Don't waste it living someone else's life. Don't be trapped by dogma which is living the result of other people's thinking. Don't let the noise of others opinion drown your own inner voice. And most important, have the courage to follow your heart and intuition. This somehow already know what you truly want to become. Everything else is secondary.

Here are a number of ways to live your life to the fullest:-

- *Live every day on a fresh new start.*
- *Be true to who you are.*
- *Quit complaining*
- *Be proactive*
- *Practice Gratitude*

2. Over thinking leads to Depression.

“Most understandings in the world could be avoided, if people would simply take time to ask, “What else could this mean?”

Worries and doubts are a normal part of life. It's natural to worry about unpaid bills or major upcoming life changing events. “Normal” worry doesn't get in the way of your daily activities and responsibilities. But, worry becomes excessive when it's persistent, uncontrollable and gets in the way of life.

*Everyone over thinks certain situations once in a while and spend most of their time ruminating, which puts pressure to be stress. **Pressure is not stress but can be converted into stress when you continuously over think.** And, this over thinking can become a habit of you.*

Over thinking is not good for your health. It's very destructive and mentally draining. It can put your health and well being at risk. Rumination makes you more susceptible to depression and anxiety.

Ways to deal with Depression-

- 1. Build a support network.*
- 2. Reduce your stress.*
- 3. Improve your sleep hygiene.*
- 4. Improve your eating habits.*
- 5. Learn how to control your negative thoughts.*
- 6. Beat procrastination.*
- 7. Get a handle on your household chores.*
- 8. Create a wellness tool box.*

Think about all the good things in life. If you are feeling down, there is still happiness around. Try to find out and move on. Take a step forward today, no matter how small, then another step tomorrow and another the next day.....and always ensure you are moving forward, remaining forward, and alert to the opportunities.

“No storm can last forever. Have faith it will work out and show the character that is inside you. Remember no one is a hundred percent sad or happy. To deal with depression, make a positive mind set. It’s the difference between an average and a magical life. . . .”

3. Spend Time with Yourself.

Be alone, eat alone, take yourself on dates, sleep alone. In the midst of this all, you will learn about yourself. You will grow, you will figure out what inspires you, you will curate your own dreams, your own beliefs, your own stunning clarity and when you do meet the person who makes your cells dance, you will be sure of it because you are sure of yourself.

Benefits of Seeking Solitude

- *Solitude allows you to reboot your brain and unwind.*
- *It helps you to improve concentration and increase productivity.*
- *It gives you an opportunity to discover yourself and find your own voice.*
- *It provides for work through problems more effectively.*
- *It can enhance the quality of your relationships with others.*

“Sometimes you need to take a break from everyone and spend time alone to experience, appreciate and love yourself.”

4. Surround yourself with interesting and inspiring people

“Make a conscious effort to surround yourself with positive, nourishing and uplifting people. People who believe in you, encourage you to go after your dreams, and applaud your victories.”

In our everyday life, we come across a variety of human beings. Some of them are a source of entertainment for us. Others, may have the opposite effect, draining of our energy, making us feel sad and exhausted. Our well being can be easily influenced by those around us. So, we should surround ourselves with people who have a positive attitude.

Choose your friends with care – they create the environment in which you will thrive or wilt. Give everyone the opportunity to be your friend, but share your dreams and goals with those who value them as much as you do.

“People are like dirt. They can either nourish you and help you grow as a person, or they can stunt your growth and make you wilt and die.”

About the Author

Hello, I am Gargi Arya, the motivational speaker of ADJOA HTC and author of the book 'The Lion Hearted Soul'. I am 14 years old. I study in 10th grade in Ryan International School, Ghaziabad. To me, writing is just my thoughts flowing from my mind to the tips of my fingers and painting the pages of my precious diary. This website is all about you and for you. Remember treasure lies in solving mysteries. Let the power of self love reinvent yourself to create your dream life. On a mission to uplift and inspire others to create their own 'once upon time fairy tales'. On a mission to create 1000's of success stories all over the world.