



PlayBook

THE GENIUS CODE WITH SUNIL GROVER

Sunil Grover is an accomplished individual who follows his passion, allows his values to continually guide his purpose and remains grounded no matter how high or low life takes him. There is a lot to learn from him.

*“Life is not just about work; it is also about living.
And living is all about experiences. Make your experiences count.
Make memories that will continually inspire you.”*
~ Sunil Grover

Some Life Quotes by Sunil Grover

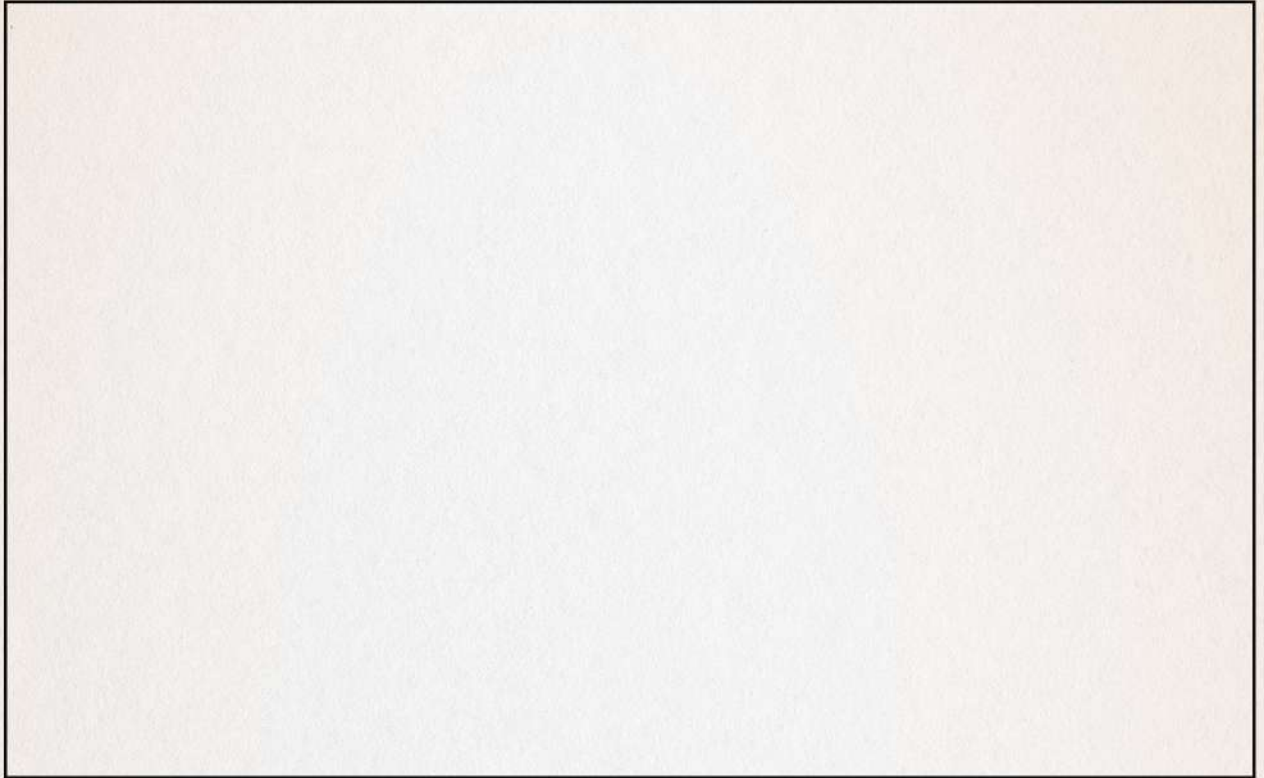
1. Being humble is the biggest mark of being a successful person.
2. Sometimes dreams find you while you are busy doing something you enjoy doing.
3. It is important to believe in your value, even if people aren't there to value it; more so, when they don't value who you are and what you do.
4. Appreciation from any person may transform lives in ways no one will ever know. Acknowledgment gives you confidence.
5. When in self-doubt, think of the people who have appreciated and acknowledged you, it gives a sense of belonging and the feeling that you are worth it.
6. No one makes it alone. There are many hearts, minds and good wishes that have directly and indirectly contributed to where you are. Be grateful. When you respect your work, it becomes a form of meditation and transforms into your purpose.

7. People will try to stop you from pursuing your dreams out of concern, because they see your step as a risk. But if you have faith in your ability, follow your heart. It could be the first test of your passion.
8. If your work continually bores you, then you are meant for something else.
9. When you love your work, you feel you are coming back to your love even when you are disturbed; coming to work brings you peace and a sense of well-being.
10. When you feel nothing is working, stay still. Let the moment pass.
11. The major portion of failure, rejection, or self-doubt is just perspective. Sometimes the biggest of the problems has the simplest of solutions.
12. Celebrate every moment. It may not occur again when you have the time to notice.
13. If someone talks bad about you or discourages you it does not define who you are. It is their bias and their lens. Don't make it yours.

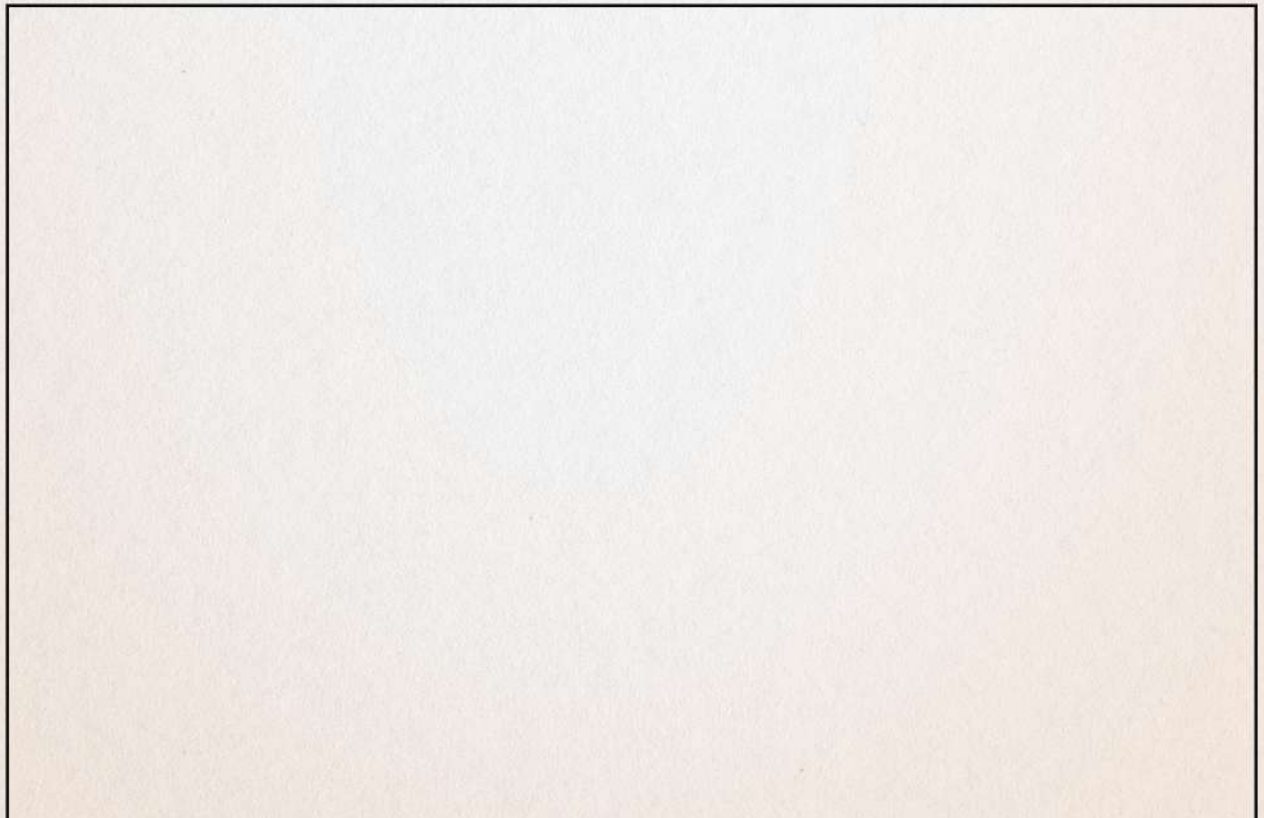
“Every person who is judging you is not a judge, it is just their point of view. You cannot drive your life according to those opinions.”

1. Mention a time when you felt that you failed. Now in hindsight, it does not seem like failure but an important stepping point with many lessons - that actually contributed to future success.

Write it down - so you have evidence that stall and falls do not mean failure. If you can get up, learn and get stronger, it was a necessary and important step in the process of your success.

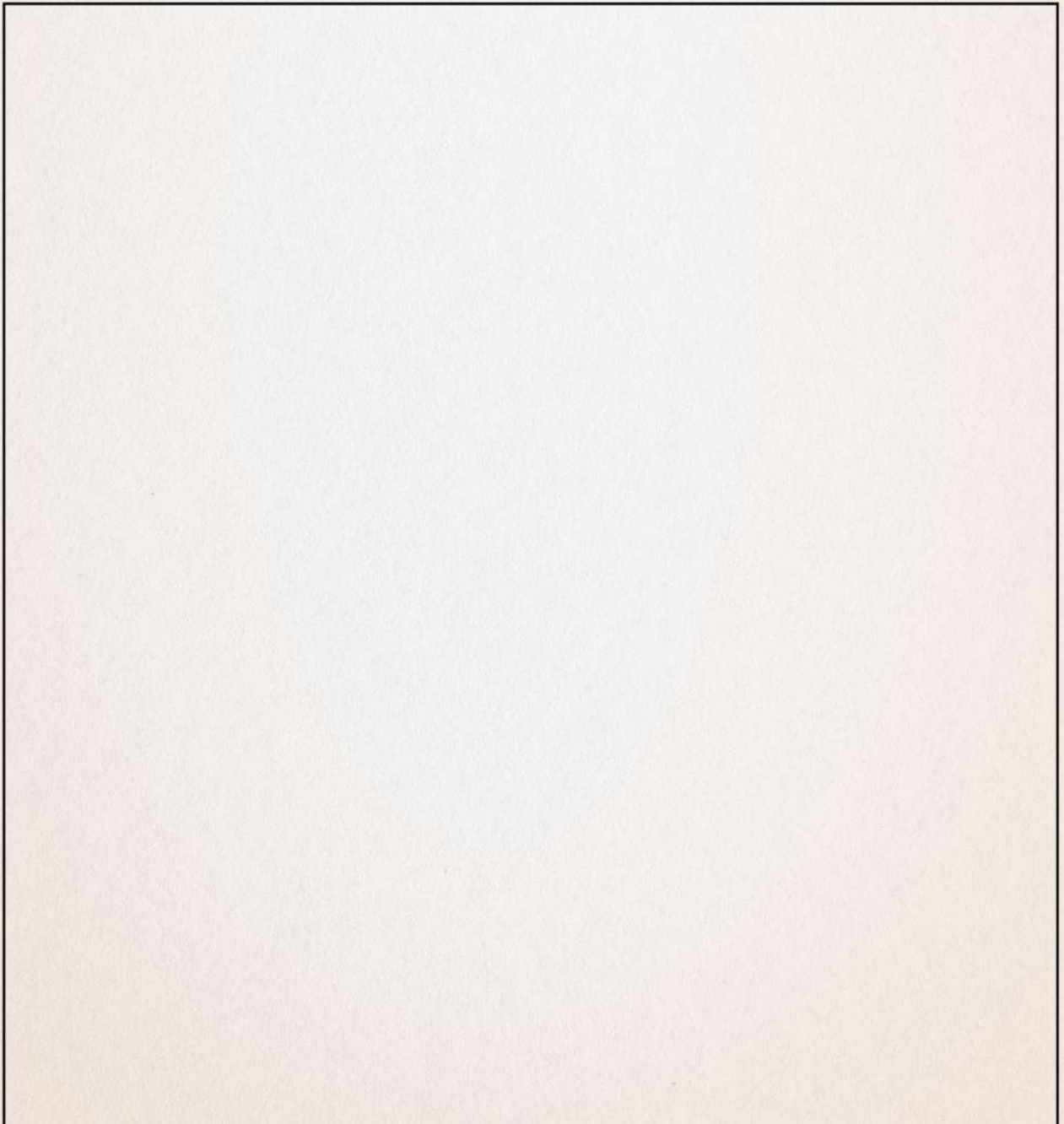
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2. Make a list of all the appreciation you ever got. Write it and read it back. It will uplift your spirit in more ways than you can imagine.

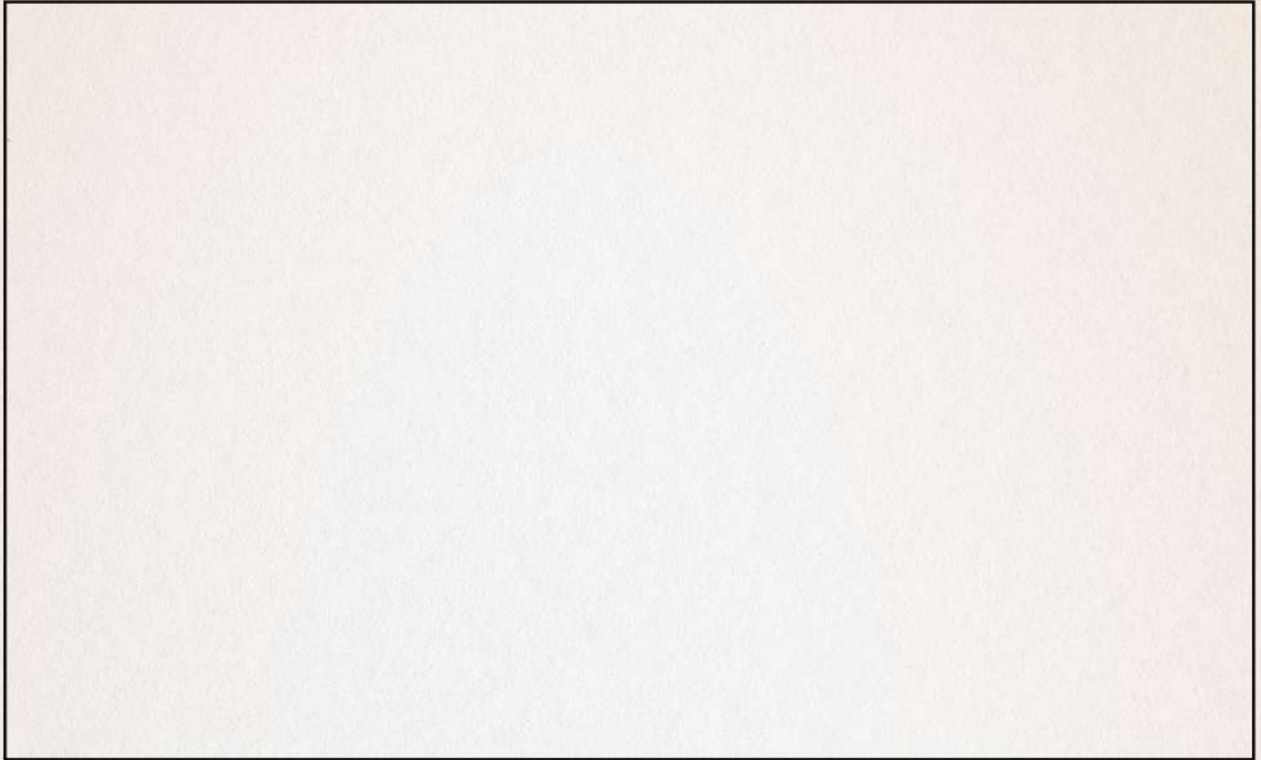
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3. From your school to your current life, mention an event that stands out in your memory at this moment. There is a big lesson there. Bring it to the fore.

(As an example for you - when I was a young girl, I used to sit up at night and stare at the sky. We used to sleep on the terrace in our house in Chandigarh. I was curious why the moon was round. I asked my grandfather. He told me, "I don't know. But can you find out and tell me too." I went around asking people why the moon was round, and in a couple of days, I had many theories and experiences. Even though I was maybe 9 or 10 years old - my grandfather has pushed me to ask questions and decipher for myself which answer resonated most with me. That is an amazing life skill to have. Somewhere along life, I have restricted myself from asking questions. We all want to look smart and be the one giving the answers. But it is the questions that take us forward. Also, I learnt to find answers that resonate with me. Just because someone gives me data or information, I won't accept it. I will hear it, but I will only accept it, if it agrees with me. This has saved me so much trouble with people. It was a good reminder to bring that memory to fore). Now over to you.

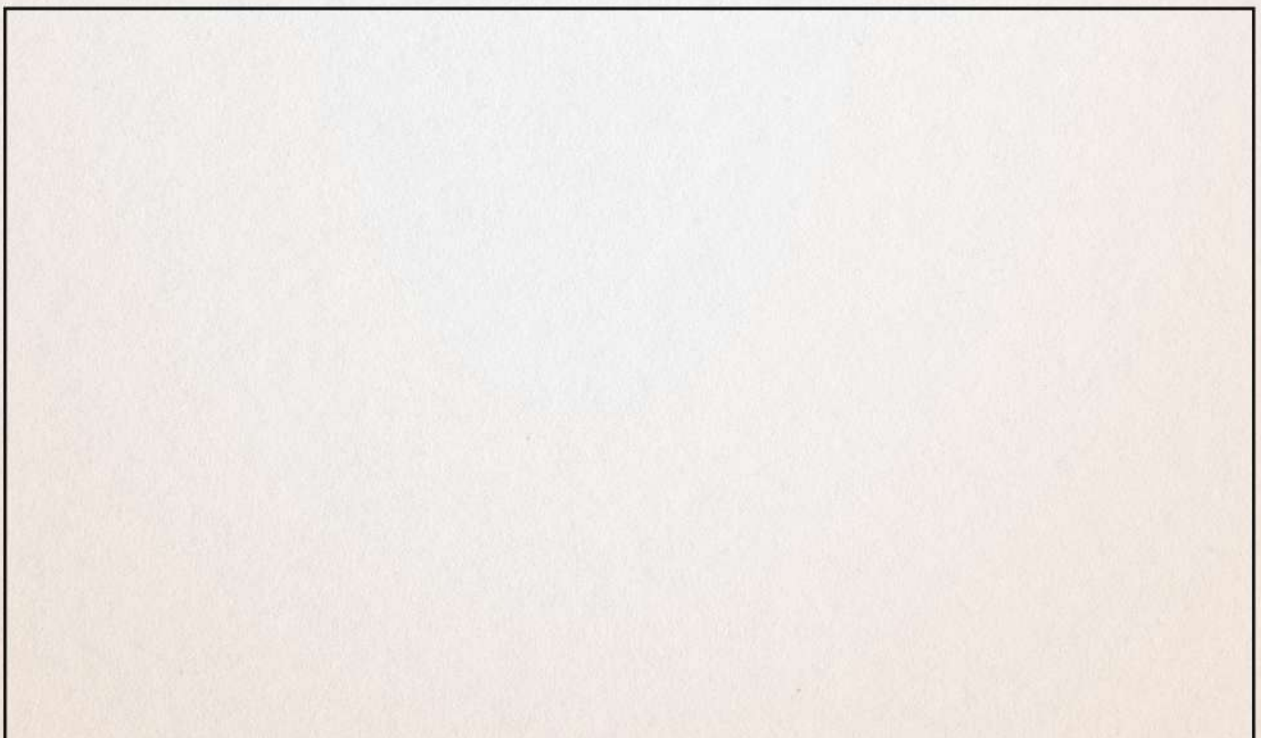
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4. What do you do when things aren't working out at all? Do you try to fight it out or let it flow? What is your ritual of dealing with the situation and coming out of it. Sunil Grover stays still. He goes back to work. That brings back his spirit and restores his peace. What is yours?



5. Mention a time when people around you didn't believe in your vision or didn't value you.... but you believed in yourself and did what you wanted to do - and it worked all out your way.

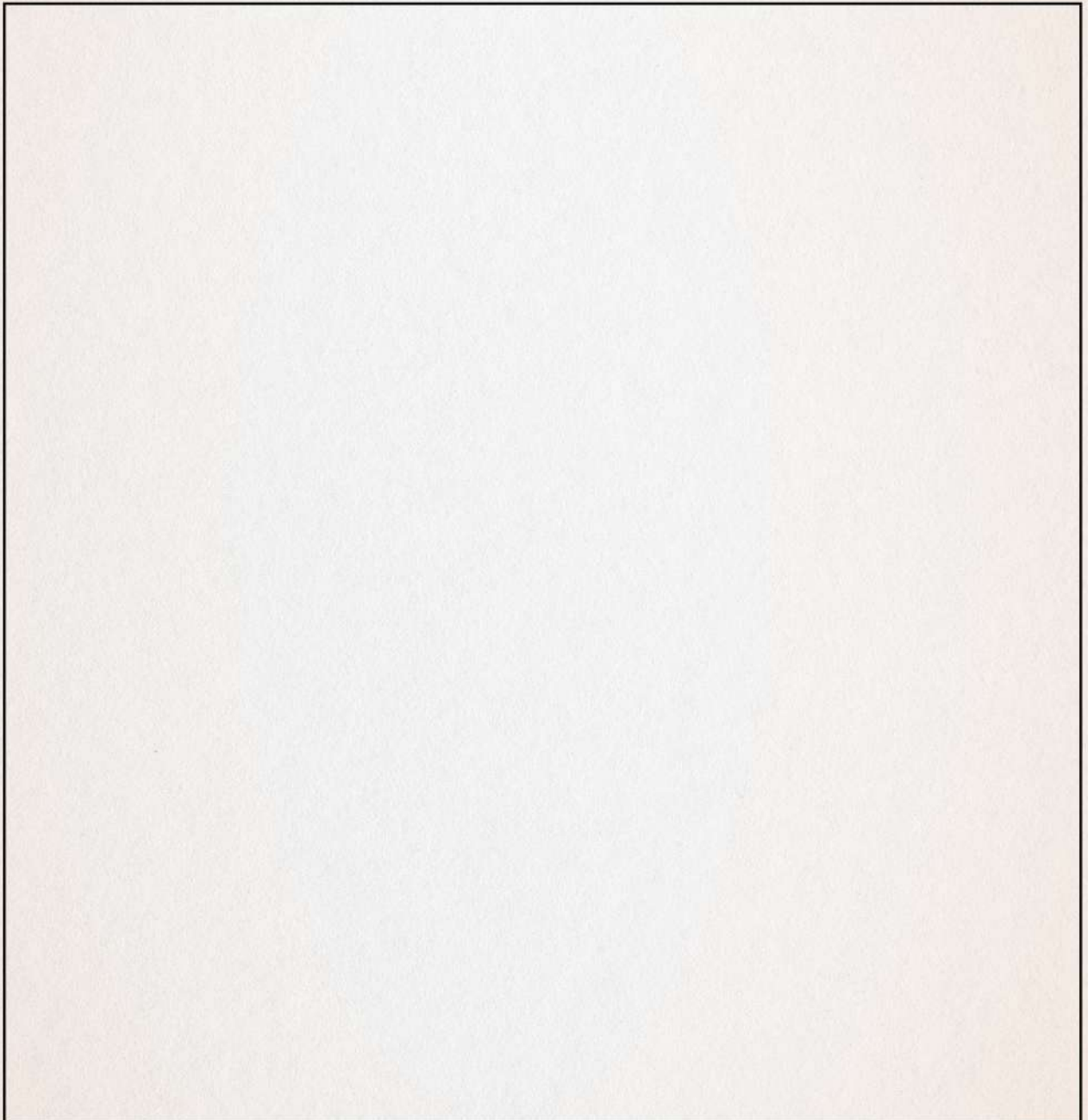
It's a confidence building exercise to have your own past come forward to inspire you and lift you up when you need it the most. There is evidence in your life that you have been successful, fought some devastating odds and can do it again.



6. Do you love your work? Do you love coming back to your work? Mention a time when your work felt like meditation?

It could also be that you were working for fun. It is not necessary that you were getting paid for it. Work is work. Is there something you were doing, and loved it so much, that you didn't care about the money or the time or the effort that was going in - you just loved the experience and how it made you feel?

How can you keep that feeling alive in your daily work-a-day? Write down some ideas.

A large, empty rectangular box with a thin black border, intended for the user to write down ideas on how to keep a sense of joy and meditation in their daily work.