

THOSE 10 YEARS

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A Superawesome Journey of Goals

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Superpositivity
BOOKS

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Yes Thank You Universe

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Conscious Choice

This is a book about activating the energy of conscious choices in life. Commensurate with the theme, you will find a stylistic variation in this book:

- ~ It is a global practice to write you, us, we and they in lowercase but I in uppercase. I realise that it's an unconscious usage, an unaware assertion of one's supremacy. For, if i is uppercased then so should you, she, he, they. Why not make it simpler? By applying the same rule to all personal pronouns. So, throughout this book, i have consciously used i in the lowercase. The only exception being whenever it occurs at the beginning of a sentence to maintain editorial consistency.

Acknowledgements

For the immeasurably beautiful gift of life, i am ever-increasingly grateful to:

The Universe and its energy, that lives on infinitely in my consciousness.

My parents, Veenaa and Sham Kishore, and my sister, Niddhi, for their unlimited love and support.

The 108 billion human beings that have ever lived, the 7.5 billion that live today, the trillions of plants and the octillions of other life forms throughout the cosmos, who have all contributed to my superawesome journey on this planet. I am the oneness of them all.

Introduction

Maybe you're familiar with my story — specifically the circumstances that led to this book. But if you're not, then let me share it briefly to bring you up to speed.

On 20 July 2012, my debut Bollywood film *Challo Driver* released at the box office — and flopped colossally. Leaving me in the wake of a massive debt. My marriage ended painfully. Leaving me all alone in a ramshackled apartment, stripped of all its adornments. My brief film career ended unsung. I went so broke i could not pay my rent and could barely put food on the table. In the aftermath of the debacle, i wrote half a dozen film scripts and went to scores of auditions but found zero takers for my enthusiasm. I sought work variously as an editor, publisher, actor, model, emcee, copywriter, lyricist, filmmaker and voice artist. But in

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a bizarre twist of fate, all i got from everywhere was a numbing rejection.

It seemed that i was in the middle of a pitch-dark tunnel, and i could see nothing. But, as they say: “The best gifts in life come in the most soiled packages”. Somehow, i had the good sense to open such a package when it came my way — only then did i discover my biggest strength in life.

As i looked at the brighter side of my life, i realised that i'd been playing the sport of setting and achieving goals all my life: i'd been a school topper; i'd been a Mr India podium finisher; i'd worked as an editor at HarperCollins, one of the biggest publishing companies in the world; i'd written a bestseller on motivation; i'd been among Asia's highest-paid photographers; i'd modelled for some of the topmost fashion designers in India; i'd scripted, produced, directed, and acted in a mainstream Bollywood movie. The craft of goals was my strength, and now time had to come to amplify it. Standing amid the crumbled edifice of my life, i resolved that over the next 10 years, i'd set and accomplish goals that would positively impact human beings all over the world.

This monumental 10-year journey started on 21 July 2012 and culminated on 20 July 2022. It started when i was 35 and culminated when i was 45. It started

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with the release of *Challo Driver* and culminated with the launch of *Goalete*. It started in Mumbai and culminated in Jammu. It started with me reeling under the debacle of a goal and culminated with me bringing over 1,000 goals, big and small, to fruition. It started with me inspiring myself and culminated with me inspiring Olympic champions. It started in the throes of negativity and culminated in the ocean of superpositivity.

The way my goals panned out over those 10 years is that sometimes the inspiration for a defining goal came at the very beginning of the year, sometimes a few weeks or months earlier and sometimes a few weeks or months later. Because i was letting the inspiration come to me, i did not want to be rigid about the process. The only stipulation was that i'd complete that goal by the 20th July of next year, which is when my goal year would end.

Now here's the part that people find the most intriguing when they hear of my 10-year journey of goals: "How did i manage the financials during that phase?" It's very important to mention here that i did almost all my work (99.7 percent) for free during those 10 years — i will explain this at length in the final chapter. It was extremely challenging for me to do so. And only i know how much of a tightrope i had to walk! But then, it

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was my goal over those 10 years to draw the world's attention singularly to sheer positive energy — i intended to demonstrate that once the best energy has been created in life, the best matter is naturally and eventually born. That's why i decided to eschew commercial considerations for that entire decade.

To put things in perspective, i come from a middle-middle-class family, where resources have always been pressed. Many people think that i used my parents' money to bankroll these goals while the fact is that they were always there for me in spirit — and that has been the biggest factor in all my accomplishments. My mother saw my vision before i did, and i attribute my enterprising spirit largely to her. Yes, food and shelter were taken care of by my parents, once i took the step to return to Jammu — and given how low my situation was in 2012, that itself was the greatest luxury and blessing for me!

I must mention with the fullest gratitude that it is my parents' and my sister Niddhi's support that has been the very cornerstone of my work throughout my life, but especially over the past 10 years. Disappointed as they were with the way my life had collapsed, they questioned neither my intent nor my capability. All three of them kept believing in me unflinchingly, and that has

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contributed most significantly to my resurgence. Besides, my parents were the ones who helped me repay the debt that i'd accumulated post *Challo Driver*. It came from liquidating all the reserves that they had kept for the rainy day. Only then could i emerge clean from the debt situation in 2014.

But after that, we as a family did not have any resources left for lofty aspirations of any kind. While the basics were taken care of, that's where it ended. Propitiously, over the next eight years, something else magically worked in my favour. It's a manifestation of what Pablo Coelho had very beautifully articulated in *The Alchemist* — the Universe started conspiring in my favour!

After the first couple of years, i started to meet souls who were deeply drawn to my message and were wholly willing to enable my path. 2015 was technically the first year from which i started undertaking endeavours that needed money. As you will read in the fifth and sixth chapters, i found some amazing people who believed in my message and helped me in all my endeavours, whenever a capital input was needed, in the form of travel, accommodation, gadgets or in organising events. On my part, i kept pushing it to the point that something could be done without money. And if really push came to shove, then one of them was always there to enable my path.

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Today, when i look back, even i marvel at all that i could do over those 10 years with zero money in my pocket! But then, *that* was my goal: to show that intent creates content. And trust me when i say this: where there is a goal, there is *always* a way. If you've set your goal with the purest of intent, you will attract the rest. Rather, all will be drawn to you — if you follow a world-class program that sums up all that i did over those 10 years: the Goalete Program.

Goalete is a new word that i coined in 2018. It is a portmanteau of two words: Goal and Athlete. Simply put, a goalete is an athlete of goals. A goalete sets positive goals and fully accomplishes them, while playing them joyfully like a sport. The full meaning and explanation of the Goalete Program is contained in my book *Goalete*, but let me give a brief summary of what its five rules are:

Rule # 1 *Set a Positive Goal and a Timeframe*

Rule # 2 *Sacrifice a Major Weakness and Connect It with Your Goal*

Rule # 3 *Train Intensely and Try to Improve Every Day*

Rule # 4 *Stay Superpositive Throughout the Pursuit of the Goal*

Rule # 5 *Complete the Goal Fully and Then Embrace a New One*

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Over those 10 years, i used the Goalete Program for every goal of mine, whether it was finding Superpositivity, creating multiple world records, driving across all states of India and the US, motivating India's Olympic athletes, writing books or creating a music concert from scratch. The nature of the goal and its scale kept changing but the basic principles employed to bring it to completion were always the same.

Over the following 10 chapters in which we'd observe a chronological sequence for each of those 10 years, i will share with you what the goal was for that year, what sacrifice i made for that goal, how i pursued it, how i stayed superpositive for it, how i accomplished it and how i embraced a new one in a continuous loop.

Also, at the end of every chapter, i will share a song from my album *Goalete* that is emblematic of my goalete journey that year. All these songs are available on all streaming platforms. But to make it simpler, i have created two playlists on Spotify: Goalete (Hindi) and Goalete (English) which feature all 10 songs from the album. All these songs have been performed by me in Hindi as well as English to make their message accessible to a larger spectrum of listeners all over the world. If you intend to be a goalete, then one of the ways to stay connected to that energy is to listen to these songs at least once every day — like i do every morning upon waking up.

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It pumps me up and keeps me going in my journey of goals: better, higher and stronger every day.

Now, if you truly understand me or my work, you will also understand that i place the greatest emphasis on originality. Uniqueness is a gift every entity in the cosmos has been blessed with, and that is my wish for you too. Nobody needs to be like me or emulate my 10-year journey — i did it because i had a very deep inner calling to do so. You are you, and you might not have a similar calling, which is absolutely perfect! But, yes, it is my vision that everyone lives *at least* one year of their life completely devoted to a positive, original goal and its singular pursuit. Trust me, there's nothing more fulfilling and uplifting in life than that. Here's wishing you the very best in your journey as a goalete. Forevermore.

Year # 1

21 July 2012–20 July 2013

Becoming My Most Positive Version

When my downward spiral in life began, on the outside, everything seemed to collapse: material comforts, relationships, work opportunities and so on. But, simultaneously, the most beautiful thing happened as well — on the inside. Before the film, i was fairly positive: in my own eyes and that of the world. But after the debacle of *Challo Driver*, i trained a microscope on myself and put myself under intense scrutiny. I realised how much negativity is latent in all of us, and how we conveniently mask it. It was like peeling the outer layers of an onion. It is uncomfortable for sure — even makes you weep — but that's where its true essence lies.

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My ex-wife Ronicka left on the 8th of September 2012. That was the last time i cried and felt sorry for my situation. The very next morning, i woke up with a resolve. That resolve was the first-ever goal of my 10-year journey. And that goal was: to become the most positive version of myself. Or, to set an example to the world on how positive one can become.

Like i shared a while ago, i considered myself to be a very positive person till then. Most people who knew me used to consider me a very positive person as well. I'd written a few self-help books, and one of them, *Stretch Yourself*, had been a national bestseller that was translated into four languages. Even in my debut directorial venture, *Challo Driver*, there was a strong emphasis on positivity: whether characters spoke about the power of intention, gender equality or the importance of being sensitive to each other.

However, when the ostensible structure of my life collapsed, that's when i got to see it in its most skeletal form. In the six intervening weeks between the release of the film and my wife's departure from my life, i saw how much unpositivity lay inside: insecurities, doubts, grouses, blames. It is during the pitch dark that one's vision is optimally tested. And it is during life's tribulations that one's positivity is optimally tested. By the end of July

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2012 — much before Ronicka left — i'd resolved that i'd devote myself to self-realisation, immaterial of the shape my life would acquire from that point on. I was always a spiritual being, and now was my chance to immerse myself completely in the ocean of spirituality.

I performed a thorough audit of my personality and habits. I did something very few of us give conscious attention to: i made a list of my flaws. I realised that negativity is not always what it seems to be. Many a time, we are perfect on the surface. As well as on many levels inside. But deep, deep, deep inside, there's still a lot of work to be done. Thankfully, i recognised the work that was needed.

It has always been my belief that one must go to the next level only after one has perfected the current one. Now was the time to put that belief into practice. I knew that i was standing at the crossroads of life, and i had to choose between continuing to run on the path of materialism or to dive deep into the realm of the soul. Honestly, it wasn't that difficult for me to choose. I believe lucky are those who know their strength, and i always knew my strength was spirituality. So, a few weeks before Ronicka left, i was mentally prepared for my journey ahead. In fact, i'd already made it my goal by then.

Truth be told, when i embarked on that journey in July 2012 — though i was prepared for the rigour,

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however long it took — i did not know it'd take *that* long! Also, at that time, i did not know that my journey of self-realisation would become so intense that it'd eventually become my life purpose. All i knew was that i wasn't going to accept a lesser version of myself any longer, and i won't stop till i'd fully attained dominion over my weaknesses and limitations. That was the first — and the most important — of all my goals during that 10-year journey of goals.

As i shared in the Introduction, the second element of the Goalete Program is to make a restraint or sacrifice and link it with your goal. I realised that i was dependent on relationships. You see, women have been responsible for the most wonderful things that have happened in my life. I have the deepest love and respect for all women, including my mother, grandmothers, sister, ex-wife, and all the extraordinary women i have been blessed to know. I've learnt immeasurably from all of them. But the one thing i never quite learnt was how to function without a female presence in my life. I never admitted it to anyone but i was scared of one thing in life: being alone. When my marriage ended, the first few weeks were very difficult for me. I couldn't even eat because i was always used to sharing my meals with someone or having someone by my side. Truth be told, there were many chances for me

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to move on. But before i could, a realisation dawned upon me. A very strong one. That if my life had taken that turn, surely it was not a fluke. There had to be a deeper reason. A lesson i had to learn. Unfortunate as it seemed, life was presenting me with a chance for growth. I clearly had two choices in front of me: continue to stoke my compulsion or claim my freedom. I went against habit and chose the latter. I decided to be alone for at least a year. And see what comes of it. I knew that the path i was going to walk on needed me to be as strong as i could. That time had come to fully stand by myself, rather than using another shoulder to lean on.

Now, for the third element of the Goalete Program: training intensely and trying to improve every day. Zoning out the turmoil that was seething around me, i turned fully to the one thing that had been supporting me through the final phase of *Challo Driver*: meditation. I'd been to a Buddhist monastery, Mahabodhi, in Ladakh in 2008, where i'd learnt how to meditate. And i'd been meditating for four years by the time my film released. It was initially a means to keep me together but now became my full-time "occupation". There were days when i would sit for 10 hours of meditation. At a stretch! Meditation became the activity that engaged most of my time in the 24-hour cycle, including sleeping.

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Besides, i started to journal extensively. Every day, i'd write about the insights on life that i had received during meditation. I'd known about gratitude journalling for long but now is when i started to really practise it. Breath consciousness is the main meditation technique i used to practise, and it enabled me to strengthen my relationship with my breath — the very life force that was driving me. I was staying at Oberoi Springs in Andheri, Mumbai, at that time, and there was a walkway that looped around the building. I'd walk for long hours on that loop, and would look lovingly at the sky as i did so. Gradually, the sky became my soulmate. By being conscious of my breath as i looked at the sky, i started to establish a connection with infinity — the same infinity that's all around us and within us. Gradually, i was infused with a sense of infiniteness. And *that* i consider to be the greatest quality or skill i have developed during my goal journey — or rather in my life. That is the leitmotif of all that i've done since or will ever do.

Now for the fourth part of the Goalete Program: superpositivity. I was still in Mumbai at that time, and was simultaneously trying to make it as a filmmaker. I wrote six screenplays over that year, and knocked at over 40 production houses to pitch my work. But after the royal failure of *Challo Driver*, nobody seemed to be in a

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mood to listen to me. Mostly, i'd be made to wait for long hours to meet the producer. But it was thanks to my goal to become the most positive version of myself that i developed an uncomplaining attitude and an ever-present joyfulness. I don't know how much premium people nowadays place on these qualities, but in my book, they are at the very top. Honestly, i did not have them earlier in a considerable measure. As knock after knock, disappointment after disappointment kept piling up, my enthusiasm and optimism kept growing — and that became the building block of all that i'd do in the subsequent nine years.

I attribute it to meditation. But on a much more native level, i attribute it to the *goal* i'd set! I could have easily taken up a job or jumped into a relationship. But i am immeasurably grateful that i had the consciousness to optimise this lifetime opportunity: to become the most positive version of myself.

By the end of the first goal year, i'd reached a point of unaffectedness: when nothing bothered me anymore and i became free from all attachments. That was me completing the goal — the fifth part of the Goalete Program — and i was now strongly inspired to not keep it to myself but to look for a way to uplift the world with it. To complete the goal and reach out to a

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new one. The most beautiful part of the process. The way one wave leads to the next one. Or the way one heartbeat enables the next one. Or the way one day ushers the next one. Or the way the Universe shapes one creation after another.

Let me now share with you a song “Goal” from my album *Goalete* that sums up my first year as a goalete. Just like a field would not yield any crop unless the seed of a plant has been sown in its soil, life would not yield any growth unless the seed of a goal has been sown in its soil. The planting of a seed precedes its nurturing. Similarly, making a goal precedes the hard work. If i'd not made it my singular goal to become the most positive version of myself, then i'd have never walked on that path, i'd have accepted any random work opportunity that came my way, and i'd have never had the magical experiences that ensued in my life which you will read about in the subsequent chapters. So, here's my advice to myself and all: just make a goal — and one day the manifestation will follow.

Goal

Make a goal, make a goal

Make a goal, make a goal

One day you'll complete it.

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*Make a goal, Make a goal
Make a goal, make a goal
Don't worry how you'll do it.
Make a goal, make a goal
Make a goal, just do it.
Make a goal, make a goal
Make a goal, just do it.*

*Be it sports
Or the cinema
Follow your passion
Go beyond dilemma.*

*Make a goal, make a goal
Make a goal, just do it.*

*Whether it's fitness
Or the business domain
Success flows
When your goal starts to reign.*

*Make a goal, make a goal
Make a goal, make a goal
One day you'll complete it.
Make a goal, Make a goal*

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*Make a goal, make a goal
Don't worry how you'll do it.
Make a goal, make a goal
Make a goal, just do it.
Make a goal, make a goal
Make a goal, just do it.*

*Difficult it seems
Or easy to manifest
Lock a target
And give it your best.*

*Make a goal, make a goal
Make a goal, just do it.*

*Whether it's a yes
Or a no comes your way
Be limitless
And from doubts stay away.*

*Make a goal, make a goal
Make a goal, make a goal
One day you'll complete it.
Make a goal, Make a goal
Make a goal, make a goal*

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Don't worry how you'll do it.

Make a goal, make a goal

Make a goal, just do it.

Make a goal, make a goal

Make a goal, just do it.

Think spectacular

What's the point otherwise?

Show everyone

What it takes to rise.

Make a goal, make a goal

Make a goal, just do it.

Eventually the impossible

Will turn itself around

Keep believing in your goal

Shake the heaven and the ground.

Make a goal, make a goal

Make a goal, make a goal

One day you'll complete it.

Make a goal, Make a goal

Make a goal, make a goal

Don't worry how you'll do it.

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Make a goal, make a goal

Make a goal, just do it.

Make a goal, make a goal

Make a goal, just do it.

Year # 2

21 July 2013–20 July 2014

Finding a Universal Solution for Positivity

I returned to Jammu on the 1st of September 2013. My parents had been extraordinarily supportive of me throughout that phase — rather throughout my life. Though it was heart-wrenching for them to watch their only son's life in tatters, yet they kept up a brave front. And best of all — an act that i attribute the resurgence of my life to — they allowed me to be. I spent most of my time writing and meditating. My intense introspection from the last year continued.

One day, like mist clearing on a winter morning, the root cause of humanity's suffering became clear to me: *negativity*. Just that it manifested differently in different people's lives. And it occurred to me that i am not the

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only one reeling under its impact. We are all living in a web of negativity. Passing it unconsciously from one person to another.

On the surface, a riot, personal trauma, economic crisis, rape are all disjointed events with seemingly different causes (hatred, fear, greed, lust) but scrape the surface, and you will realise that the core reason of all problems is negativity. All sickness is caused when there is negativity. All corruption is caused due to negativity. All violence is caused due to negativity. And negativity breeds negativity. Consequently, the ever-increasing strife in the world all around us. Creating supernegativity.

Emanating from my own life experiences over the past one year, and from the social milieu around me, i'd become acutely conscious of the need for a universal tool for positivity. A solution that was practical and easy enough for anyone, anywhere on this planet to implement anytime and become positive. Naturally and without any instruction or guidance. There *had* to be one. It had to be extraordinary, and it had to emerge not from my limited intellect but from my unlimited consciousness. By then, i'd sufficiently advanced in the beautiful art of meditation and knew that what i was looking for could be obtained only through meditation. And since i was looking for an extraordinary solution, it called for an extraordinary step.

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Or an extraordinary session of meditation. So i resolved to undergo an experience which, in spiritual traditions, is considered a superpowerful awakening: a 40-hour continuous meditation. The goal for a universal solution for positivity became my defining goal for the second year.

Now onto the second element of the Goalete Program: restraint. Mostly i advise people to give up their addictions, temptations, indulgences, vices, weaknesses, base energies or habits that stop them from being their best. It could be substance addiction like drugs or overeating, or self-destructive behaviour like violence or laziness. In a way, this process works like froth flotation in metallurgy: the base impurities that are heavy sink to the bottom and the pure material floats to the top. Similarly, when people's weaknesses sink to the bottom, their best version floats to the top. However, i have realised that sometimes, giving up your strengths (briefly) makes you stronger as well. Let me repeat, because this is so important to understand: *sometimes, giving up your strengths (briefly) makes you stronger as well!* We see it happen in sport all the time: an attacking player has to curb their natural instincts and play defensive because the match or the situation warrants it. Maybe that strength is preventing them from being their best. A true goalete is one who has the flexibility and awareness to feel the pulse of a

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goal and listen to its unique demands — even if it occasionally means one of your strengths.

So, i chose to give up reading books altogether that year! This might seem quirky to many people, so let me give a background here. I've been as voracious a reader of self-improvement books as they come. I'd read my first one at the age of 12: *The Power of Positive Thinking* by Norman Vincent Peale. Since then, i'd have read over 300 self-help books by every major author in the genre. However, i realised that as a result, most of my wisdom had become second-hand, and it wasn't experiential. Most of what i knew — insights, wisdom, conscious thoughts — was built upon the teachings of those books. Yet, somewhere, i was faltering. So, i decided to tap into the glacier of the highest consciousness without any intermediaries. I realised that the infinite awareness is neither the prerogative nor the responsibility of just a few, but all of us. We all must plod and dig into the sand of infinity by ourselves. So, much as i'd loved and benefitted from the readership of these books, i decided that i'd now unlearn, declutter and denoise the past, however savoury or otherwise it was, and build the foundation for the highest version of me to emerge. As we go further into the book, and eventually as you set goals more consciously in your own life, i'd love for you

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to remember this: your goal would naturally inspire you towards what it wants you to give up to enable its manifestation. Listen to it unjudgementally and unlimitedly. And it'd fulfil itself freely and flowingly.

Finally, on 18 September 2013, i embarked on a 40-hour meditation. During that meditation, i got an epiphany that changed my life forever. I've shared the entire experience in my previous book *Yes Thank You Universe*. But let me briefly recount it for you:

Around 4 am, on the second day of the meditation, i felt a strong jolt and these four words flashed across my inner firmament: **Yes Thank You Universe**. And instantly dissolved into a golden ball of light. For a while, everything just stopped. Time. Breathing. My sense of where i was. Or, for that matter, who i was.

I was remotely aware that i was standing yet i felt that i was not in that room at all. I was staring at the sky. Yet it seemed i was looking within. I was motionless. I don't remember for how long. When i returned to my senses, i slowly realised that the higher consciousness had spoken to me. And joining my hands in gratitude, i started meditating on those four words.

I was guided to call it the Superpositivity Chant. That very moment, i started doing the chant faithfully and vigorously. Unquestioningly. It seemed like the

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proverbial straw, and i clung to it with all my being. I gradually set a target of chanting 10,000 times daily. I'd keep counting mentally while i chanted aloud. I used to chant the first thing when i woke up and the last thing before i slept. I chanted while driving, eating, showering, brushing, walking. On days, i chanted from morning to night. And on days, from night to morning. On days, 24 hours at a stretch. Within a month, my life was substantially transformed. The pall of despair that hung over my life began to lift on its own. Financial issues began to get resolved. I started opening up to the world, and the world started opening up to me. Over the next year, i chanted it over two million times.

Slowly, i introduced thousands of people to the chant. And almost everyone benefited on one level or another. How and why i have explained abundantly in the book *Yes Thank You Universe*. Suffice to say that Yes Thank You Universe became the proverbial panacea of my life. One solution for every problem. I started to experience a higher and higher level of positivity incrementally. And slowly the Superpositivity philosophy started to develop.

I consider 2013 to be the most defining year of my life. This is the year that i actually found my life purpose: Superpositivity. Now, almost nine years later, as

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i look in retrospect, the revelation happened to me because i was actively seeking. Because it was my *goal*. I'd worked as an editor at one of the best publishing houses in the world, and there were several job offers that i had at that time. And, truth be told, i really needed the money as well as the "distraction" of work to keep me occupied. But then i took an objective look at my life. I could clearly see how lucky i was. Life was giving me the luxury of time, the enablement of seeing it in its full glory. I was especially blessed to be so far gone on the path of consciousness. But if i did not go all out now, then i'd be missing out on a spectacular opportunity. An opportunity so unique that very few human beings have ever known it. An opportunity so beautiful that words can barely express it. An opportunity that the Universe had custom-designed especially for me. That realisation became my goal. My intent to uplift humanity became my goal. A deep calling to introduce everyone to the infinity within themselves became my goal. And because the goal was nurtured with unconditional and unlimited love, it manifested and gave me the biggest blessing of my life: Yes Thank You Universe.

Now, for the fourth element of the Goalete Program, my superpositivity was that i was unaffected by most people's nonchalance or cynicism, when i shared

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the Superpositivity Chant with them. Most people found it too simple a solution to the “complex” problems of their life. At that time, i was just starting on this path and did not have the corroboration on my side. Today, nine years later, people look at me and all the accomplishments that have happened in my life — and it's easier for them to believe the power of Yes Thank You Universe. But i had the fullest faith in it from day one. And before i'd set out on the journey of Superpositivity, i'd made a pact with myself: it didn't matter whether anyone else believed in the chant or not. My purpose was not to reform anyone — only to strengthen them. Neither was this a cult that i was starting nor was i becoming a guru. The chant belonged to the Universe, and i was just going to be a conduit to pass it on. For every person who'd believe, there might be five who won't. I won't be affected by their passivity, and neither goad nor influence them to do it. Anyway, this chant had changed one life forever: mine. Everything else would be a bonus now. That's how i kept going from strength to strength over the next nine years — and that's how one beautiful goal after another manifested.

Coming to the final element of the Goalete Program, this is one of those goals where the manifestation happened almost as soon as it was set. While its seed was laid the previous year, i consciously embarked

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on it only on the 15th of September, two weeks after my return to Jammu, when i decided to do the 40-hour meditation. On the 18th of September 2013, i finally undertook the meditation, and in the wee hours of the next day, i had the revelation of Yes Thank You Universe. That is the solution i was seeking, and it presented itself to me in just four days! However, because i knew that it had to evolve and mature before i started sharing it with the world, it took me the rest of that year to be sure of its universal significance.

Meanwhile, i kept going deeper and higher, and kept developing the Superpositivity philosophy — which can be explored on the website www.superpositivity.org. I envisioned that rather than being an abstract, metaphysical theory, Superpositivity would be the philosophy of totality — an open-source philosophy that would constantly be developed by every positive person and endeavour in the world. At its simplest, Superpositivity is the sum total of all the 150 positive qualities in creation that are known and available to humanity. When all positive qualities like love, joy, patience, harmony, enthusiasm, healthfulness, kindness, and so on, come together in a person in an incremental state — or a Forevermore state — that's when Superpositivity develops. Amid all the rejections that kept coming, i stayed

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steadfast to the spirit of Yes Thank You Universe. That's when Superpositivity truly started to blossom within me.

And once that happened, i knew it'd organically inspire me to start sharing it with the world and thus reach out to bigger goals: which is the fifth part of the Goalete Program.

Let me now share with you a song "Cipher" from *Goalete* that sums up my second year as a goalete. Before i stepped onto the journey of my purpose, there were many straitjackets, both internal and external, the biggest of them being a sense of identity: all that one has done, achieved or experienced. While some of it is healthy, most of it is limiting. One gets so weighed down by the past that the drive to reach out to the future becomes very feeble, if at all. And *that* is what stops most people from growth. Once one embraces the zeroness of being, that's when real magic starts. That's when infinite creativity happens, as my life attests — and as this song expresses.

Cipher

*If you have a goal, but something's holding you back,
then this one's for you.*

A SUPERAWESOME JOURNEY OF GOALS

What did you bring with you?

What will you take back?

You came from a cipher

You will go back into that.

What did you bring with you?

What will you take back?

You came from a cipher

You will go back into that.

What did you bring with you?

What will you take back?

You came from a cipher

You will go back into that.

You came empty-handed

That's how you will go.

As you sow, so you reap

That's how the wind will blow.

Why're you scared, why you halt!

Who's standing in your way?

You're born a victor

And a winner you will stay.

What did you bring with you?

What will you take back?

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*You came from a cipher
You will go back into that.
What did you bring with you?
What will you take back?
You came from a cipher
You will go back into that.*

*You have a purpose
Go find where it lives.
Joy you have, tons of it
Stop buying what sorrow gives.
Strength courses in your blood
Look inside, take stock.
You're a winner, born to act
Go beyond empty talk.*

*What did you bring with you?
What will you take back?
You came from a cipher
You will go back into that.
What did you bring with you?
What will you take back?
You came from a cipher
You will go back into that.*

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*The sun, the moon, the stars
Inside you freely blaze.
And the way to every goal
How to go about every chase.
The iron of challenges
You alone have to melt.
One day you can tell the world
As a champion how you felt.*

*What did you bring with you?
What will you take back?
You came from a cipher
You will go back into that.
What did you bring with you?
What will you take back?
You came from a cipher
You will go back into that.*

*You're the author of your fate
Script a new story.
The Universe is calling
Reach out to glory.
Shaped by infinity
You've been sculpted by nature.*

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*Creation is inspired
By your presence, your stature.*

Think about it...ask yourself!

*What did you bring with you?
What will you take back?
You came from a cipher
You will go back into that.*

*What did you bring with you?
What will you take back?
You came from a cipher
You will go back into that.
What did you bring with you?
What will you take back?
You came from a cipher
You will go back into that.*

Year # 3

21 July 2014–20 July 2015

Sharing Superpositivity in Jammu & Kashmir

Come July 2014, and Yes Thank You Universe had firmly embedded itself into my consciousness. I got completely immersed in the ocean of bliss and contentment. It was as close to nirvana as i can describe. But the more i chanted Yes Thank You Universe, the more i realised my universalness, and the more i felt like reaching out to the entire world with its empowering message.

Thanks to the Superpositivity Chant, i'd been able to transcend my sense of "identity": gender, religion, region, clan, age, economic situation, and so on. I started seeing all of humanity as my family and the whole planet as my nation. So, it became my responsibility to reach out and envelop them too in the energy of Superpositivity.

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Emission always happens inside out. First, the entity doing the emission itself gets impacted, then its immediate space, then the surrounding regions and so on incrementally. After giving Superpositivity to myself and then to my family, friends and neighbours, i resolved to share it in my hometown and home state. I come from one of the most geopolitically volatile regions in the world: Jammu & Kashmir. Over the past three decades, that region had become synonymous with terrorism. I decided that i will try my best to create a positive energy field in that volatile realm. In the true spirit of a goalete, that responsibility organically became my goal.

As for the second part of the Goalete Program (sacrifice), i resolved that i will not use the word No at all. In fact, i'd already been doing it for the past several months but i decided that this would be the first full year that i'd completely forsake that word. Whenever the temptation would arise to say No, i'd check myself, and instead of an outright negative response, i'd go for an affirmative alternative. Let me share with you three simple tips on how i practised it and how anyone can.

The first tip is: replace No with Zero. For instance, rather than saying, "There is no reason to do that", you could say, "There is zero reason to do that." Zero is affirmative. Powerful too. Everyone likes the sight of

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zeroes in their bank balance. The more the merrier. Symbolically too, all stars are zero, all planets are zero, all satellites are zero. Zero sounds cool too. "Zero person is unwell." "She has zero trouble." "There is zero problem." Lots of people who i know have started to incorporate it, and they unanimously tell me that they are in love with the zing that zero has peppered into their conversations, their attitudes and their life.

The second tip is: replace No with Thank You. Especially when you are asked a question and you want to reply unaffirmatively. "Do you want to go?" Instead of saying No, say "Thank You!" "Do you want some more pasta?" Instead of saying No, say "Thank You!" To make your response clearer, just wave your hands to show that you mean: No. Trust me, the listeners would love to hear the sound of Thank You much more than a flat-out No.

The third tip is: just shake your head to suggest with a gesture that you mean No. Signs are a universal language and are understood by almost everyone, even those who don't understand the words that are being said.

Now, at times, No indeed conveys a very powerful message and is essential. The right response to many a situation in life is No. And i agree with you. All i am trying to establish is this: even if you mean to, don't say No! I believe that the spoken word is the most powerful

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energy available to a human being, and every word you speak creates your destiny. And you certainly don't want your destiny mired in No!

In retrospect, it was a difficult one to pull off. Because, let's face it: No is everywhere! It is estimated that an average person says No 10 times more than they say Yes. By the time, one is 70, it is estimated that one has said No 30,00,000 times and Yes only 3,00,000 times! Now, could it be that most people are in dire straits by then just because of their age or could it be because of an innocuous little word that they have overused and misused the most in their life! I honestly think it's the latter, and that imbalance is what i resolved to correct in my own life.

You see, consciousness is when you catch yourself doing an unconscious act. The moment you catch yourself saying No and replace it with Zero, Thank You, a gesture or (even better) Yes Thank You Universe, you'd be performing a superconscious act. The sheer effort involved will keep you in check and will reconnect you to the infinite energy of the Universe. And *that* energy is the fount of all creation and manifestation.

As you'd read in the lyrics of the song i will share a short while later, any restraint or sacrifice you make in your goalete journey is temporary. I completely abstained

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from the word No for a few years so that if at all i use it later, it'd be done consciously and be seeped in strength. Nowadays, i do use the word — though very sparingly and consciously.

Coming to the third element of the Goalete Program — daily pursuit — i made it a practice to give a 15-minute Superpositivity talk to myself every morning, regardless of whether or not i had an active engagement. I'd talk about the beauty of that day and all the glorious possibilities it held. I'd consciously build the energy of gratitude and appreciation. I did it for the entire year. Though i gave hundreds of public talks in Jammu & Kashmir over that one year, this was in alignment with my goal to motivate at least one person every day to be superpositive — even if that person was me!

On 19 September 2014, to celebrate the first anniversary of the 40-hour meditation during which i was revealed the chant and the seed of the Superpositivity philosophy was born, i gave a marathon speech in Jammu called "The Power of Superpositivity". By the time it finished, 48 hours and 31 minutes later, it had created a new Guinness World Record for the longest speech in history. But, more importantly, the speech gave people a new surge of energy in a city that used to sleep at 9 pm, and was recovering from its worst floods in 60 years. Over

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two nights and three days, people had turned out in hundreds to listen to the message of hope, and many more chanted Yes Thank You Universe outside the auditorium in a spirit of solidarity seldom seen before in an otherwise sequestered city. Once again i realised the power and enormity of the chant.

For me, that speech served a larger purpose. It opened up opportunities to share the message of Superpositivity with the larger world, starting with Jammu. Though i'd given a handful of talks on Superpositivity in the preceding year, but the philosophy was still in its nascence and i needed more time to develop it. But after one year was completed, in September 2014, i set a goal to give 365 talks over the rest of that goal year — one for every day of the year.

I resolved that i'd not charge for any of those talks. Superpositivity was a gift given to me by the Universe, and i was just going to be a conduit to pass it on to humanity freely and unlimitedly. The singular intent with which i'd started this journey was to uplift the world. So, it was important that i perform this journey with integrity and fidelity.

Now, for the fourth element of the Goalete Program, superpositivity: once again, the ability to transcend disappointments was the key factor in the

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manifestation of this goal. I wrote to institution upon institution, called them and visited them to offer my program. Some were interested, most were not. Many immediately said yes, many said they'd think and many said an outright no. There were times when i couldn't perform a single talk in weeks.

During those times, a lot of aspersions were cast by others: "Superpositivity sounds too idealistic to be relevant in today's times!" "When people are struggling to find positivity, how would they get to superpositivity!" So, i realised early on that more than rhetoric, Superpositivity has to be spread through example. And *i* had to become that example. I had to show that Superpositivity is the most inclusive and the most practical philosophy that would bring you results in every aspect of life: spiritually, mentally, physically, materially, socially. As i shared in the previous chapter, while developing the Superpositivity philosophy over the past year, i had understood that Superpositivity happens when all 150 positive qualities in creation are developed by a person — and that too incrementally. So, what it means is that Superpositivity is not a one-time phenomenon but an ongoing one. In a way, one never becomes superpositive but keeps becoming it. Every day will present its own set of challenges, every experience will present its own litmus

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test. One just has to stop reacting to the aspersions and stay focused on one's goal.

The sun became my enduring role model: it is always surrounded by darkness yet it never gives in to it. Rather, it illuminates darkness with its own light. I took this goal year as a trial of my positive qualities, to ascertain how well i was practising them. Best of all, i stayed patient throughout. Patience comes only when we persevere in the face of hardships and failures. It is one thing to talk about patience but its development happens only when we actually pursue our goals and transcend the difficulties we meet en route their manifestation. *I just kept saying Yes Thank You Universe and kept flowing from one experience to another — without ever being affected by or stopping at any of them, however pleasant or unpleasant they were. That was my biggest demonstration of superpositivity that year.* The reason i put these lines in italics is to emphasise the simplest and most powerful practise of superpositivity. This was the first year i truly understood this tenet and ever since, i have been practising it consciously in every goal pursuit of mine. You'll find this italicised excerpt repeated in my discussion of element four in every subsequent chapter.

Thanks to Superpositivity, traction eventually started building. I got to a point where i even performed five talks in a day! I was able to give the message of

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Superpositivity at schools, prisons, hospitals, homes for the elderly, gyms and business establishments. I reached out to sporting arenas as well and touched upon the importance of Superpositivity in sport. In fact, i suggested that all of sport is spun from positive energy. A sportsperson can never afford to be negative on field or off it. And if they do, their ability to perform gets severely compromised. Since Superpositivity is the philosophy of totality, i was able to reach out to the entire spectrum of individuals and institutions with it. I was convinced that zero individual in any age or generation could ever reach their potential optimally without Superpositivity. All in all, i was able to give 419 Superpositivity talks in Jammu & Kashmir that year. Once that goal was done, i naturally and organically moved to the next one: sharing Superpositivity all over India.

Let me now share with you a song “Your Dream” from my album *Goalete* that encapsulates my third year as a goalete. This song celebrates the virtue of discipline and inspires every goalete-in-the-making to kick one habit or weakness in the pursuit of their goal. As the lyrics say, that thing could be booze, cigarette, TV, social media, inertia, anger, complaining, soft drinks, junk food — or any obsessive habit or compulsive behaviour. The journey of goals is fuelled by will power and conquering one

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weakness per goal — at least till you've fulfilled your goal — enables you to strengthen your will power. You will accomplish your goal for sure, and, as a positive side-effect, you will become a much stronger person in the process. Try it: i promise, one day you'll thank yourself for doing it.

Your Dream

For the sake of your goal

Your life's very theme

Kick one habit

Till you fulfil your dream.

In the recipe of success

That's the secret sauce

Time to show your habits

Who's the real boss!

For the sake of your goal

Your life's very theme

Kick one habit

Till you fulfil your dream.

Creature of addiction

Nor a victim of habit

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*Only one who's free
Goes beyond every orbit.
Booze, cigarette
Coffee or tea
Conquer one weakness
And create your destiny.*

*For the sake of your goal
Your life's very theme
Kick one habit
Till you fulfil your dream.
In the recipe of success
That's the secret sauce
Time to show your habits
Who's the real boss!*

*For the sake of your goal
Your life's very theme
Kick one habit
Till you fulfil your dream.*

*At the tollgate of life
One's gotta pay the tax
Willpower, my friend
Is what takes you to the max.*

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*Anger, fear
Complaining or doubt
Conquer one weakness
Give glory a shout.*

*For the sake of your goal
Your life's very theme
Kick one habit
Till you fulfil your dream.
In the recipe of success
That's the secret sauce
Time to show your habits
Who's the real boss!*

*For the sake of your goal
Your life's very theme
Kick one habit
Till you fulfil your dream.*

*The process is fun
Not a sacrifice
A little self-control
And life will be supernice.
TV, shopping
Social media, lazing*

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*Conquer one weakness
Go beyond amazing.*

*For the sake of your goal
Your life's very theme
Kick one habit
Till you fulfil your dream.
In the recipe of success
That's the secret sauce
Time to show your habits
Who's the real boss.*

*For the sake of your goal
Your life's very theme
Kick one habit
Till you fulfil your dream.*

*Restrain for a bit
Rather than forever
Once you complete your goal
Must celebrate the endeavour.
But till then...
Ice cream, soft drinks
Junk food, chocolate
Conquer one weakness
Put success on your plate.*

THOSE 10 YEARS

*For the sake of your goal
Your life's very theme
Kick one habit
Till you fulfil your dream.
In the recipe of success
That's the secret sauce
Time to show your habits
Who's the champ, who's the boss!*

*For the sake of your goal
Your life's very theme
Kick one habit
Till you fulfil your dream.
Yes, kick one habit
Till you fulfil your dream.
Yes, kick one habit
Till you fulfil your dream.*

*Go ahead, my friend, and fulfil your dream.
Go ahead, my friend, and fulfil your dream.*

Year # 4

21 July 2015–20 July 2016

Sharing Superpositivity in Every State & UT of India

In August 2015, i was invited by the Mahabodhi monastery to speak at an international peace conference in Leh, Ladakh. During the audience interaction after the talk, a young boy curiously asked me: “How many states of India have you visited till now and how many students all over India have you motivated?”

Now, they say, beautiful questions give birth to beautiful answers. That beautiful question inspired me beautifully as well. The factual answer was: till then, i'd visited nine states and, apart from Jammu & Kashmir, i'd not motivated any student elsewhere in India. That afternoon, i came back to my room, and started ruminating over that question.

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Soon, i discovered that, according to the World Health Organisation estimates, India was the most depressed country in the world! And it also had the highest rate of youth suicides in the world. In short, India was battling with negativity of an epic proportion. And my experience of the past one year, where i'd interacted with thousands of school students in Jammu & Kashmir, had taught me that kids are the same everywhere. They are the ones that are facing the biggest brunt of negativity — and they are also the ones that are most open to the possibility of positivity. They are the ones most expecting and most deserving of hope. It was time to not remain passive to this situation but to do something positive about it.

That very evening, i started my research. I pored over the map of India. And gradually started putting together a plan to cover the entire country edge to edge in one continuous go. I found the farthest motorable corners of the country: Turtuk (Ladakh) in the north; Kibithu (Arunachal Pradesh) in the east; Kanyakumari (Tamil Nadu) in the south and Guhar Moti (Gujarat) in the west. I made it my goal to drive to every state and UT in mainland India (besides of course flying to Lakshadweep and Andaman & Nicobar) and motivate students in at least one school per state and UT to be superpositive. I'd share with over 1,00,000 students all

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over India a simple yet powerful life skill: to value their life and live it to the fullest. *That* became my goal for that year.

As you know the goal setting drill by now, once a goal is in place, a corresponding restraint has to be made as well. I resolved that till i complete this goal, i'd not write any new book. Now this might seem like a bizarre restraint to most people who're not into creative writing or are not as passionate about it. Remember, i'd said in the second chapter that at times one also has to give up one's strength to become stronger. During the most challenging of times, it is writing books that had kept me going. Over the past three years, i'd written 16 books — almost at the rate of one new book every two months. While none of those books were selling in the market, they were serving a much greater purpose: of keeping me purposefully afloat. To stop writing books at that time was like stopping one's oxygen supply. But then, difficult goals need a powerful restraint. To crisscross 20,000 kilometres of a geographically diverse land over 100 days — that too with meagre resources — and to spontaneously convince schools to let me motivate their students needed a very strong focus, and that's what the restraint would give me. I'd be strongly reminded what goal i was giving it up for — and if i loved it so much then i had to earn it back.

THOSE 10 YEARS

Now for the pursuit: i shared the goal with Kunzang Dechen, the programs coordinator at Mahabodhi. She instantly resonated with my goal, and arranged a car which we drove from Leh to Turtuk, 250 kilometres away. She even organised overnight accommodation at an army camp. Thanks to her, i got started on my goal, without either a vehicle or resources on me. I returned to Jammu and continued the research. It took me two more weeks to plan out the whole endeavour: which region would be covered when. When my parents got to know of the endeavour, they too expressed an interest to join. I knew that it'd be an arduous journey. I informed them of the challenges — without dissuading them in any way. When they persevered, i agreed. I emailed a few private schools across the country, in the hope that at least some would respond encouragingly. But i didn't hear back from anyone! That's when i knew that we'd be on our own as we journeyed across India.

We started out on the 21st of September from Jammu — though i consider the 1st of September as the starting date because that's when Kunzang and i had embarked on our road trip from Leh, and i'd given my first talk of the trip at the Turtuk Higher Secondary School. We decided that we'd stop at schools along the

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highway or as close to it, meet the principal and see if they found any value in the talk to organise it at a short notice. Also, i decided that since this was going to be a non-monetary endeavour, it didn't matter whether the school was public or private. Neither was the size of the school important nor the number of students they had or could spare for the talk. Also, if the school could give me one hour, it'd be great but if they could give me only ten minutes, that'd be great as well. Every night when we'd reach the hotel, i'd research a prominent place of interest close by so that my parents could also partake in the scenic enormity of our blessed country.

Now for the superpositivity part: there were more Nos that i collected during that trip than i'd collected in toto over the past three years — and as you can imagine, they'd been many! All in all, i gave almost 145 talks over those 100 days, but for every talk that i gave, i received on an average five nos or rejections. Sometimes, i was told the school had other activities, sometimes they had exams, sometimes a break was to start soon, and sometimes the academic calendar was too packed for "leisure" activities! In fact, my belief in Yes Thank You Universe was tested the most on that trip. Here i was, with the profile that i had, not charging any compensation, in cash or kind, asking for only a few minutes of their time, yet 80 percent

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people were plain disinterested in my message! Now, that was a very humbling experience. I recognised why it was happening: to test my resolve. So, as soon as a no would come my way, i'd say Yes Thank You Universe and move on to the next institution, and the next possibility, firmly focused on my goal. In fact, more than anything, it was this particular goal that taught me that however many rejections come your way, if you stay superpositive, then one day, the manifestation happens for sure.

India is one of the most beautiful — and also one of the most challenging — landscapes to traverse by road, edge to edge. The geographical variety — glaciers, deserts, mountains, forests, salt plains — while alluring can also be overwhelming. The sheer linguistic variety — it is estimated that almost 1,600 languages and dialects are spoken all over the country — can be inspiring and also intimidating. The cuisines of India — there's over three dozen of them — can be beautiful yet boggling. But the biggest challenge of all — especially in 2015, when we performed this trip — was the road network. By then, road connectivity had been established throughout the country but the condition of most of the roads, except the big highways, was daunting, to say the least. There were places, especially in the northeastern part of the country, where it took us 10 hours to drive a distance of

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100 kilometres! And the challenge was further amplified because of the car we were driving in: a Hyundai i10 with a famously low ground clearance. However, that was the only car we had — and much as we'd have loved to go for a bigger car, we didn't have the budget for it. During those rickety stretches, it was a sheer miracle that the axle did not break, and the car stood intact! In honour of our car's exemplary spirit, we named it Love, and we'd address it as we'd address a person: "Love, take us there", "Love, you're doing a great job", and so on. The way it arose to those challenges, Love demonstrated that every entity has life force in it, and its response is directly proportional to the energy we give it. Whether it is a person or an object, once we give it superpositivity, it will respond to us superawesomely.

Also, this goal taught me that when a big goal is being pursued, people who are deeply invested in it, invariably rise to the occasion, regardless of their limitations. My Mom is someone who detests travelling by car anywhere. If she had her way, she'd not even go by car to the nearest marketplace, which is less than a kilometre away — so cloistered she feels by the limiting space of an automobile! Yet she joyfully sat in that small car through those 20,000+ kilometres over a 100-day period — because she knew she was part of a goal, and she did not want that goal to get derailed because of her!

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Similarly, my father had carried excruciating lower back pain for almost two decades and used to wear a belt till a few years ago — till he started chanting Yes Thank You Universe in 2013. Still, the doctors had cautioned him to not sit for a prolonged period — or over an hour at a stretch! However, on our trip, we had days when we drove 15 hours at a stretch — and he never once felt any discomfort in his back. As he himself said later, he was so focused on the goal that he forgot he ever had any back issues! The way they both transcended their pre-existing health conditions is a testament to the power of a goal: when a goal is being passionately pursued, limitations dissolve on their own. Throughout the trip, like i said in the third chapter, *i just kept saying Yes Thank You Universe and kept flowing from one experience to another — without ever being affected by or stopping at any of them, however pleasant or unpleasant they were. That was my biggest demonstration of superpositivity that year.*

Finally, on the 10th of December 2015, i gave a talk at the Kendriya Vidyalaya in Port Blair and completed the goal. Looking in retrospect, thanks to this goal, in one go, we visited the Taj Mahal, the Ajanta Elora Caves, the beaches of Goa, the iconic Ima Market in Manipur, the Vivekananda Rock Memorial in Kanyakumari, the Aurobindo Ashram in Puducherry, the City Palace in

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Udaipur, and so much more. I'd visited 32 countries till then — but visiting the 37 (erstwhile) administrative regions of my native country filled me with even greater joy. My parents till date count that as the best trip of their life, and i second that. It happened thanks to a goal, and when we came back, many of our relatives and friends — even those who'd not met us for decades — came over and said how inspired they also were to go on road trips with their family. Six years later, many of them have indeed taken road trips they say they'd never imagined before. That's the power of a goal — and the spirit of a goalete. Once i completed this goal, as the Goalete Program necessitates, i readily made myself available for the next one — to keep the cycle of continuity going.

Let me now share with you a song "Love" from my album *Goalete*. This song is my ode to the Universe, my tribute to creation. I am expressing my infinite love for life through this song. Most people see other people as partners in love. But i believe that your goal is a living entity as well. So, i see my goal as a lover. I see my goal as a soulmate, and i strongly encourage you to do the same. Trust me, once you nurture your goal with the highest form of love, it will fulfil itself, however "impossible" it seems. Every day of my life and every goal of mine lovingly attests to that.

THOSE 10 YEARS

Love

*I will love you
More than i love myself.
I will love you
More than you love yourself.
That's a promise
I've made to myself.
I will love you
More than i love myself.*

*I will protect you
From every squall.
You're my reason to live
My deepest call.
You are divine
All that's mine.
You're my devotion
My endless ocean.*

*I will love you
More than i love myself.
I will love you
More than you love yourself.
You've completed me*

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*Fraction i used to be.
I will love you
More than i love myself.*

*It's only patience
That's brought me to you.
You are my essence
And all that's true.
I was alone
You made me your own.
You live inside me
Your love sets me free.*

*I will love you
More than i love myself.
I will love you
More than you love yourself.
O life, my beloved
I'll fulfil what i've said.
I will love you
More than i love myself.*

*I will love you
More than i love myself.*

Year # 5

21 July 2016–20 July 2017

Creating Maximum Guinness World Records in India

As i shared in the third chapter, i'd created my first Guinness World Record in September 2014. And it'd helped me open many a door to deliver the message of Superpositivity. People used to refer to me as "that guy who spoke for 48 hours nonstop and broke a world record!" They got interested in me, and that interest spawned new possibilities. So, come 2016, my fifth goal year, i was strongly aware of the power of world records in a country that has a penchant for statistics, superlatives and records. Personally, i find zero appeal in breaking world records — or even in achievement for that matter! Now, this might seem paradoxical, coming from someone who has racked up a smorgasbord of accomplishments

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over the past 10 years. But if you closely observe, *all* these accomplishments happened after 2014 — after the revelation of *Yes Thank You Universe*, and after i'd made it my life purpose to introduce the world to its power. All that i've done since 2014 — and will do hence — was to draw attention not to myself but to Superpositivity. I have been very conscious not to promote or project myself as a “special” entity in any manner on any platform whatsoever but to singularly give all credit to Superpositivity.

At the core level, Superpositivity means freedom from followership. There was once someone who came to meet me from Pune. He'd read *Yes Thank You Universe* and had been deeply moved. He said he'd like to make me his guru. He kept insisting and i kept refusing. He asked me why. I asked him if he'd read the book. He said yes. Fourteen times. I politely yet firmly told him: “I've made it clear that i am writing this book to help you become independent. If you've not got that message, i've not written it effectively enough.” As of writing this book, after 10 years of motivating half a million people all over the world, i have only 253 followers on Instagram and only 68 on Twitter! If you check my social media feeds between July 2014 and July 2022, sparing as they are, they are focused on how anyone can do wonderful things in

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life — rather than just me. That's how it was, and that's how it will be. I will keep creating positive energy infinitely, not whether the world wants it or otherwise, but because i feel inspired from my innermost being to do so. Commensurately, i will keep setting and accomplishing goals infinitely, not because the world will be inspired or otherwise, but because i feel inspired from my innermost being to do so.

For the first few years after i set out on the path of self-realisation, i used to labour under the delusion that my work will one day “change the world” or that others will be inspired by me — but then one day in March 2016, i had the epiphany that my best work will emerge when i transcend both these aspirations. When i do things as my pure offering to the force that has sent me here. And when i express my highest potential for the love of it, rather than for the result of it. All my goals since have flown from that realisation — including the Guinness World Records.

When i returned from the pan-India journey, i looked objectively at institutions that had said an instant yes to me, despite my unsolicited arrival. I realised that people were most drawn to me when they heard that i'd created a Guinness World Record. It was that particular feat that had caught their attention the most. Seeing how

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many doors that one record had opened, i decided to stretch my repertoire, given that i was now feeling naturally inspired to do an international journey to share Superpositivity. But, if you've noticed, i don't jump into anything randomly. I like to observe a design, a pattern and build upon the past. If need be, i readily create long spaces or pauses between activities so that i flow organically rather than do things on the rebound. Though it might not have a direct connection, i innately felt that creating multiple Guinness World Records would somehow open doors for me to share my message with a larger spectrum internationally. It was just a gut feeling i had.

I researched who had the maximum Guinness World Records in India at that time. Turned out it was Sachin Tendulkar, India's most famous cricketer, who had 19 Guinness World Records to his name. Now, it'd be quite a goal to create 20 Guinness World Records — that too, in one year! How about 25, i thought: a quarter century seemed like a really nice number that most people could easily associate accomplishment with.

Now, watching countless people struggle with their goals has taught me one thing: if a goal is too easy, then most people will start ambling towards it so casually that a) they will lose so much momentum that they will not even achieve it or b) even if they get there, the arrival will be so

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lukewarm that they will not quite enjoy it. In my experience, when most people set a goal, on an average, they achieve only 25 percent of it. That's why — with certain tangible, quantifiable goals — it's very important to set a goal that is more than four times one's original one. I call it the 4x+ Factor. That way, one will certainly get to one's original goal — and 90 percent of the time, one will surpass it.

The way i look at it, every target or goal that you set occupies space in your mind. The swifter you accomplish it, the more it frees you for higher and more meaningful goals. You just have to go for more than four times the maximum that you believe yourself capable of — and then you will certainly get to the maximum. For instance, you do push-ups. Imagine the maximum that you can do: 30. Multiply that by 4+. Next time you work out, aim for 120+ — you will certainly get to 30, and 90 percent of the time you will surpass it.

So, rather than 20 or 25 world records, going by the 4x+ Factor, i set a goal of creating 100 Guinness World Records in one year! The eventual goal for that year was to create the maximum world records in India — and i thought of doing it in style by attempting more Guinness World Records in one year than anyone else anywhere in the world.

As part of the restraint, i resolved to completely give up my last indulgence left: watching movies. The

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endeavour i was now embarking on was mammoth, and it'd require an extremely high level of focus and discipline from me. Truth be told, i have never been fond of TV, video games or any other electronic device. During the 15 years i lived by myself away from Jammu, i did not have a TV at home. I've always found it to be an avoidable distraction. But watching movies in a cinema hall was something else. I have always been fascinated by the medium, and it was pretty normal for me to watch at least two movies every week as a student, admirer and somewhat practitioner of the medium. Though giving up my favourite things had become almost like an art form for me, i'd felt that watching movies was one "vice" i needed to keep — till this goal came about and warranted otherwise. I took a deep breath, watched *Sultan* one day and resolved not to watch another movie till i completed my goal of maximum world records in India.

Moving onto the pursuit of the goal. It took me almost three months to put together a list of the records that i'd attempt — and that list kept evolving till the very last month. I attempted records in 17 different fields: fitness, sports, books, art, exhibitions, food, and so on. From the largest greeting card in the world to the largest underwater painting exhibition to the largest book signing to the most basketball passes in a minute to the longest

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squash rally, i attempted a very diverse range of endeavours. They necessitated an optimal level of physical and mental fitness. Every morning, i used to meditate for 30 minutes, followed by 30 minutes of chanting Yes Thank You Universe, followed by 30 minutes of an exercise routine called Superpositivity Exercise that i'd developed. It's a combination of breathwork, stretching, weight training, cardio and affirmations, and i've shared it in my book *Superpositivity Exercise* (which you can read for free on the website www.superpositivityexercise.org). Though, on an average, i was attempting one new record every three days or so, there were considerable periods of lull, including almost a month in early 2017 when zero records happened. Nonetheless, i kept up my daily training and visualisation. I will talk about the visualisation part in the eighth chapter because it has even greater significance there.

Once again, this endeavour needed every ounce of superpositivity from me. Before me, nobody in my hometown — and just two people in my native state — had ever created or held a Guinness World Record. My hometown had a population close to one million and my state over ten million. So, you can imagine what little premium was placed there on something as “freaky and useless” as a world record! The first question almost everyone used to ask me was: “How much money would

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you get after you break a world record?" When i'd tell them that a certificate is all one would get, they would lose interest immediately. It was like, why even bother if money wasn't to be made! When word spread, i did get offers from a few schools in Punjab and Delhi to do this campaign there. But i deeply wanted to do the 100-record campaign in Jammu & Kashmir. Because i wanted the world to know it for something beyond terrorism — which seemed to have become the abiding leitmotif of the region. Also, i intended to show the youth of the region how to think global and devote their energy to positive, constructive endeavours. Most people were sceptical, and it took knocking on a multitude of doors before i could complete my entire goal list.

Now, as i realised, there are a lot of factors that go into the creation of a Guinness World Record than just your effort. It will take me an entire book to document that unprecedented campaign but the key points were: i was doing it within a year, and i did not have a single penny to spend on any of those records. Almost all my records happened at schools spread all over Jammu. The owners and management of some of those schools were very helpful, and without them i'd have been able to do only a handful of attempts.

My biggest ally in that campaign was Dr Adit Gupta, the director of Model Academy, one of the oldest

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private schools in Jammu, of which my father too is an alumni. He was deeply fascinated by my maiden world record and invited me to his school to “attempt as many world records as you want”. He gave me year-long access to his playground, classrooms, students, teachers and staff. Thanks to his generosity, i was able to attempt 29 world records at his school! Similarly, Mr Nandan Kuthiala and Mr Trilok Singh Bist, the owner and principal respectively of Jodhamal Public School believed wholeheartedly in me and helped me create the largest greeting card and the largest book signing at their school — events which required massive teams and human resources to pull off. I gave dozens of talks at these schools free of cost and in turn they supported me fully. It was an association that was built on a healthy respect for each other but did not have anything to do with money.

I kept chanting Yes Thank You Universe, kept focusing on the yesness and the possibilities, and one day, like flowers in spring, they blossomed, as they had to. Essentially, *i just kept saying Yes Thank You Universe and kept flowing from one experience to another — without ever being affected by or stopping at any of them, however pleasant or unpleasant they were. That was my biggest demonstration of superpositivity that year.*

Now onto the goal completion. Most people who break world records pay the Guinness authorities in

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London to have either an adjudicator on site or to fast-track their application on successful completion of an attempt. In both these cases, the record is processed within a few days at the most. Back in 2016, the former option used to cost around \$7,000 and the latter around \$600 per record — and i clearly did not have the resources for either! So i opted for something called standard application. Which basically means that an applicant will attempt a record and on successful completion will submit the material to the Guinness authorities in London for a complimentary review — but because they are doing this for free, there isn't any stipulation on them, and they can take up to six months or longer to do so. During that time, if someone else breaks the record — and has opted for a paid review — then a standard application will simply go into cold storage. That was a risk i was aware of from the very outset, but because i did not have the luxury of resources, i decided to proceed with that strategy any way.

As things panned out, 31 world records were approved by Guinness out of my 100 world record attempts. Cursorily, it might seem that more than two-thirds of my attempts were not approved. But the way i saw it, the final tally way surpassed my original goal: to create 20 Guinness World Records. I now had 32: the

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maximum in India at that time. And more than the records, that campaign made thousands of people sit up and take note of my work and my message — that was my greatest fulfilment. And it prepared me joyfully for the next goal year that awaited me.

Let me now share a song “Beautiful” from my album *Goalete* that sums up the fifth year of that decennial. The song is emblematic of what i have emphasised since the day i became a goalete: if one can do it, so can you; if you can do it, so can i; if i can do it, so can all!

Beautiful

*If one can do it
So can the other.
If they can do it
So can you.
If you can do it
So can i.
If i can do it
So can all.
If all can do it
Why don't they?
All can do it
If the belief is cool.*

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*All can do it
If target is the tool.
All can do it
If they think like a jewel.
All can do it
If the goal's beautiful.*

*Think like a jewel, goal beautiful
Everyone should have a goal beautiful.
Think like a jewel, goal beautiful
Time to make your goal beautiful.*

*They say divinity
Lies in every atom.
Everyone's the same
This you gotta fathom.
Follows a design,
Life isn't random.
Goals that are beautiful
Luck favours them.*

*Think like a jewel, goal beautiful
Time to make your goal beautiful.
Think like a jewel, goal beautiful
Time to make your goal beautiful.*

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*Fame is something
Everyone seeks.
But the rigour and the grind
Is where it creaks.
The land of success
Has alluring peaks.
But to goals beautiful
It only speaks.*

*Think like a jewel, goal beautiful
Time to make your goal beautiful.
Think like a jewel, goal beautiful
Time to make your goal beautiful.*

*The same energy
Has created us all.
Regardless of the name
We respond to its call.
Everywhere you look
It's the same special hall.
When your goal's beautiful
Life becomes a ball.*

*If one can do it
So can the other.*

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*If they can do it
So can you.
If you can do it
So can i.
If i can do it
So can all.
If all can do it
Why don't they?*

*All can do it
If the belief is cool.
All can do it
If target is the tool.
All can do it
If they think like a jewel.
All can do it
If the goal's beautiful.*

*Think like a jewel, goal beautiful
Everyone should have a goal beautiful.
Think like a jewel, goal beautiful
Time to make your goal beautiful.*

Year # 6

21 July 2017–20 July 2018

Sharing Superpositivity in Every State of the US

When you have a passionate goal, you also attract the conditions for its manifestation. That's my belief and also my experience. Remember, i'd shared in the fourth chapter that in 2016, i'd felt naturally guided to undertake an international journey to start sharing Superpositivity globally. But i'd deferred it in order to strengthen my profile. The Guinness World Records campaign was created to further that vision. I knew the overseas journey would require a lot of resources — and a propitious development to propel me in that direction. However, as i was nearing the end of goal year # 5, the financial situation was the same: challenged. A strong, seething

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intent was all there was. But as i've learnt in my life: that is *all* one really needs any way!

In June 2017, to perform my final Guinness World Record attempt, i went to Ladakh. To the Mahabodhi monastery — the same place where i'd learnt meditation in 2008 and where i'd envisioned the Superpositivity India journey in 2015. Among its many humanitarian activities, Mahabodhi runs a residential school for children from far-flung mountain regions of Ladakh. I'd visited that school several times in the past, and i felt strongly inspired to create my final Guinness World Record with the students of that school. Since soccer is the most popular sport in Ladakh, i decided to create a soccer-related event at the school: Guinness World Record for the most soccer penalties by a team in one hour.

In the third week of June, along with my parents, i set off for Ladakh by road. Ten students of that school and i successfully created a new record, taking 1,302 penalties in one hour, beating the previous record by a Brazilian football club. The day after the event, i gave a talk at the school, inspiring the students to be superpositive and to do their school and region proud by becoming goletes. After the talk, one person from the audience, ostensibly moved, came up to me and introduced himself. He was Dr Noor Gillani, former chief research scientist

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at NASA! He'd come to Ladakh for a conservation project and happened to be staying at the monastery till the end of that week. He said he'd been watching me keenly for the past two days, loved my energy and message — and how much it resonated with his own nonprofit, Pyaar Foundation, that was promoting universal peace and interracial harmony. He invited me to the US in October that year, saying he'd organise talks at local schools and community centres. He very generously offered to host me and to sponsor my air ticket to the US as well.

Now, just imagine the odds! How would i consciously plan something like this! In my wildest imagination, i did not know i'd meet someone like him in that remote wilderness. In fact, my visit to Ladakh was a last-minute inspiration. Like i shared in the previous chapter, i kept reworking the record list as i went along, based on the prevalent circumstances. It was in the first week of June that i got the idea to culminate the campaign in Ladakh. And i kept it as a surprise from the Mahabodhi management. I instinctively knew they'd be open to it. As for meeting Dr Gillani, one could say it was serendipity. But i know how it works: it emerged from the deepest recesses of my intent!

Sixteen months ago, i'd powerfully dreamt of an international journey — not knowing exactly where it'd

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be — and had strongly yearned for it. The Universe aligned its unseen cosmic forces to bring it to fruition. And as we started for the return trip to Jammu by road, my next goal was born. Though Dr Gillani had just invited me to Huntsville, i resolved that i'd replicate the pan-India motivational tour i'd performed two years ago, and would perform a similar campaign in the US. I called it Superpositivity US. I'd drive across all contiguous states of the US and like i'd done in India for Lakshadweep and Andaman & Nicobar, i'd fly to the remaining two states: Alaska and Hawaii. Daunting as it seemed, i'd complete that trip by 20 July 2018. That became my goal.

As for the restraint, i resolved that i'd not shop for anything new till i completed that goal. Now i've never been fond of shopping — and nobody could ever call me a shopper! I've had very simple tastes since childhood. Whether watches or perfumes, shopping has never been my thing, even when i had a high-flying career as a lifestyle photographer and used to travel for shoots all over the world. I'd been to the US six times before 2017, and every time, i'd been a frugal shopper — except one indulgence: Abercrombie & Fitch shirts! I was sold on their check shirts and would absolutely love teaming them up with denims. On every trip, i'd pick up seven or eight new shirts.

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This time around, i was anyway strapped for cash, but i knew that, somehow, a few new Abercrombie & Fitch shirts would still wind up in my suitcase. So, i resolved that i'd do absolutely zero shopping for that entire year, including the nine months that i was going to be in the US. I decided that except food, water and basic toiletries, i'd not buy any other merchandise on that trip. I carried with me a few clothes, which i wore interchangeably for the entirety of my campaign. It might not have been aesthetically optimal, but i am happy i fulfilled my end of the deal — as i have done with all my other goals.

Two years ago, it'd been challenging to do the pan-India trip. But compared to the pan-US trip — given my financial situation — it seemed like a walk in the park. I know it sounds like an overused cliché, but when i landed in the US on the 24th of October 2017, i had exactly 400 dollars in my pocket — one can coolly blow up that much money in one day in just one locality in the US! Leave alone stretch it over a 9-month 50-state road trip across the US! There are very few people — tourists or native — who could say that they travelled to all 50 states of the US by themselves with just 400 dollars in their pocket. That too without earning money to support their travel in the US or to have friends or family from their native

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country sponsor their travel. But as you should have realised by now, what's the point of being superpositive if you can't stretch your imagination beyond its limits!

When i landed in Huntsville, Dr Gillani picked me up from the airport. He'd assured me over our many WhatsApp calls prior to my departure that i did not have to worry about accommodation, food or travel within Huntsville. He was in his mid-seventies, his wife had passed away, his three children were spread out in different parts of the country, and he was living a retired life, all by himself. He had a fairly spacious house, and in a room overlooking the front yard, he offered me to set up base. The very next day, he took me to meet Dr Jacquelyn Shipe, who was the head of the Alabama chapter of Global Ties US. She was hosting Fulbright scholars from Latin America at the Huntsville Chamber of Commerce that weekend and gave me a chance straight away to speak to those scholars. That event immediately led to a speaking opportunity next week at the Sparkman High School, where i launched *Superpositivity*, a definitive book on the Superpositivity philosophy. After the talk, their principal told me that it was quite something to hold the attention of American high school kids for over an hour!

Dr Gillani attended both those engagements, and his belief in my message further strengthened. Because

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he was also part of an interfaith group, he organised my talk at several houses of worship. One thing led to another, and many people connected with the universalness of my message. Like how it'd happened in Jammu, one talk led to another, and then another, like a chain reaction. At each of those engagements, i announced towards the end that it was my goal to drive across the US and share the message of Superpositivity with people in all 50 states. I'd resolved to use the same principles as the Superpositivity India trip. So, i told the audience that these talks would be free. All the organisers had to do was to provide for my stay, food — and travel. For the last part, what i actually needed was a rental car and that the fuel in the car and tolls en route be fully paid for! Most people in the audience were amused by my goal and how i'd envisioned it. But full credit to the American enterprising spirit, they never once mocked at my "audaciousness" or made me feel how difficult it was! All i received from them was admiration: "Wow, we'd love to join you on this trip!" "This is our dream too!" "We hope to learn from your example and one day travel to all 50 states of our country!" Such words are always welcome, and i readily lapped them up.

Simultaneously, i took a few driving lessons from Dr Gillani and spent a lot of time learning the road signs. Fines in the US can be pretty hefty, and there wasn't much

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that i could spare from \$400 for traffic violation! One day, while coming back from Wal-Mart, Dr Gillani suggested that i drive. I successfully did and voila, i was now ready to crisscross the US. But big goals take big time to manifest. Though there were many glimmers of hope, yet for the first couple of months, i just had speaking engagements in and around Huntsville.

Persistent focus on your goal always pays off, and, one day, a speaking opportunity opened up at the headquarters of the SunTrust Bank — one of the largest private banks in the US — in Atlanta, Georgia. It'd be my second state. Dr Gillani very generously offered to take me there in his car. I requested if i could drive, as driving across the US was part of my goal. He smilingly relented.

In the first week of January, Dr Gillani's friend, Dr Laj Utreja called up, saying that he'd organised a talk at the Ganesha temple in Nashville, Tennessee — my third state! Dr Gillani and his car again came to my aid. Among the audience members at the Ganesha temple was Dr Rajesh Aggarwal, who was one of the trustees of the temple board. He came up to me after the talk and said he'd been very inspired by my 50-state goal. He said their head priest, Acharya Padmanabhan, was headed next week on a 10-state road trip of the US to meet devotees and asked me if i'd like to join him! The best part: the

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temple had created a customised Mercedes van in which were housed the scriptures that Acharya was carrying to devotees' homes across the US. I gratefully accepted the offer and requested if i could drive the van. Dr Aggarwal was of the same generous mould as Dr Gillani — he too happily agreed!

Thus began my trip across the US in real earnest. All of Acharya's patrons were affluent Telugu engineers and doctors, comfortably settled in the US. So, i naturally had access to excellent stays and home-cooked food. But above all, i met four wonderful human beings on that trip, who enabled my life way beyond the US tour. The first one was Gautam Talluri.

He's a software engineer based in Frisco, Texas. We connected as soon as we met. I gave him my book *Yes Thank You Universe*, and he felt that creating awareness about positivity was one of the most glaring needs of our times, and he was immeasurably happy at least someone was doing it. A few weeks later, i met Sojanya Garapally, Praveen Garapally and Satheesh Bommakanti. They too were software engineers based in the Silicon Valley who were deeply moved by Superpositivity. And promised to enable my journey way beyond the US trip.

After that pilgrimage tour, Acharya and i returned respectively to Nashville and Huntsville. I'd done 13 states

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in 6 months. Now, 37 were left to be done in about 3 months. It was a tall task, but i knew something would propitiously happen. One evening, i got a call from Gautam. He'd completed *Yes Thank You Universe*. He said that book came at a difficult time in his life and doing the chant had given him the strength to emerge from a difficult situation. He knew of my goal and said he was eager to help me. Before i could even ask him, he said he'd done the math and calculated that even on a shoestring budget, i'd need about \$7,000 for the 35 mainland states left (that is, except Alaska and Hawaii) and said he was wiring me the money right away! I could pick up a rental car in Hunstville and drive it all around the US and return it when the trip was done. Besides, he said, he'd reach out to his friends in different states to organise my talks. It was decided that i'd keep him posted of my itinerary, and he'd keep lining up the talks.

I thanked Dr Gillani profusely for his generosity — i don't know of any other person in the world nowadays who'd let a stranger into their house for five months and let them use it as a free base for their work! He is the number one reason i could complete such an ambitious goal. The next morning, i picked up a Kia Sport from Avis and set off to complete my goal. I averaged two days per state and by the second week of July i reached

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California, where i was hosted by Sojanya and Praveen. By that time, i'd almost run out of money. It was peak season and air tickets to Alaska and Hawaii were super expensive. Given that they'd done so much for me already, i did not want to ask either Gautam or Dr Gillani for further help — and i didn't have to. Like Samaritans, Sojanya and Praveen stepped up and sponsored my tickets from San Francisco to Alaska and Hawaii and then back to Huntsville from where my return flight to India was slated. Today, when i look back, all i had in 2016 was intent, and by the same time two years later, that “crazy” goal had manifested, leading to bigger and more meaningful ones.

Now, for my superpositivity. I gave almost 40 talks in a small city of the US, and nothing seemed to move ostensibly. Yet, not even once did i give up hope. I'd never driven on the right-hand side of the road yet i had the courage to believe that i could do it solo. Most of all, i did 9 months of the US trip with just \$400 in my pocket — and i still had \$10 left when i landed back in Jammu! There were days on end when i could not manage a single speaking opportunity. But, i kept telling myself against all odds that things were shaping up favourably. Essentially, *i just kept saying Yes Thank You Universe and kept flowing from one experience to another — without ever being affected by or*

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stopping at any of them, however pleasant or unpleasant they were. That was my biggest demonstration of superpositivity that year.

Finally, on 20th of July 2018, i stood in Honolulu, Hawaii — my 50th state — and looked at the Pacific Ocean sprawled in front of me. I stretched my arms and said an emphatic Yes Thank You Universe. For many years, i'd been telling myself: "If i could do *that*, then i can do anything!" Hawaii seemed light years away from the abyss where i was a few years ago. If i could stand there with absolutely zero money in my pocket — through the sheer strength of my goal — then surely i'd be standing at even more magical places in the years to come. Assured, i walked away from the Waikiki Beach that day.

Let me now share with you a song "Strong" from my album *Goalete* which sums up the sixth year of that momentous journey. The takeaway from that song is that people go only as far as their goal takes them. If a goal is strong, then one can surmount the insurmountable and manifest the "impossible". Countless millions with strong goals bear testament to that — and i am happy to be one among them.

Strong

*Without an aim
The arrow doesn't strike.
People go as far
As their goal makes them spike.
Waiting for a fluke
Don't play that song.*

*Only those people shine
Whose goals are strong.*

*Goals are gritty, whose goals are strong.
Goals are gritty, whose goals are strong.*

*Oscar, Nobel, Grammy & Olympic
Belong to people whose goals are terrific.
Everest, Pole, Space & Antarctic
Touched by people whose goals are bombastic.
Champion, icon, legend & GOAT
Are those who ferry goals in their boat.*

*Without an aim
The arrow doesn't strike.
People go as far*

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*As their goal makes them spike.
Waiting for a fluke
Don't play that song.
Only those people shine
Whose goals are strong.*

*Goals are gritty, whose goals are strong.
Goals are gritty, whose goals are strong.*

*Teresa, Mandela, Gandhi & King
Their goals have made humanity sing.
Curie, Newton, Edison, Einstein
Their goals are giving the world sunshine.
Serena, Phelps, Jordan & Bolt
Their goals have given us a motivation jolt.*

*Without an aim
The arrow doesn't strike.
People go as far
As their goal makes them spike.
Waiting for a fluke
Don't play that song.
Only those people shine
Whose goals are strong.*

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*Goals are gritty, whose goals are strong.
Goals are gritty, whose goals are strong.*

*Happiness, fulfilment, peace & love
Happen when goals come from above
Money, success, name & fame
Flow when goals are played like a game.
Health, fitness, figure & physique
Blossom when goals powerfully speak.*

*Without an aim
The arrow doesn't strike.
People go as far
As their goal makes them spike.
Waiting for a fluke
Don't play that song.
Only those people shine
Whose goals are strong.*

*Goals are gritty, whose goals are strong.
Goals are gritty, whose goals are strong.*

*Goals are gritty, whose goals are strong.
Goals are gritty, whose goals are strong.*

Year # 7

21 July 2018–20 July 2019

Inspiring Team India for its Best-ever Olympics

The beauty about the Goalete Program is that you can apply it to anyone with a history of extraordinary accomplishment, and you will see that they have invariably followed all its five principles, even if they were not consciously aware of it. I believe that every individual or institution in the world is grappling with one fundamental question: “How do i make this happen?” or “How do i convert my vision into reality?” The Goalete Program is the answer to that. Anyone can apply this program anywhere to any positive vision and manifest it. It is a universal program that applies to every field and sphere of human activity: health, relationships, management,

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events, business and sport. And to demonstrate that, i picked the toughest of competitions in the world: the Olympics.

Towards the end of July 2018, after driving across and motivating people in every state of the US, i returned to Huntsville. I had a week off before my return flight to India. An opportunity came up to give a talk at the Randolph Middle School. After the talk, i asked the students to name those who inspire them the most. Michael Phelps was the first name that came up. One of the students added: "Do you know he has won as many or more medals than 162 countries?" India happened to be one of them.

That evening, i started researching the Olympics. And found out that among the top 7 economies in the world (US, China, Japan, Germany, UK, India and France), all the others were among the top 10 of the overall Olympics medal table, while India was at the 67th place! Even Kenya — with an unemployment rate that was 400 percent more than India, where 60 percent more people lived below the poverty line than India, and where the obesity rate was twice as high as India — had won four times as many Olympic medals as India. Or Jamaica — with a population that was 3,000 times smaller than India — had won two and a half times as many gold medals as India and three times as many overall medals as India!

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Whichever way i looked, India's performance at the Olympics just didn't make any sense. So, in August 2018, i returned to India with a clear goal: to inspire Team India to its best-ever Olympics.

For the second part of the Goalete Program (restraint), i resolved that i'd give up all grain till the Olympics were over. In north India, where i come from, roti or paratha (wheat flatbread) is the staple diet. While doing self-analysis to probe my addictions, i discovered one day that i am in a way addicted to parathas! My mission was to give up *all* my weaknesses, including the minutest food and lifestyle weaknesses. So i resolved that i'd not eat grains till the day the 2020 Tokyo Olympics ended — and my goal was accomplished.

Now this might not seem like a big enough sacrifice for someone who has been grain-free for years, but to someone who eats it day in and day out, it is. For almost three years that followed, i did not eat any grains — it was initially supposed to be only for two years till August 2020: the original culmination date of the Tokyo Olympics. But due to the Covid-19 pandemic, it got postponed by one year, and so my restraint ended up being spread over three years, till August 2021.

Now onto the third part of the Goalete Program: its pursuit. Initially, everyone i shared the goal with was

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sceptical. While there were many who'd lapped up my earlier goals, for this particular goal, initially, there were *zero* takers. Honestly, nobody believed that it was "possible"! Because this goal was not just about me but about circumstances way beyond my control. How would i do it if the national Olympic committee or the national sporting federations don't believe me — or don't let me do it? That was a very plausible scenario — and 99.99 percent chances were it'd pan out that way. Now had i not been a goalete, even i'd have been a sceptic for this particular goal! But, thankfully, i am a goalete — and very simply it means that i am a believer. Once i set a goal, i know it will manifest. I just know it will. My goaleticism (enthusiasm for a goal, akin to athleticism) will ensure that.

Nonetheless, if we look at it historically, something like this has never been done anywhere in the world before: where an ordinary individual with zero sporting credentials or connections would stand up one day and announce that they'd enable their country to have its best-ever Olympics, just a couple of years later! The Olympics are a source of national pride all over the world and the training facilities are tightly guarded — almost like a fortress, or sometimes even more — by their national Olympic committees and/or their governments. They don't allow any visitors close to any of these camps —

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that are regulated almost like nuclear facilities — let alone a person who aspires to galvanise their mindset!

Whether it's the US, UK, China, Russia, Australia, Japan, France — or any other sporting powerhouse — you'd never find such a precedent anywhere, however enterprising and resourceful their citizens are. I'd encourage you to research the veracity of that. Because i did — in my quest for inspiration. But then James Cook's words resonated in my head: "My goal was to go as far as it is possible for a man to go!"

I believe where there is a goal, there is *always* a way. The sport of goals (i call it goaletics) is one at which every human being has to excel. As i evaluated the Indian Olympic scenario, i saw that this is the sport where they were faltering. Once they mastered this sport, everything else would be a natural outflow. The biggest athlete of all is the athlete of goals — a goalete. Once the goalete is in place, the athlete would naturally flourish. With that deep realisation, i set about activating my most "impossible-sounding" goal ever: to inspire India to its best-ever Olympics. My research revealed that till the 1980 Moscow Olympics, India was never out of the Top 49 even once — and since then, India had never been in the Top 49 even once! I also discovered that between 1928 and 1956, India had swept the hockey gold medal at six consecutive

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Olympics — a record that was unmatched by any team in any format in any sport in the entire Olympic history. So, it's not like India had to suddenly become glorious — India just had to reclaim it! It just needed to define its goal.

I offered the Goalete Program — that had been the cornerstone of my achievements over the past seven years — for free to all the national sports federations and the Olympic training centres in India. All in all, i wrote to 54 national sports federations across India. For a few months, there was a complete lull and nothing happened. Then, suddenly, one afternoon in April 2019, i got a call from the Army Sports Institute in Pune — one of India's leading sports academies, run jointly by the Indian Army and Sports Authority of India. Col Rakesh Yadav, the commandant of the institute, had read my proposal. He called me over.

When we met, after some initial hesitation about my sporting credentials, he connected with one quality in me: my passion for goals. He agreed that goal-setting is where we principally lack in India, especially in sports. He gave me a trial session with his coaches. And said that if i could inspire them, then he'd open up the rest of his elite institute to me.

I gratefully took up the challenge. That engagement with coaches turned out to be so engaging

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that Col Yadav had me share the Goalete Program with all 500 of his athletes and support staff at ASI. In fact, he introduced me to the chief coach at the national men's boxing camp at the National Institute of Sport, Patiala — India's leading Olympic training centre. One thing led to another. And within four months, i'd performed the Goalete Program at every big Olympic training facility in India.

As for the superpositivity element of this goal, the biggest one was that i believed in the possibility of the "impossible". When everyone dissuaded me that this couldn't be done, i firmly believed it could, and i devoted myself consummately to it, entertaining zero doubt or apprehension along the way. For months, when nothing happened, i never became disheartened or ever gave up its pursuit. When i met Col Yadav initially, despite his best intentions, even he was unsure if a goal of this magnitude could be pulled off by a non-sporting commoner! But it was my superpositivity that convinced him to bypass straitjacketing red-tape and give me a chance. Later, as i went from camp to camp, and met leading names in Indian sport, it was my superpositivity that connected with them and stirred them to embrace the Goalete Program. But whether others understood me or not, *i just kept saying Yes Thank You Universe and kept*

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flowing from one experience to another — without ever being affected by or stopping at any of them, however pleasant or unpleasant they were. That was my biggest demonstration of superpositivity that year.

Between April and July 2019, i motivated 1,200 of India's elitest athletes across 10 sports: wrestling, boxing, archery, rowing, sailing, gymnastics, shooting, diving, athletics, fencing. The list included world champions, world # 1 players, Olympics medallists, continental champions, Commonwealth champions. This goal has veritably been the most "impossible-sounding" of all my goals, and if the going ever gets choppy, or if there is ever a doubt in any of my goal journeys, i can always look back and say: "If i could do *that*, then i can do anything!" It has reaffirmed to me that where there is a goal, there is *always* a way and that everything is possible when one becomes a goalete. What emerged from that campaign, i will share in year # 10. But, as the saying goes, the rest is history. My goal was to launch a campaign to inspire Team India for the forthcoming Tokyo Olympics. By 20 July 2019, i'd successfully done that, and then i naturally reached out to the next one: playing an active part in India's campaign during the critical Olympic year.

Let me now share a song "Passionate" from my album *Goalete* that sums up my seventh year as a goalete.

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I could set such an audacious goal because i was passionate, i could convince Col Yadav because i was passionate, and i could pull it off because i was passionate. I had everything stacked against me: i was in my forties, with zero sporting experience, zero connections and my life was still in disarray, but because i had an awesome, unique, passionate goal i could manifest it. And so can you — if you too have an awesome, unique, passionate goal.

Passionate

*Whatever your age,
If your pocket is empty,
You have zero contacts,
And life's a dark hole...
Still, everything is possible
If you have a goal.
Awesome, unique, passionate goal!
If you have a goal, yes if you have a goal
Awesome, unique, passionate goal!*

*Don't think yourself alone
There are many of your make.
Whose journey of dreams
Had to suddenly brake.*

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*The world labelled them
A failure, mistake.
But they didn't give a hoot
They just cut their own cake.*

*Alibi of money
Or excuse of society
For ditching their dream
People blame the Almighty.
They seek outside
When inside's the way
But rags to riches
Are woven every day.*

*Whatever your age,
If your pocket is empty,
You have zero contacts,
And life's a dark hole...
Still, everything is possible
If you have a goal.
Awesome, unique, passionate goal!
If you have a goal, yes if you have a goal
Awesome, unique, passionate goal!*

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*Even a mountain
Ascended from the base.
Really had nothing
When it began its chase.
Starting from zero
Is a power untold.
Life blesses those
On this vision who are sold.*

*Don't keep moping
In despair.
Write a new story
With fanfare.
In the garden of life
Plant your goal.
And show the world
The power of your soul.*

*Whatever your age,
If your pocket is empty,
You have zero contacts,
And life's a dark hole...*

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Still, everything is possible

If you have a goal

Awesome, unique, passionate goal!

If you have a goal, yes if you have a goal

Awesome, unique, passionate goal!

Awesome, unique, passionate goal!

Year # 8

21 July 2019–20 July 2020

Motivating Team India at its Best-ever Olympic Qualifiers

Now that i'd successfully launched the Olympic campaign and had accessed all the premier Olympic training centres in India, it was time for the Real McCoy. This was the pre-Olympic year, the most critical and intense of the quadrennial sporting cycle. It is this year when the scramble for Olympic qualification most heats up. Spots are few and everyone has to earn their spurs. Competition is super gruelling. If i were to enable India to its best-ever Olympics, then it was imperative that i enable as many athletes as possible to qualify for the Olympics. Just like i'd done the previous year, i dreamt up the "impossible" again. It'd never happened before in Indian sport (let alone Olympic sport) that a motivator had accompanied Team

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India for any international event (let alone an Olympic qualifier). But as you've sensed by now, i have a penchant for the unprecedented and a relish for records. I naturally gravitate to something that has not been done before. Thus, i made it my goal to enable Team India create Olympic qualification records in as many tournaments as i could.

Now, there are broadly eight sports in which India has medalled at the Olympics over the past 125 years. Out of these, five sports — wrestling, shooting, weightlifting, badminton and boxing — were being actively groomed by the sports authorities in India as strong medal prospects at the 2020 Tokyo Olympics. Before i started this goal year, most Olympic qualification events had already happened in shooting and weightlifting. The qualification in badminton is based on world rankings rather than performance at a single event. That left me only with wrestling and boxing. I resolved that i'd help Team India set Olympic qualification records in both the sports that year. That became my goal for that year.

As part of the restraint, i resolved that along with restraining from grains, which i was continuing any way from last year, i'd also give up dairy. Paneer or cottage cheese was my all-time favourite food till then. In fact, it is of most vegetarians in India, and it'd gone right up on

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my list too since i turned vegetarian in 2006. I ate it almost every day. Even after giving up all grain last year, i'd continued to eat paneer. Also, yogurt was a staple ingredient in my mother's style of cooking. For me, giving up dairy was much more difficult than giving up grain, but as you know by now, one has to embrace difficult restraints if one is to fulfil difficult goals in life.

Now, let me share how the pursuit of this goal went. In August 2019, i discovered that the senior world wrestling championship was taking place in Kazakhstan. It was the biggest and the toughest chance for Indian wrestlers to qualify for the Olympics — the best wrestlers from all over the world converge for a few coveted spots. Before this, the maximum Olympic qualifications India could secure from any edition of the wrestling world championship was: one. In fact, the maximum Olympic qualifications that India had managed till then in any individual sport from a world championship was: two. It'd happened in shooting at the 2018 world championship in Budapest, Hungary. So, i set a clear goal: of making it India's best world championship, with four-plus medals and three-plus Olympic qualifications. I approached the Wrestling Federation of India with an ambitious proposal: to appoint me as the official team motivator for the world championship. Initially, they were taken aback. It had never

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happened in Indian sport before that a motivator had accompanied the national team for as prestigious an event as a world championship! But, as i said earlier, i like doing things that have never been done before. Over an intense meeting, i presented them a vision how this could pay off. And, thankfully, by the end of it, they agreed, and made me the team motivator, responsible for motivating all players, coaches and support staff — the first time something like this happened in Indian sport. I set a goal that three-plus wrestlers would qualify from the world championship and create a new qualification record for India. It manifested.

In March 2020, i again went as the Indian team motivator for the Olympic boxing continental qualifiers in Amman, Jordan. The Covid-19 situation was just starting to flare up all over the world. Against all odds, the team reached there. The maximum number of boxers that had qualified prior to this was three. My goal was to enable seven-plus boxers qualify for the Olympics and set a new record for India for maximum Olympic qualifications in a single tournament. It manifested too.

Along with motivating the players through intensive pep talks, on a personal level i employed a unique tool: visualisation. You see, an average person has 60,000 thoughts a day, and there is an endless train of those

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thoughts running through the brain. If you were to see what goes on in an average person's brain, it'd look like a traffic gridlock with thoughts tangled up like a spaghetti of wires. In order to accomplish anything, you have to train your mind to concentrate on one thought — the clear, constructive thought of your goal. Because fulfilling your goal is your principal intent as a goalete, you must practice a simple technique: write your goal on a blank sheet of paper in bold and capital letters and paste it where you can see it often. I do this with all my goals.

In fact, an even better way to do this is to make a poster with a visual that corresponds to that goal and a statement articulating the goal underneath that visual. I learnt this technique from my mother. When she conceived her second child (me), she put a poster of baby Krishna on her bedroom wall, facing the bed. It had baby Krishna scooping butter into his mouth and smiling endearingly. She'd look at that poster hundreds of times daily and visualise a healthy, happy baby coming into her life — more importantly, one who'd spread love and joy in the world. Then i was born. You might think it was a coincidence, but she did it again.

A few years after i was born, she had a vision of building a big house in the suburbs. Because my parents had limited resources, she didn't know how she'd fulfil

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that vision — just that she would. She started a diary in which every week she used to note down how much money she'd saved and how far she was from her goal. Apart from that, one of her "training" practices was to ride pillion on my father's bike and go around the suburbs twice every week just to look at the big houses and give a more tangible shape to her vision. She did it for 18 years before she could fulfil her goal! I just naturally picked up the art of visualising, of setting and fulfilling challenging goals from her.

When i broke Guinness World Records, i used the same tool. I'd stand in the living room of my parents' house and imagine that its leading wall would one day be lined with row upon row of Guinness World Record certificates. I envisioned that wall as a beacon of inspiration to young students in Jammu — and that's exactly how it manifested.

For the wrestling world championship, i made a poster with the Indian flag as the backdrop, downloaded an image of world championship medals, copied four of them on the left, the Olympics rings in the centre, placed the words 3+ Qualifiers on the right and printed multiple copies of the poster, a few big and a few small. Using a benign duct tape, i pasted the poster on all the walls of my hotel room and put some in the bathroom as well. I'd

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see the poster while sitting on the throne, brushing, shaving, showering, changing — literally thousands of times in the 12 days i was in Nursultan. For the Olympic boxing continental qualifiers in Amman, i employed the same poster technique that i'd used in Nursultan, using the same imagery and language — the only difference being that i replaced 3+ Qualifiers with 7+ Qualifiers.

The previous year, when i'd embarked on the goal of enabling India to have its best-ever performance at the 2020 Tokyo Olympics, i'd done the same thing. With the Indian tricolour as the backdrop, i'd designed a poster with six 2020 Tokyo Olympic medals in the centre, the + sign next to them and the words "Yes India is winning 6+ medals at the 2020 Tokyo Olympics, Yes Thank You Universe" underneath. The first line expressed my intent, was my goal affirmation, specifically articulating it, starting with a Yes. It culminated with Yes Thank You Universe through which i thanked the Universe in advance for the fulfilment of my goal. In order to maximise the sighting of my goal, i put that poster all over the house — in the bathroom, in the driveway, as my phone screensaver — so that i could see it hundreds of times daily. To strengthen it, i kept saying Yes Thank You Universe as i vividly visualised my goal, enabling its permeation into my innermost being — which is the zone of optimal creativity.

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Based on my experience, i strongly advise every goalete to set aside at least five minutes for visualisation every day where they should fully immerse themselves in the feeling of having accomplished their goal — whether it is a medal, a weight, a holiday destination, a monetary figure, or anything else. Always remember: *if you can visualise it, you can manifest it.*

As for my superpositivity, i just kept offering my services unconditionally to every national sporting federation whenever any Olympic qualifier would come up. It can really get to a person when they constantly keep hearing “This can’t be done!” or “This won’t happen!” or “They will never let you do this!” Even after pulling off the Olympic campaign, most people thought that becoming an official national team motivator would never happen in India — in fact, it hasn’t happened anywhere in the world, whether it is the US, UK, Russia, China, France, Germany or any other country. Motivating a player is the coach’s domain, and they’d invariably take it as an offence if a specialist is asked to play that part. In fact, the most common refrain i heard was “Coaches would never let it happen!” But you see, i conducted my entire campaign with so much superpositivity that some of my biggest supporters were chief national coaches! They used to love the passion with which i motivated the

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players and the vision i made them see, and felt that that was the missing piece of the puzzle. They knew that i was not intruding into their territory but strengthening it.

As you can imagine, it was an uphill task to convince the national sporting federations when there wasn't any precedent but it was my superpositivity that refused to relent. To people who might have wondered the prudence of creating a staccato of world records, now is the time to pause and reflect: i knew it even then that more than the records per se, i was developing a skill of creating records in any field. I was confident of transferring it to the Olympics domain, and that's exactly how it happened.

And as you know by now, i just kept saying Yes Thank You Universe and kept flowing from one experience to another — without ever being affected by or stopping at any of them, however pleasant or unpleasant they were. That was my biggest demonstration of superpositivity that year.

The result: five medals and four Olympic qualifications from the wrestling world championship in Kazakhstan. The previous Olympic qualification record was doubled, and India was elated. Five months later, we again rewrote that record twice over. Nine Indian boxers qualified in Amman, and it set a new record for the highest number of Olympic qualifications from a single

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tournament in any sport — breaking the record we'd set in Kazakhstan a few months ago! You see, flukes happen once, but when something happens again and again, then there has to be a conscious design at work. I returned from Jordan in March and was raring to prove it in my next goal year that was slated to begin a few months later in Tokyo. Eight years of concerted goalicism had gone into it, and i was looking forward and higher to it.

Let me now share with you a song “Gold” from my album *Goalete*, which sums up the essence of my work that year. Like i shared with you in the earlier chapter, i had the privilege of motivating over 1,200 of the best athletes in India that were being groomed for the Olympics. After closely interacting with the athletes, coaches, support staff and management at all the premier Olympic training centres, i'd got proof of what i intrinsically knew was the reason behind India's historically poor performance at the Olympics: it was hardly anybody's goal to win the gold at the Olympics! Their goal was to either “qualify for the Olympics”, “do well at the Olympics” or “medal at the Olympics”. Post 2021, things have changed, but i am talking of 2019, when i joined the Olympic fray. Whether they were lacking in confidence or awareness, gold was just a blip on the collective radar but not the focal point. So, i wrote a song “Gold” to

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galvanise the ranks of Indian sport, which i am now sharing with you all. Actually, gold medal is just a metaphor here — it essentially implies reaching out to the very best within you and outside, regardless of your field of work.

Gold

Whether young, whether old

On this idea i'm sold.

Let me say it really bold:

I'll win the gold, i'll win the gold, i'll win the gold.

Be it any competition

I'll rise to the top.

Here's my motivation:

I'll be the champ, i'll be the champ, i'll be the champ.

Whether young, whether old

On this idea i'm sold.

Let me say it really bold:

I'll win the gold, i'll win the gold, i'll win the gold.

The colour of victory

I'll happily adorn.

Here's my obsession:

I'll be the first, i'll be the first, i'll be the first.

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*Whether young, whether old
On this idea i'm sold
Let me say it really bold:
I'll win the gold, i'll win the gold, i'll win the gold.*

*Our goal is humongous
And we don't give excuses.
Here's our passion:
We'll be the # 1, we'll be the # 1, we'll be the # 1.*

*Whether young, whether old
On this idea we're sold
Let us say it really bold:
We'll win the gold, we'll win the gold, we'll win the gold.*

*At small, little wins
I'll not stop.
Here's my focus:
I'll go for the max, i'll go for the max, i'll go for the max.*

*Whether young, whether old
On this idea i'm sold
Let me say it really bold:
I'll win the gold, i'll win the gold, i'll win the gold.*

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The rocket of dreams

I'll launch in space

Here's my target:

I'll show everyone the way, i'll show everyone the way, i'll show everyone the way.

Whether young, whether old

On this idea i'm sold

Let me say it really bold:

I'll win the gold, i'll win the gold, i'll win the gold.

If destiny's upset

We'll win it over too

Here's our purpose:

We'll inspire the world, we'll inspire the world, we'll inspire the world.

Whether young, whether old

On this idea we're sold

Let us say it really bold:

We'll win the gold, we'll win the gold, we'll win the gold.

Always young, never old

On this idea, we're sold

Let us say it really bold:

We'll win the gold, we'll win the gold, we'll win the gold.

Year # 9

21 July 2020–20 July 2021

*1,000+ Superpositivity Webinars
During the Pandemic*

While humanity is busy making its own goals, divinity is designing its own — who do you think prevails! You see, the whole is always greater than the fraction, and the sum is always bigger than its parts. Each one of us is a link in the chain, and we have to strengthen the chain rather than assert our own supremacy. A true goalsetter is one whose goals uphold creation and uplift humanity rather than draw attention to the self or show one's own "coolness". That's why a true goalsetter embraces every challenge and setback they encounter. Those whose goals are lamey set grumble and complain if a spanner is thrown in their goal's works.

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As you know, eight years before this one, my goal was to become the most positive version of myself. So, i consciously overcame my weaknesses one by one, and developed qualities i'd consciously overlooked before. One of them was an uncomplaining attitude. When my marriage ended, i never complained to the divine, my parents, friends or anyone else. When i was climbing a mountain of debt, i never complained why life had handed me a "raw deal". People say: "You must share your problems!" But i believe everyone has their own list of woes for us to add to it further. Anyway, what you're meant to go through, you're meant to go through, whether alone or with the world at your bidding.

People usually have a long list of complaints. The common link being: "Life has not been fair to me!" The important lesson to learn is: life has always been fair to us, but have we been fair to it? Life is like a garden and we are like a tree. If wind blows and uproots the tree, is it the garden's fault? If the tree is strong, if its roots run deep, firm into the soil, then even a tempest can do it zero harm. The garden gives the tree birth and provides for it but the tree has its responsibility too. It can't be weak. And expect the garden to protect it, while it blatantly ignores itself. The garden does its bit, and the tree has to too. Similarly, life does its bit, and we have to too. By

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embracing all its forms and nuances joyfully. Uncomplainingly.

You see, given a choice, nobody likes to be hurt. Or “wronged.” Everyone wants to have a smooth sail. But just because a ship wants a smooth sail, it can’t stop a tempest from coming its way. When it’s out in the ocean, it can control nothing but its own response to the storm. If a ship starts complaining about every turn and tilt, then how will it ever sail? What else is it built for! All a ship can do is strengthen itself and step out confidently in the waters. And then enjoy the sail. Enjoy whatever comes its way. Uncomplainingly.

Humanity had a chance to demonstrate its uncomplaining spirit in 2020. When it faced its sternest test in its modern existence: Covid-19. Every goalete all over the world was shaken to the core. This is the first time in over a century when humanity had faced something so epically grim on a collective level. The World Wars had affected a considerable yet partial section of the world. But this virus truly taught the world what “global” meant.

I was in Amman, Jordan, on the 16th of March. The Olympic boxing continental qualifiers had just ended when news spread that, in a couple of days, their government was closing its airports and suspending all

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international flights. Luckily, i got a flight out to Delhi the next night, and reached Jammu on the 18th of March. Within a week, India — as most countries around the world — entered lockdown. And life, as billions of people knew it, came to a grinding halt.

As i'd said in the previous chapter, my goal for this year was to enable India achieve its best-ever result at the Olympics. By March 2020, four months before the Olympics, most of the athletes i was working with were at the top of their game, and i was confident that we'd return with multiple gold medals from Tokyo. But now everything came to a screeching halt. All training facilities were shut down across the country, and the athletes were left to fend for themselves without coaches or support staff. And in the most unprecedented development of all, the Olympics were postponed — for the first time in 125 years!

Suddenly, everything nosedived. The morale of the athletes went to an all-time low, and i started receiving multitudes of distress calls every day. This was the ultimate test for a goalete: how do you stay in pursuit of your goal in the face of a debilitating setback — or how do you see light amid a dark tunnel, and you don't know when the tunnel is going to end?

But it was not just the athletes. The whole of humanity was affected. If you recall, six years prior, i'd

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started the Superpositivity journey with students and the bulk of my work had been performed at high schools across India and the US. Schools now started reaching out to me in droves. As did groups of individuals, businesses, social welfare institutions and public organisations. A few months into the outbreak, it became clear that this situation was here to stay, that it won't evaporate any time soon. Thankfully, humanity is super adaptable, and, soon, digital became the new medium of instruction. In the veritable blink of an eye, everything moved online: education, businesses, meetings, weddings, graduations, ceremonies, conferences. Zoom, Google Meets and Microsoft Teams were the spaces everyone now increasingly started to inhabit.

I was grateful that i'd found Superpositivity several years ago. If there was a time when humanity needed it the most, it was now! So, just like i'd set a goal in my third year to give talks all over Jammu, in my fourth year to give talks all over India and in my sixth year to give talks all over the US, i now set a goal to give virtual talks all over the world. I set a goal that within that year, i'd give 1,000+ webinars on Superpositivity to audiences all over the world.

As part of the restraint, i decided that i'd give up TV and social media altogether for that year. I was never

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fond of TV, and social media too i used sparingly. As i shared in the fifth chapter, for 15 years that i lived by myself in Delhi and Mumbai, i did not have a TV at home. But since i'd come back to Jammu, i allowed myself to watch TV casually in the evening because my parents were really fond of it, and it was always on whenever we'd sit down for a card game in the evening. It was mostly news that my father was fond of. Now, all those years, along with TV, i'd stayed away from newspapers as well. For all their benefits, i found that both these mediums also spread a lot of negativity, even if unwittingly, and i'd abstained from them altogether. I knew that the world needed all my superpositivity now, so i resolved to once again give up watching TV and news completely. Before people start saying that i should have not done so because how else would i stay abreast of the "developments in the world", let me add that my father was on the news 24/7, and through him i anyway kept finding the facts and statistics, even if i didn't go fetching for them. On my part, in this extreme hour of need, i'd do the best with what was in my control. What was beyond my control, anyway much more capable people were handling! I decided that i'd be part of the solution rather than contribute to the problem.

As part of the pursuit of that goal, i did it somewhat like the previous talk-oriented goal years.

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I resolved that i'd give at least one webinar every day, even if it meant just my sister joining on Zoom from Buenos Aires. Quantity has never been my principal driver, ironic as it seems! The only reason i occasionally set goals like "100 records in 1 year" or "1,000 webinars in one year" is because of the traction i know i'd build. Else, i'd be complacent and make do with whatever comes along. But if i set a mandate, it'd stoke my enterprising spirit and i'd consciously create opportunities that'd could potentially impact many more people. My instinct is: the more i reach out to, the more i might be able to uplift. Who knows, in the 740th or 999th webinar, there might be an attendee who just needed to hear that message that day, and maybe their optimism got restored because of a little extra effort on my part. Sorry for the spiel, but this is just in case you were wondering why i sometimes set these far-fetched quantitative goals!

I knew that i had to reach out to a wider network of schools for me to help them. Towards the end of June 2020, i spoke with Mr Trilok Singh Bist, a national-award winning school principal, who'd also become an ardent practitioner of Superpositivity. I knew that he was part of the Indian Principals Network, a consortium of over 3,000 school principals in India. I requested him to organise my talk on Superpositivity for the principals.

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In mid July, the talk happened. And it paved the way for an avalanche of webinars that followed. Once again, all these webinars on Superpositivity would be done for free — as my small contribution to help humanity cope with an even bigger threat than the virus: depression. Though my financial situation continued to be fragile, yet as you know, where there is a goal, there is *always* a way. Two more wonderful people got to know of my work that year and offered to help me: one was Karun Veligetti, a Silicon Valley software engineer, and the other was Marina Lopez, a hospital owner from Buenos Aires, Argentina. They teamed up with Sojanya, Satheesh and Gautam to send me a monthly amount that took care of my expenses, and ensured that i could fulfil my goal with the integrity it deserved.

From July 2020, in order for Superpositivity to be sustained and become much more than a one-time talk, i created over a dozen Superpositivity Platforms that could be run online, like Superpositivity Club, Superpositivity Talks, Superpositivity Festival, Superpositivity 1 on 1, Superpositivity Films, Superpositivity Concert, and so on. In keeping with the Superpositivity philosophy, any interested individual or institution (whether public or private) all over the world without exception could host and run any of these platforms. Information on all these platforms is available at www.superpositivity.org. But what

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truly propelled Superpositivity forward was the Superpositivity Club. Essentially, Superpositivity Club is an inspirational platform where people who intend to exchange superpositivity with others meet at least once a week, whether physically or virtually, and share the most positive developments in their life and in the world. A lot of schools all over India started online Superpositivity Clubs where their teachers, students and support staff met weekly and motivated each other to be superpositive. And as things normalised, in June 2022, the first physical Superpositivity Club too opened at the Army Public School in Jammu — ironically as my 10-year goalete journey was about to reach its climax!

My practise of Superpositivity was tested to the core this year — because it was the first time i was dealing with so many complaining people on the trot! Grief was writ large on most faces, and the challenge was to uplift people webinar after webinar, day after day. I saw first-hand how rudimentary the positivity level of most people is. Perhaps they were always like this but had been masking it so far. Ironically, though the facial mask had now come on, their inner mask had slipped away. And i had to superconsciously stay centred on Yes Thank You Universe to keep reminding people of the sheer blessing that the virus had brought the world. It's like humanity had been

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running on a treadmill in stupor — that's why for generations, it'd been stumbling, falling and getting hurt. Now, the pause button had been pressed by creation. So that people could take a breather. And once again learn to appreciate the small yet invaluable joys in life: being with family, watching the sunrise, breathing cleaner air, drinking cleaner water, enjoying longer hours of sleep, eating slower and countless other blessings. My superpositivity was simply to experience these joys first-hand and naturally pass their taste on to the world. *I just kept saying Yes Thank You Universe and kept flowing from one experience to another — without ever being affected by or stopping at any of them, however pleasant or unpleasant they were. That was my biggest demonstration of superpositivity that year.*

As for the success, yes, i statistically managed to perform over 1,000 Superpositivity webinars that year and completed my goal. In fact, i did many more — after 1,000, i stopped counting. And then apart from the webinars, there were the emails i got, the messages, the phone calls and, yes, the people who came to meet me in person. I never refused or disappointed any of them. Millions of people all over the world did wonderful things during the pandemic. I am happy at the possibility that i might be one of them.

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The way i look at it now, my “success” for this year can’t be measured statistically at all! It was in the many small things that i did. It was in stepping up to heal the invisible scars of as many as i could. It was in not being scared of being touched by an elder if they wanted to bless me. It was in not being fearful of an outstretched hand from someone that needed strength. It was in not making my 77-year-young father paranoid of going to the market by himself if he wanted to. It was in quarantining with my mother when she tested positive for Covid, sleeping next to her, eating together and reassuring her that she (and i) would be perfectly fine — it turned out we did. It was in reminding myself and everyone that life is beautiful, was beautiful and will be beautiful forevermore. Friends, my biggest success that year was to not be scared of fear. And that is the success i eternally wish upon everyone.

Let me now share with a song “Four Words” from my album *Goalete* that sums up the essence of that momentous goal year. As you can imagine, those four words are: Yes Thank You Universe. The way i look at it, i came to this world just to give it the message: Yes Thank You Universe. Everything before that led me to the message. And everything after that has been to strengthen that message. Thank you for letting me share it with you.

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Four Words

After 2013

All that i did

Brimming with vigour

So happily i lived.

In the ocean of love

Started to swim

Stayed away from

Thoughts that were grim.

Ever so strong

Yet ever so calm

Thanks to four words

That became my charm.

And those words are...

Yes Thank You Universe

Yes Thank You Universe

Yes Thank You Universe, Yes Thank You Universe.

Those words came

Like a bolt within

But not before i took

Many blows on the chin.

Challo Driver was

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*A massive flop
Suddenly my life
Had a grinding stop.
Millions in loss
On top of it debt
People just saw in me
Many a defect.
Friends left me
And coolly went apart
Battered my feelings
And shattered my heart.
Alone i was left
Not much worth
But one fine day
Those words took birth.*

*And those words are...
Yes Thank You Universe
Yes Thank You Universe
Yes Thank You Universe, Yes Thank You Universe.*

*Those four words
I kept invoking
Problems unlocked
Even if choking.*

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*One by one
Things started to ease
The weight of trials
Began to decrease.
Yes taught me
The power of hope.
Sculptor of my life
Why should i mope!
Thank you took me
To failure's bright side.
Life's a party
It helped me decide.
Universe touched me
With its oneness
Started to bloom
At its magical caress.
Life's a manna
A blessing, a gift
Those words gave me
That powerful drift.*

*And those words are...
Yes Thank You Universe
Yes Thank You Universe
Yes Thank You Universe, Yes Thank You Universe.*

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*When i was a kid
My Mom told me
To fly like a bird
Happy and free.
Yes Thank You Universe
Blessed me so much.
Made me do things
Never thought i could touch.
One after another
World records i broke.
Connected with life
Many a bloke.
All of India and US
I drove through.
Watched as the light
Of superpositivity grew.
Thirty-plus books
Emerged from my test.
Hundreds of goals
I was able to manifest.
From Tokyo an Olympic medal
Came to our place.
And hugged my parents
In its loving embrace.*

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*It's those four words
That deserve all glory.
Coz wrapped in them
Is my life's story.*

*And those words are...
Yes Thank You Universe
Yes Thank You Universe
Yes Thank You Universe, Yes Thank You Universe
Yes Thank You Universe, Yes Thank You Universe.*

Yes Thank You Universe.

Year # 10

21 July 2021–20 July 2022

Olympic Success and Launch of the Goalete Tour

A test doesn't last forever — however testing it seems. Towards the mid of 2021, the world started opening up, even if partially. Most adult population around the world had received at least one dose of the vaccine, and life started returning to normal. Though there were sporadic viral outbreaks still, and consequent lockdowns, businesses and places of interest started opening up again. Teachers started going back to school — if not students yet. People started travelling, locally at least. Restaurants started opening their shutters for sit-down meals rather than impersonal takeaways. Sports events started being held again, even if in bio-bubbles. And in a major fillip to the

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sporting community around the world, it was announced that, after glitches galore, the Tokyo Olympics would finally be held — though sans spectators.

It was welcome news for everyone — it meant that i too would finally get a chance to bring my long-pending goal to completion. Now, Olympic success could have been my only defining goal for that year. But i realised that the goal would be accomplished within the first three weeks of that year itself — what about the rest of the year! It was a 10-year journey that i was on, rather than a 9-year and 3-week one! Just as the beginning of a story is important, its ending is too. In fact, the ending is even more important because that's the part people remember the most. Like i'd shared in the Introduction, some goal inspirations came to me before that year started, some at the start and some later. I waited for the climactic goal — and it came to me much later.

In December 2021, i was at a cousin's engagement party when a bunch of his friends who were sedate throughout the evening suddenly lit up when they hit the dance floor. One of them boisterously said: "Nothing gets me going like music!" Now most people let these quips go by innocuously, but to me they become epiphanies. That line looped inside me for the rest of the night. And within the next few days, inspiration followed.

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I realised that vis-à-vis artistic expressions, i'd done almost everything in my life over the past 10 years — writing, painting, photography, anchoring, designing, acting, travelling, world records, motivational speaking, and so on — except one thing: music. I loved listening to music, but in one of my bizarre resolutions in 2013, i'd given up music as well. "I will only listen to the music of life for a few years" i'd told myself. Though those few years were over, somehow i'd still continued to put music on hold. Till that party opened the sluice gates again! A substantial part of my vision was to inspire the youth to have a positive, goal-oriented approach in life, and since music was something they most connected with, i realised it was time i tapped into that energy as well.

Over the next few days, i envisioned a motivational album called *Goalete*. It'd have 10 original songs, that'd sum up the essence of my 10-year journey. On the 20th of July 2022, to celebrate *Challo Driver* and the goalete spirit, i'd perform a music concert that would become the finale of my 10-year journey. And that concert would also be the beginning of the Goalete Tour — and a brand-new chapter in my life.

My restraint for the final year was shaped by my Mom's words. She loves me to the core, more than she loves herself. One day, in June 2021 — exhausted by my

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relentless zeal — she sat me down, held my hands and said with a tinge of pain: “My only wish now is to see you live a balanced life. Please fulfil my wish!” Those words hit me sharply. Sometimes, one doesn't realise that extreme in any form is an extreme still. There's a reason nature has built homeostasis in our body — if things go to an extreme, our body is innately designed to bring it back to balance. Certainly, for a while, and every now and then, a positively undertaken extreme serves a purpose, but it must be checked before it becomes an enduring pattern. My Mom's words that day were the check i needed.

As i looked in retrospect, i realised i'd certainly been teetering on the extreme: giving up altogether on my personal life, grains, dairy, music, movies, shopping, TV, social media, doing all my work for free, writing 16 hours a day for years, meditating 10 hours at a stretch, practising complete silence for 40 days, and so on. It'd helped me develop tremendous will power, but it had also been very distressing for my parents, especially my Mom. She'd always tell me that because i did all my work for free, people did not fully value it. She used to tell me that i am going against nature, where give and take is a cosmic law. I looked objectively at the numbers: since 2013, i'd performed over 2,100 motivational sessions and had charged a fee for only 6 of them! I'd done 99.7 percent

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of my work for free, and my mother rightly pointed out how lopsided that equation was. I promised her that from 21 July 2022, i'd start charging for my private consultation work from entities that could gladly afford them — and all my Superpositivity-related work i'd keep doing for free. That would bring things in balance. On the relationship front, she'd been pressing for years for me to get married — and i'd fulfilled my one-year abstinence resolve many times over. I assured her that once the 10-year journey was over, and i was mentally free to give attention to a partner, i'd earnestly open myself to that possibility as well. That assurance was the balance she (and i) needed.

Though i was still nebulous about my defining goal for that year, i resolved that, nonetheless, my restraint would be something that i'd not done in the nine years prior: live in total balance. For all of you, here's my informed take on the extreme: practise it *at least* for some time in your life — because only then you will learn to enjoy the balance.

Now, back to the first goal of the year — or rather the completion of the goal that i'd set three years ago: India's best Olympics ever. During the pandemic, worn out by the uncertainty, most athletes had dropped out of the Goalete Program one by one, and after a few months, the calls almost stopped. Till only two athletes remained.

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The only two athletes who still considered themselves goaletes: Ravi Dahiya and Deepak Punia.

I'd met them at the Chhatrasal Stadium in Delhi in May 2019. They were both junior wrestlers then, replete with promise, but struggling with form. When i met them, their biggest goal was to qualify for the Olympics. The first thing i did was to introduce them to the possibility of winning an Olympic gold medal — and to make it their goal. They wholeheartedly embraced the Goalete Program and the discipline that came with it.

Within a few months, the results started flowing. Deepak won the junior world wrestling championship in Estonia in August 2019. Then, the next month, at the senior world wrestling championship — the first-ever senior tournament for both of them — Ravi won the bronze medal and became the first Indian wrestler to qualify for the Olympics. A few days later, Deepak won the silver medal, and he too qualified for the Olympics. It was an unparalleled feat in Indian sports when two junior athletes qualified for the Olympics in their very first attempt. Most people were surprised, but i wasn't. Because i knew that they were not just athletes — but goaletes.

After that, they brought honours galore to India. Ravi won gold at the 2020 Asian wrestling championship and Deepak the bronze. And then, the pandemic struck.

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After a few months, Deepak, straddled with a deep personal crisis, opted out of the program — which left Ravi as the only athlete who was still actively pursuing the Goalete Program. Over the next one year, he too faced a lot of challenges but he stayed on course. He exemplified the goalete spirit: staying steadfast to the goal, even in the face of debilitating challenges.

The Tokyo Olympics came about, and Ravi scripted history. He became the second-ever Indian wrestler to win a silver medal at the Olympics and the first one to do so at his maiden Olympics. Besides, he became the first Olympic male medallist for India after nine years. His semi-final match against former Asian champion Nurislam Sanayev is said to be one of the most dramatic turnarounds in Olympic history as he came back from a 2-9 deficit to stage a spectacular win in the closing moments of the match.

Ravi's performance at the Olympics was so uplifting that it motivated Indian men to win three more medals over the next three days — more than they had done over the last three Olympics! Their winning run climaxed with a gold medal in javelin — India's first medal in athletics over the past 100 years! Consequently, India culminated the 2020 Tokyo Olympics with seven medals, its best-ever performance at the Olympics! For me, it was

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one of those defining moments: “If *this* can happen, anything can!”

Once that goal was manifested, i took a few months off to write a screenplay on the unique story behind Ravi's iconic Olympic medal. That script is currently in limbo — waiting for its moment of manifestation, which i know will happen one day.

Then that engagement party happened in December. I decided that before i get to the album, i must first start listening to music again. I opened a Spotify account and got started. It'd been almost nine and a half years since my ears had been musically sealed. I wanted to know what sort of music people were listening to before i could give it my own spin. By the time 2022 dawned, i'd got my musical feet wet again. And before going any further on the journey, i decided to fulfil a smaller goal that would help me understanding beatmaking a lot better: do a DJ course. In January, i signed up for an online DJ course on Udemy. Over a month, i understood the nuances of DJing, did my first gig at my cousin's son's birthday, and loved that experience to the core. In fact, i was loving the new me even more : lighter, breezier, freer. Thanks to my Mom.

In February, once the course was done, i turned my attention to the album. I decided that i'd write and perform all 10 songs — the performing part was a humongous goal,

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even bigger than breaking Guinness World Records, and i will tell you later why. The 10 years that i'd so joyfully lived, the goals that had manifested and the lessons i'd learnt from them would become material for the album. As for the genre, i instinctively knew it'd be hip-hop. It might amaze some people, but that is the genre that used to motivate me the most while working out before 2012, and i decided that since all my songs were motivational, i'd put them in the same space. Since the region where i lived did not have composers in the hip-hop genre, i started researching online. I was guided to meet Jordan, an American hip-hop producer, who aligned with my vision and agreed to score all the songs. To record the vocals, i reached out to Sahil Sharma, a music teacher i'd met a few years ago while giving a talk on Superpositivity, who'd now opened his own recording studio in Jammu. Sahil's strength was soul music, and his work inspired me to ask him to score the only R&B track in my album: "Love". Within four months, i completed the album and kept rehearsing for its live performance in our living room, imagining it to be a concert stage!

Now onto the Superpositivity part. There were two things that i did that year that are a practical demonstration of Superpositivity. First, despite years of adhering to the strictest of "rules of restraint", when a nudge of wisdom came from my Mom, i was humble and open enough to

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embrace it — and, even more importantly, to apply it. I am happy i was never stuck on “this is the only way i know” school of thought, but was superpositive to realise that the Infinite speaks to us in infinite ways — and we must be infinitely receptive to them. Second was my courage. Some of you might have wondered what was the big deal about the concert, why'd i call it even more challenging than the world records! So let me share with you that for all my 45 years on this planet, i'd *never* sung a single song! Not on stage, not at home, not in the bathroom — *never!* Maybe a few words or lines occasionally, but never a full song. One, i was honestly never really drawn to singing, and two, i never thought i could! Now, the maximum compliments i have received in my life have been for my voice. People everywhere have said the most wonderful things about my voice and the way i talk — yet i never imagined i had a “singing” voice. But the best thing is: when i set a goal, i step out of the way. And let my goal directly commune with infinity. Now, the voice of infinity simply says: “Everything is possible”. So, once my goal was locked, i spent a lot of time on YouTube, devouring tutorials on vocal exercises, breath control, modulation, projection and so on.

I learnt on the go — and experience taught me that if a 45-year-old non-singer can create an entire album from scratch in a few months, then *anyone* can! They just have to set a goal. And be superpositive about it. Besides my

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unshakeable confidence, as you know by now, *i just kept saying Yes Thank You Universe and kept flowing from one experience to another — without ever being affected by or stopping at any of them, however pleasant or unpleasant they were. That was my biggest demonstration of superpositivity that year.*

Finally, on 20th of July 2022, my maiden concert happened at the Jammu Club, with friends, family and music lovers in attendance. And as my parents wiped tears of joy amid the applause at the same venue where the premier party for my movie *Challo Driver* was held 10 years ago, i knew my life had come the proverbial full circle. Those 10 years flashed in front of my eyes like a beautiful tableau, and all i could say was: Yes Thank You Universe.

However, as Rule # 5 of the Goalete Program says, a true goalete is one who keeps fulfilling and then setting new goals, in a continuous loop. Like the Universe does. One species or cosmic creation leads to the next and then the next in an interminable cycle.

So, as i complete this amazing decennial, i powerfully focus on the title of a song from the album *Goalete*: "Cipher" or zero. I remind myself that i have done nothing so far and that i must keep creating goals in a continuum for the pure love and evolution of it rather than out of craving for a specific outcome.

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My maiden concert also marked the launch of the Goalete Tour, as part of which i intend to inspire audiences all over the world to live more joyfully by harnessing the energy of positive goals. My next goal has already been set for 21 July 2022–20 July 2023: to perform 365+ concerts across India and the world. And once i fulfil it, i know the flow will naturally guide to the next one and to the next. In a continuum.

But above every other pursuit, Superpositivity will always be my number one goal: to be infinitely positive and to share infinite positivity with the world. And I will keep fulfilling that goal throughout my life. Forevermore.

Finally, to share the joy and magic of the most powerful way to live, let me now share with you a song called “Goalete” from my album *Goalete* that sums up the final year of that momentous journey. As my life affirms — and as the entire human civilisation attests — where there is a goal, there is *always* a way, and when one becomes a goalete, everything is possible. That if any individual or institution sets a beautiful goal and pursues it superpositively, then they can inspire the whole world — and all the generations to come. Here’s wishing you *that* experience. Forevermore.

Goalete

In life

The most beautiful feeling

Completing a goal

That's the best thing.

If you want to live

Like a queen, like a king

Become a goalete

And this music let's sing.

Live like a queen, live like a king

The music of goals, let's sing, let's sing.

Become a goalete, yes, that's the best thing.

Become a goalete, yes, that's the best thing.

For happiness and success

To unite and be whole

One has to be a goalete

And run with their goal.

The elixir of life

Is their fate

Who love their goal

Like a soulmate.

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In life

The most beautiful feeling

Completing a goal

That's the best thing.

If you want to live

Like a queen, like a king

Become a goalete

And this music let's sing.

Live like a queen, live like a king

The music of goals, let's sing, let's sing.

Become a goalete, yes, that's the best thing.

Become a goalete, yes, that's the best thing.

Takes 500 seconds

For the rays of the sun

Is it random

Or with a goal they've begun?

It's always 24 hours

For the earth to spin

Is it a fluke

Or a goal makes it win?

In life

The most beautiful feeling

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*Completing a goal
That's the best thing.
If you want to live
Like a queen, like a king
Become a goalete
And this music let's sing.*

*Live like a queen, live like a king
The music of goals, let's sing, let's sing.
Become a goalete, yes, that's the best thing.
Become a goalete, yes, that's the best thing.*

*Good human being
Or accomplished one
Simply a goal
That makes the cosmos run.
As stars in the sky
Infinitely crop
Keep setting goals
And never let them stop.*

*In life
The most beautiful feeling
Completing a goal
That's the best thing.*

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*If you want to live
Like a queen, like a king
Become a goalete
And this music let's sing.*

*Live like a queen, live like a king
The music of goals, let's sing, let's sing.
Become a goalete, yes, that's the best thing.
Become a goalete, yes, that's the best thing.
Live like a queen, live like a king
The music of goals, let's sing, let's sing.
Become a goalete, yes, that's the best thing.
Become a goalete, yes, that's the best thing.*

About the Author

Born in Jammu to Veenaa and Sham Kishore, Vickrant Mahajan studied commerce at the University of Jammu, publishing at the University of Denver and filmmaking at the New York Film Academy. In 2001, he started his professional career as an editor with HarperCollins Publishers India. In 2003, he won the first runner-up and Mr Photogenic at the Grasim Mr India pageant. In 2012, he made his Bollywood debut with the film *Challo Driver*, which he wrote, directed, produced and acted in. In 2014, he became the first person in the world to speak continuously and unscripted for over 48 hours at a stretch on a single topic.

Among his many Guinness World Records are the longest speech, longest play, largest book signing, largest greeting card, most football penalties in 24 hours, most basketball passes in 1 minute, longest squash rally and the largest underwater painting exhibition in the world.

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In 2019, Vickrant was appointed as Team India's motivator for the senior world wrestling championship in Nursultan, Kazakhstan — the first time something like this happened in Indian sport. It turned out to be the best-ever world championship for India as it won five medals and had four direct Olympic qualifications. In 2020, Vickrant motivated Team India to its best-ever Olympic qualifying tournament in Amman, Jordan, where 9 out of 13 boxers qualified for the 2020 Tokyo Olympics, setting a new Olympic qualification record for India. At the 2020 Tokyo Olympics, Vickrant's mentee, wrestler Ravi Dahiya, became India's first male Olympic medallist after a gap of 9 years.

Vickrant has authored 35 books, including *Yes Thank You Universe*, *Superpositivity*, *Stretch Yourself*, *The Glacier River Ocean Principle* and *Goalete*. Vickrant is the creator of the Superpositivity philosophy and the first person to use the term Superpositivity in mainstream human consciousness. He presently runs a consciousness organisation called Superpositivity Foundation. He shares the beautiful message of Superpositivity with people all over the world and inspires them to positively express their infinite potential in life.

www.superpositivity.org

www.goalete.com