

GOALETE

GOALETE

Athlete of Goals

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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, and a few other instances midsentence where I is deliberately used to denote the ego.

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

It was February 2019. I'd just finished writing a book called *Squad of Superchampions*. It was about how a developing nation could become an Olympic powerhouse. Based on it, i was also creating a unique motivational program and i planned to offer it to all the national sports federations and the Olympic training centres in India. Now, these were places where the best Indian athletes in all Olympic sports were training. They were at the top of the pack — among them were Olympic, Asian and Commonwealth medallists.

I anticipated the number one question i'd be asked: "What sports specialisation do you have?" After all, i wasn't talking about a group of hobbyists but elite athletes, some of whom were already world number one or world champions. To say that they were already motivated would

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be to put it mildly — they were oozing motivation. In fact, many of them were the role models of millions. What sporting skill was i bringing to the table that could inspire them to lift their game? What is it that i was offering that even a world champion would need? I meditated on this question for many days, putting my sporting wherewithal to an intense scrutiny. One evening, while taking a walk, the answer — or rather an epiphany — occurred to me.

For over 30 years, i'd been playing a sport that was the foundation of all sports — a sport from which all other sports have been derived. The more i thought about it, the more i realised that every organised human activity has emerged from this sport. In fact, civilisation itself has emerged from this sport. It is as old as the cosmos — it is the sport of goals! The name of this sport also came to me during that epiphany. The athletics of goals. Or Goaletics. And the one plays it is an athlete of goals. Or a goalete. So, simply put, Goalete is a portmanteau of two words: Goal and Athlete.

I drew a list of goals that i'd set and achieved over the past three decades: i'd been a Mr India podium finisher; i'd broken over 100 Guinness World Records (at one point, i'd simultaneously held Guinness World Records in five sports: cricket, soccer, squash, frisbee, basketball);

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i'd motivated hundreds of thousands of people across every administrative region in India and across all states in the US; i'd worked as an editor in HarperCollins, one of the biggest publishing companies in the world; i was at one time among Asia's highest paid photographers; i'd modelled for some of the topmost fashion designers in India; i'd written over 20 motivational books that had created an impact; i'd scripted, produced, directed, and acted in a mainstream Bollywood movie. As i looked retrospectively, i'd been playing the sport of setting and achieving goals all my life. And now time had come to share this sport with the world.

The way i look at it, goaletics is a sport at which every sportsperson has to excel. In fact, it is a sport 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 the Olympic campaign.

I drafted a motivational program called the Goalete Program. Before sending out the Goalete Program proposal, i made a goal that by the end of the

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year, i'd have motivated athletes at all the key national sports camps. I didn't know a single soul at any of these facilities. Nor did i, as i mentioned earlier, have a sporting background. All i had was a goal.

As i waited keenly for a response, people told me it was impossible. I'd never be allowed to pull off such an ambitious campaign, that too with the Olympics just 18 months away. But being a goalete, i knew exactly how it'd go.

A few months later, 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, he told me, "I agree with you that goal-setting is where we principally lack in India, especially in sports. I will give you a trial session with my coaches. If you can inspire them, then I will open up the rest of my institute to you."

I gratefully took up the challenge. That engagement with coaches turned out to be so engaging that Col Yadav had me share that program with all 500 of his athletes, administrative 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.

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One thing led to another. And within five months, i'd performed the Goalete Program at every big Olympic training facility in India.

Then in September, an unprecedented development took place. I got a chance to go to Kazakhstan as Team India's official motivator for the senior world wrestling championship in Nursultan. It was the first-time ever in India's sporting history that a motivator accompanied a senior national team for a world championship in any sport. As part of this assignment, i had to motivate all the Indian wrestlers, coaches and support staff throughout the championship. Before we left, i set a goal that this would be India's best-ever wrestling world championship — and that's exactly how it went.

Team India won five medals and had four direct Olympic qualifications. Its previous best was at the 2013 world championship in Budapest, Hungary, where it had won three medals but had zero Olympic qualifications. Vis-à-vis the Olympics, this was the best-ever performance by India in any sport at a world-championship level and was double the previous best of two direct Olympic qualifications from the 2018 shooting world championship in Changwon, South Korea. In terms of total medals won, India was ninth overall and it was the first time it figured in the Top 10 in terms of total medals won.

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Subsequently, i was the motivator for Team India at the Continental Olympic Boxing Qualifier in Jordan in March 2020. Out of thirteen boxers, nine qualified for the Olympics and set a new Olympic qualification record for India. Once again, i went there as a goalete, and that's the spirit i tried to infuse in the entire contingent.

We returned to India — and the pandemic struck. By then, most athletes were at the top of their game, and i was confident that we would 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 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?

As the pandemic stretched, worn out by the uncertainty, most athletes dropped out of the program one by one, and after a few months, the calls almost stopped.

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Till only two athletes remained. 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

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and Deepak the bronze. And then, the pandemic struck. After a few months, Deepak, straddled with a deep personal crisis, opted out of the program for a year — 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 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 by fall with just a minute left in 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-ever 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.

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It was Ravi the goalete who became the catalyst in Team India's historic show at the Olympics. On his return, Ravi revealed to the world: "Becoming a goalete has been the secret of my Olympic success."

As Ravi's example affirms — and the entire human civilisation attests — where there is a goal, there is always a way, and when one becomes a goalete, one can do anything. 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.

In the ensuing chapters, i will share with you how you can become a goalete regardless of your age, gender, nationality, race, colour, economic background, situation in life or field of work. It doesn't matter how "impossible" your goal sounds, so long as you learn the revolutionary Goalete Program (explained in Chapter 3) and put in the training to master it. It could be winning an Olympic gold, becoming a world champion, creating a world record, getting a scholarship, closing a sales deal, reaching your target weight, getting your dream house, going on a holiday, becoming more punctual, building a happy relationship, creating peace of mind, or anything else — you can fulfil any positive goal out there, once you become an athlete of goals. Or a goalete.

Chapter 1

THE MEANING

Who a Goalete Is

As we discussed in the Introduction, Goalete 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.

Goal is the most ancient energy in the Universe and goaletics is the most ancient sport in the cosmos! In fact, the Universe is the original goalete. It had a goal of creating creation even before the first atom was born. Then, 13.76 billion years ago, it created the first atom which became the genesis of all creation. Since then, that atom has birthed centillions of goaletes, in an interminable cosmic cycle.

Every star in the sky is a goalete. Its light is reaching us thanks to its goal. Our parent star, the sun, is a goalete

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and so is our parent planet, the earth. We all know the goals they are fulfilling.

All natural elements are goaletes. If air did not have the goal of bearing oxygen and transporting it to all species, then how would life have come about? Water is a goalete. If water did not have a goal of quenching thirst and nurturing life, then do you think we'd have come about? Light is a goalete. It travels at a speed of 3,00,000 kilometres per second and illuminates one and all in its path.

Every tree is a goalete. There are three trillion of them on our planet, and they are all playing goaletics. They take in toxic gases and release the life-affirmative energy of oxygen. That would have never happened if the tree was not a goalete.

Every flower is a goalete. Without its goal, the world would be so much less fragrant than it is — not to mention the colour, joy and beauty that the flower adds to the world through its sheer existence.

Food is a goalete. It has a goal of providing nutrition to the eater, Whether the eater is a bird, mammal, reptile or human, food doesn't change its goal. All its vitamins and minerals are given by the food to everyone without bias, and that is possible thanks to its goal.

Every river is a goalete. There are over 2,000 of them on our planet, and without their goal, none of them

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would reach the ocean or nurture the cities and valleys they pass en route.

Every season is a goalete. Winter has a clearly defined goal it performs and so does summer, autumn, spring, monsoon. They complement each other joyfully. Every cloud is a goalete. Night and day are goaletes. They have a goal to fulfil, and they do it with full fidelity.

Time is a goalete. It knows that its purpose is to be the yardstick for every goalete to measure their performance by, and it fulfils that to the fullest. If time was not a goalete, then Milky Way, sun, earth, moon, none of them would have been goaletes. And none of us would be getting a chance to become a goalete either!

A bird is a goalete, and every time it ventures out to fly, it fulfils its goal. An ant is a goalete, and every time it transports a grain to its colony, it fulfils its goal. An ape is a goalete, and every time it swings from branch to branch, it fulfils its goal. The thing is, all these species perform their functions as if on auto-pilot. That is the function of survival, and they fulfil it unknowingly. They utilise the most native gift given to them by the Universe, and since that is the only thing they know, we can call them goaletes.

Now imagine, if the ant also had a multitude of gifts and highly formed faculties of intelligence,

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thanks to which it could perform thousands of functions — would we still call it a goalete if it just stuck to the basic function of survival and *only* fulfil it? We'd then call it a survivor but not a goalete.

In the human context, we can only consider someone a goalete if they perform their function consciously rather than subconsciously. For example, someone running and completing a marathon; someone getting into the college of their choice; someone designing a dress; someone baking a cake; someone hosting a party; someone making a painting, and so on. Though the nature and scale of each of these activities varies, they are born from the conscious decision of a person and transcend sheer survival, that's why they are goals. And people who fulfil them are goaletes.

Every person has trillions of goaletes inside them. As i said earlier, every atom in the cosmos is a goalete. It moves in an orbit, it performs a function, it blends with other atoms. An atom knows that it is the building block of the cosmos. It knows that it can generate trillions of times more energy than its size. An atom knows that its energy can power cities — and if used wantonly can even destroy them. However small it seems, an atom is a cosmos in itself. Now, imagine, there are 7,000 trillion trillion atoms inside every human being. So that means 7,000 trillion

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trillion goaletes live inside every human being! A human being just has to spur their consciousness. Otherwise, every pore of their body is a goalete.

There are seventy-nine organs in a human being: eyes, brain, heart, lungs, kidneys, mouth, throat, ears, stomach, pancreas. Each one of them has a specific goal it is fulfilling. The heart has a goal of pumping blood to all the organs, the brain has a goal of sending directions to the body, the eyes have a goal of processing bits of information into vision, the stomach has a goal of digesting, ears have a goal of listening, and so on. There are 206 bones in the body and 600 muscles. Each one of them is fulfilling a goal. The skin is a goalete as well. So is the tongue. There isn't a fibre in the human body that isn't a goalete.

Broadly, there are two kinds of goaletes: individual and group.

When you make a goal by yourself, and pursue it alone — even if it is for the upliftment of the world — you become an individual goalete. Like the Buddha was. At twenty-nine, when he decided that he will relinquish his kingdom and go to the forest in search of truth, he became an individual goalete. It was *his* goal, and he was not told to do so by anyone else. All that the world knows him for actually emerged from his goal of self-realisation.

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Even Buddha's enlightenment emerged from his goal. When even after six years of searching, the absolute truth had eluded him, he resolved that he would sit under a tree and get up only after he had found that truth. That resolution became his goal. And like a true goalete, he got up from under that tree only after he had attained enlightenment, and had fulfilled his goal.

All masters have been individual goaletes. Every prophet has been a goalete. They did not become what they did without having a clear goal — a goal that came from their soul. Their biggest goal was to become one with the universal spirit. That goal led them on their eventual path. That goal kept them steady through the long years of solitary quest. That goal was always in their sight even as they negotiated the darkness of their own soul and wandered amid the mist of life. Each one of them was driven by their own individual goal, by the goal of oneness with the One. And, like true goaletes, they all eventually accomplished their goal. Today, we know them because of these two things alone: their highest goal and the eventual fulfilment of it.

It's been 2,500 years since Buddha went, 2,500 years since Confucius went, 2,000 years since Christ went, 1,400 years since Muhammad went, 500 years since Nanak went, and we still remember all of them with the highest devotion.

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Why? Because of the purity and enormity of their goal. The commonality in all of them is that they were goaletes. And the singularity of their work — which has been lost in the noise of religion — was to inspire everyone towards a goal of oneness with the universal spirit. They wanted every person to develop that goal. And become a goalete in the highest sense.

Individual goaletes in every day and age uplift the world with the power of their goal. Let me share with you the story of one such goalete. There was a farmer in the Indian state of Bihar called Dashrath Manjhi. He cut a 360-foot-long mountain to create a road, working day and night for twenty-two years! He did that because his village was fifty-five kilometres from the nearest hospital and the road that took them there was very dangerous. A lot of people from his village had perished undertaking that daunting journey. Dashrath spent two years beseeching the local government to build a road through the mountain. But they raised their hands, calling it an “impossible” task. Dashrath took it upon himself to create a solution rather than beg for it. When his fellow villagers got to know of his resolve, they made fun of him and called him a lunatic. They said it was “impossible” for one man to cut such a mighty mountain. Unfazed, Dashrath sold off his goats and bought some basic tools

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he could with that money: a chisel and a hammer. He toiled away relentlessly, day and night. Two decades later, when the mountain was finally cut, everyone reaped the fruit of his labour. The new road shortened the previous one by forty kilometres and made his village easily accessible to medical facilities. His efforts benefited not just him but also 60 neighbouring villages and 20,000 villagers.

That's what we call the power of one. That is the power that resided in the first atom too: the power of one. We often lament that we don't have this or that. An individual goalete — a true goalete — is unfazed by any limitation. Like the Buddha was, like Nanak was, like Manjhi was. But the power of one ultimately has to, and does, lead to the power of oneness. That's how an atom led to creation. And that's how every individual goalete becomes a group one.

Every drop is a part of the ocean, but at the outset it forgets that. In the truest sense, it happens because the drop forgets its own essence. In order for the drop to know that it is part of the ocean, it has to know itself. It has to become drop-realised to become ocean-realised. Similarly, a goalete has to become individual-realised before they can become group-realised. Like Mahatma Gandhi.

He started out as an individual goalete. In 1893, when he was refused entry into the first-class cabin of a

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train in South Africa on racial grounds, he made it his goal to push for the right to equality. He felt the plight of colonial oppression first-hand and decided to rise for his dignity as a citizen. He first stood for himself, and raised his voice against his individual liberty being stifled. He researched from a legal standpoint the rights of an individual and once he was fully equipped, he started a campaign to end apartheid in South Africa. He became the voice of equality and eventually returned to India to represent the aspiration of his countrymen. He subsequently led the freedom movement in India and saw it through to completion. He first became an individual goalete and then a group goalete. The same is true for Nelson Mandela and Dr Martin Luther King Jr. They both had an individual awakening and with the power of that awakening, they inspired millions and became group goaletes in the process.

Every group goalete has to start as an individual goalete. And the better they become the latter, the more they will contribute to the former. In a sense, all truly cohesive groups become individual entities and all individual entities eventually become groups. It's like a river flowing to the ocean and the ocean flowing back to the river. All associations, companies, federations are group goaletes. They are the collective energy of a group

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who develop a cohesive, singular voice. Nations are group goaletes as well, who join to become an individual goalete.

In 1960, Hayato Ikeda, the then prime minister of Japan, announced a goal called the Income Doubling Plan. As part of that goal, his government resolved to double the income of every person in ten years and also to double the country's GDP in ten years. Japan accomplished that goal in seven years, and went from being a financially decrepit economy to the world's second-largest economy. En route, it became the world leader in cars, engineering and electronics. It wouldn't have happened if Japan hadn't become a goalete.

United States has always been a goalete. It was born from its founders' goal of creating a modern utopia — a land of endless possibilities. Whether it comes to space, sport, defence, philanthropy or economy, United States has always been a group goalete with the goal of becoming the number one in the world. It has many groups of goaletes who eventually join to become a large individual goalete.

China has been one of the most inspiring group-goaletes the world has seen. It is palpable in the country's dominance in Olympic sport. China was a country that had zero Olympic medals till 1984. The country's administration made a goal that they would become one

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of the leading Olympic powerhouses in the world. They pursued that goal relentlessly and fulfilled it. Over the last four decades, they have won 275 gold medals, and have been among the Top 4 in almost every edition of the Olympics.

Always remember that the scale of our life is determined by the size of our goal. A goal becomes big only if they have a high goal. The higher the goal, the bigger the goal, whether individual or group. To the Universe, whether the goal is a galaxy, a star, a country, an institution or an individual, it is the same. All the Universe wants is that the goal should have these two fundamental attributes: love and possibilities.

Love

The most sacrosanct attribute of a goal is love. In a way, creating a goal is like having a child. Once you have children, you have to become fully responsible. You can't abandon them on the street! You have to love them unconditionally, selflessly. You have to nurture them with the entirety of your being. Raising them would be challenging but the joy of seeing them blossom and come into their own would be unmatched. The same applies to one's goals.

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The Universe started out as a suffusion of love. And that is the principal energy that drives a goalete as well. Every goal is naturally born from love — and flourishes when tended with love. When one is driven by the energy of purpose, love is a natural outflow. But because many people have not endeavoured to find their core purpose, their goal seems like a chore to them. Rather than being a labour of love, it just ends up being a labour. That's why most goals go unfulfilled. A person who doesn't feel loved ends up feeling unfulfilled — similarly, a goal that doesn't feel loved ends up feeling unfulfilled. And, in life, feeling unfulfilled leads to being incomplete. The journey of a goalete is about setting and accomplishing goals. And to do that optimally, a goal has to be set with love and accomplished with love.

Believe so intensely in a goal, love it so much, that even if you leave it, the goal doesn't leave you. Let me share with you an example from my life that illustrates the power of how loving a goal leads to its manifestation:

At the age of fifteen, i set a goal that i am going to make a film one day. I was passionate about that goal. But i kept it to myself. Time passed. After coming second in the Mr India pageant in 2003, i left my job with HarperCollins as an editor and moved to Mumbai to pursue my dream of acting. However, things did not turn

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out as i'd expected, and after some modelling work here and there, i went back to Delhi. And started a new career as a lifestyle photographer. I did that for five years and was as good as done with the original goal. I even forgot about it. Till one day an innocuous incident fired me up again. In March 2009, i was driving in Delhi when at a traffic signal i stopped and looked at the car next to me. I saw that a girl was driving and her domestic help was sitting on the back seat. A bolt of lightning streaked through my head. What if i were to reverse the roles! The girl would become the employee and the guy the employer. It was a simple yet unique idea — there were hardly any female chauffeurs in India at that time, and definitely none that i'd heard of. I was totally consumed by the idea and was willing to chase it with all my being.

Two months later, i went to the New York Film Academy to do a four-week filmmaking course to get a basic idea of how to make a film. Armed with fifty books from the Barnes and Noble store in Union Square, i returned to India and immersed myself in the process. Over the next six months, i read all those books thoroughly and made notes. Then i worked on the script. When it was complete, i showed it to my ex-wife Ronicka who loved it so much that she suggested that we move to Mumbai. Over the next two and a half years, she and i

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put the project together piece by piece and eventually the film got released in 2012. Thereby completing a goal that took twenty years to do so. Now, if you realise, there was a five-year hiatus in which i completely let go of my goal. But i'd breathed it with so much love and intensity earlier on that it was the goal that took me forward. And that holds true for every goal of everyone, everywhere.

Possibilities

The entire journey of a goalete has to be built upon the foundation of possibilities. Who'd have thought that the whole cosmos can be created from an atom? The Universe did. Right from the very outset, it intended to set a template to all its entities on what's possible. So that billions of years later, when a star is encountering a black hole, it remembers that it is going to be reborn from it. So that, a photon remembers that it is indestructible and that it can bilocate, and be at two places simultaneously. So that a lizard remembers that it can regenerate its tail after it has been severed. So that a plant remembers that it can convert sun's light into food. All these entities are driven by the power of possibility. A goalete must be driven by that.

Whenever people have an impetus for a goal, they also simultaneously conjure the impossibility of that goal.

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They find multitudes of reasons to convince themselves that it is not possible. That's why many goals — and resultant opportunities — are nipped in the bud. If only people open up to the power of what's possible, humankind would be propelled into an infinitely higher orbit than it presently is at. From its birth to its merger with the ocean, a river is powered by possibility. Even when it becomes a mere trickle or goes underground, it never loses this power. Ditto the starlight. From its emission to its eventual arrival at earth, it is powered by possibility. However dark the space that stretches between itself and earth, or however many quadrillions of kilometres it has to solitarily traverse, it never loses this power. Every goal has to have this power in infinite supply. Challenges galore will come, disappointments aplenty will come but they have to be resonant with the infinite possibilities that exist between them and their goal.

Whenever one accesses the energy of a goal and becomes a goaler, one is directly accessing the infinite possibilities of the Universe. One is replicating the creativity of the Universe. One is in perfect alignment with the core intent with which the Universe has created every entity — to make it a goaler. Just like seeing a child become autonomous gives the greatest joy to a parent,

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seeing a person become a goalete gives the greatest joy to the Universe. Because from that point, that entity doesn't just exist and survive — it excels and thrives. Forevermore.

Chapter 2

THE INSPIRATION

How One Becomes a Goalete

The whole cosmos plays the sport of goals — and watches it as well. Every atom is a goalete and also a spectator of the sport. It can be understood through a simple analogy.

Let's say a player performs brilliantly in the first half of a soccer game and scores two goals. But then the coach decides to call the player to the bench — maybe the player got fatigued or injured or maybe the coach felt the need to field another player. Nonetheless, the player comes on to the bench now and watches another player take the field. Now the same player becomes a spectator. Or it's like a team running a 4x400m relay. A player goes off the starting blocks full steam and gives their best, and once their leg is completed fully, they pass on the baton

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to the next runner. Now as the second runner does the lap, that player pulls over to the side of the track and watches the race unfold. That player now becomes a spectator.

That's actually how all players are. They have once been spectators and are now players. And all players at some point will become spectators again. That's the law of alternation. Everything keeps moving in an alternating pattern. Give and take. The giver was once a taker and the taker is now a giver. Like the sun and the earth. The sun gives light to the earth and also takes from it an opportunity to give.

There has to be a free-flowing exchange in the Universe between goalete and spectator, between doing and watching. Only then does the sport of goals truly flourish. The performer and the fan both are important. Of course, every performer should be so in love with their craft that they are completely unaffected by who's watching. Nonetheless, playing to a packed house brings out the very best in any performer. The best games are often held at sold-out venues, world records are usually created at events where there is an intense exchange of energy between players and spectators. Musicians jam by themselves in basements but their best performers come out when there is a passionate group of spectators cheering them on. That's when grand concerts happen.

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As per the Law of Give and Take, the appreciated becomes the appreciator one day and the appreciated becomes the appreciator. Let me share an excerpt from *Superpositivity* to illustrate this point:

Always remember that in the Universe, there are zero favours to give and zero favours to receive. There's only an exchange. A free and flowing exchange. A pure exchange. Between parents and children, wife and husband, friend and friend, sister and brother, uncle and nephew, neighbour and neighbour. At times, you will be the sun. At times the earth. When you are the sun, the giver, appreciate your role. And the other person's role as the earth. When you are the earth, the receiver, appreciate your role. And the other person's role as the sun. At all times, be appreciative.

As a spectator, appreciate the role of other players. Fill yourself up with the excellence of their being and express your appreciation. "Wow sun, i love your shine!" "Wow grass, i love how green you are!" "Wow tree, i love your shade!" a true goalete expresses their energy fully, superpositively, without holding anything back. Restraint, if any, will come about on its own, if that's meant to further an entity's evolution. A river keeps flowing

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unfettered, with the fullness of its vigour. If at all someone has to construct a dam to check its flow, that will happen. The river doesn't get perturbed with any of that. When it's playing, it fully plays. When it's watching, it fully watches. That's why the relationship between goalete and spectator is sacrosanct.

There are three kinds of spectators: the whole world, similar goaletes and future goaletes.

The first kind of spectator is the world. Everything watches everything else. According to quantum physics, every entity exchanges magnetic particles with everything else. There is a divine exchange happening all the time. The sight becomes the spectator and the spectator becomes the sight. A star is a player. And as its light reaches a planet, it becomes a spectator as well, watching the joy it gives to the world. A tree watches a bird fly, a flower watches a butterfly flutter, a river watches a rainbow sprawl, a squirrel watches a star twinkle.

To a goalete, inspiration is sacrosanct. A goalete is like an open-source software who is continually shaped and developed by everywhere, everything and everyone. Inspiration comes first and foremost by watching. All painters look at the world, interpret it in their own way and then express it on canvas. All scientists observe the physical and the metaphysical world and make deductions.

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All philosophers study the nuances of life and come to their own understanding. If all these people did not become spectators, then how would they go on to become players?

As Newton sat under the tree and felt the force of the apple falling on his head, he was a spectator. What he observed became his epiphany which became his expression. Being a spectator demands stillness, listening. In a conversation, the listener plays as important a part as the speaker. It is a truly receptive audience that brings out the best in a speaker. I know from experience. My best talks have been delivered to the most willing audiences. Those are moments of pure inspiration. When you feel a heightened sense of awareness, the highest level of creativity naturally flows from that.

For creation to happen, both the creator and the created have to be equally willing, and they both have to equally participate. I, the goalete, comes from i, the spectator. The better a spectator a goalete becomes, the better a player they will become. I draw infinite inspiration from the biggest goalete, the Universe, and its most expansive creation: the sky. As i travel the world, sharing superpositivity with people from all walks of life, i have to draw upon an infinite reservoir of energy. If i depend on any material source, it will always be finite. Food, however nutritious, will sustain me for some time.

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Money, however abundant, is going to run out one day. Connections, however powerful, will run aground one day too. So, i go straight to the eternal source, the Universe. Every morning, and throughout the day, i centre myself in the spectacle of the Universe. I close my eyes and do a cosmic travel. I “visit” different galaxies, stellar systems and marvel at them from a distance. As they sparkle, i stand in humble awe at the splendour of infinity, at how much imagination the Universe has conjured and how much energy it has mustered to create all of this. As a galactic tourist, i look at the sheer size of the stars and planets. I feel their energy. I feel one with them. I stay soaked in that energy of infinity as long as i can. Truly *that* is the fount of my creativity — the spring from which i get all my ideas and the source from which i draw all my superpositivity. The Universe is the inexhaustible glacier of my life. And every now and then, i draw energy from its iceberg as well: the sky.

Every day, hundreds of times, i look at the sky. I look at the closest visual image of the Universe. In the sky, in space, the Universe’s creative energy freely flows. All galaxies, stars, planets, energy, matter reside in it. Looking at the ground is good too, but it is a bit limiting. Whenever i look at the sky, i am looking at creation zillions of kilometres across. It is estimated that there are more

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than 30 billion trillion stars in the sky — which means there are more stars in the sky than grains of sand on all of the earth's beaches. Imagine the power that resides in the sky! By looking at the sky, i constantly tell myself that the infinite power of the Universe that resides in the sky resides in me too. Because, ultimately, i reside in the sky too!

Now i won't have an infinite supply of superpositivity if i did not make myself a spectator of the performance of the two best goaletes there are: the Universe and the sky. In fact, my performance is just a reflection of their performance — even if it is an iota of theirs.

The second kind of spectator is a goalete watching similar goaletes: a scientist goalete drawing inspiration from another scientist goalete, a sporting goalete drawing inspiration from another sporting goalete, an artist goalete drawing inspiration from another artist goalete, and so on. Atoms of a similar nature bond together to form molecules, drops of a similar nature bond together to form water, and goaletes of a similar nature join together to form a craft. That is in fact how every craft in the world has developed. When a goalete interested in flying learns from the work of another goalete interested in flying, the craft of aviation is born. Or when a goalete

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interested in purifying metals learns from the work of other goaletes interested in purifying metals, then the craft of metallurgy is born.

Whether we see other goaletes as competition or inspiration, the choice is ours. If we give in to the former, it is still going to goad us but from a base-energy standpoint. If we tune in to the latter, then it is going to spur us from a higher-energy standpoint.

In a classroom, we have to learn from the teacher and also from our classmates. We have to pay attention to a river and also to its tributaries. The latter are important as well, in the sense that they venture where even the river doesn't think of treading. A mission needs emissaries for its completion, and the tributary serves that function for the river. Goaletes in every field are the emissaries of the Universe and there's immeasurable value to be had from them as well.

Whatever field you are in, or whatever your goal, learn from what similar goaletes have accomplished. That would give you the inspiration to raise the level and quality of your own goal. RL Stine, after he'd written 100 books, thought that he'd done enough but then he heard of Ryoki Inoue, a Brazilian author who had written over 1,000 books. He got so inspired that he wrote 150 more books after that.

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Michael Phelps was inspired by what Mark Spitz had accomplished at the 1972 Munich Olympics by winning 7 gold medals. He deliberated long and hard if that accomplishment could be bettered. Everybody told him that was impossible. But he thought if Mark Spitz could do it, surely he could as well. Seven became the bench mark for him to raise, and he trained for years with that specific goal in mind: winning 8 gold medals. At the 2008 Beijing Olympics, after years of training — and years of very capable spectatorship — Michael Phelps became the first-ever athlete in Olympic history to win 8 gold medals.

Training is a very important attribute to a goalete but equally important is spectatorship — also an attribute that is overlooked the most. A goalete's spectatorship should be as intense as their training. While training, they should also keep watching. That's how one explorer goalete builds on the work of another explorer goalete. Christopher Columbus learnt from the work of Prince Henry the Navigator before he found his way to America. That's how a mountaineer goalete builds on the work of another mountaineer goalete. Edmund Hillary and Tenzing Norgay learnt from the work of George Mallory and Andrew Irvine before they scaled Mount Everest. That's how a filmmaker goalete builds on the work of

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another filmmaker goalete. James Cameron learnt from the work of George Lucas before he made *Titanic*.

It is often a goalete's fear of losing their own essence that they miss out on enjoying the essence of other goaletes. But, you see, the Universe has made every atom unique — and also slightly incomplete. There isn't any "perfect" entity in the physical cosmos. Even the sun is imperfect. It can give light and burn at a billion degrees. But to stay cool, it also looks at earth and its oceans every now and then. Earth has life but the moon doesn't. But the moon is what gives life to many subterranean creatures who are scared of the sun. Every entity has something that the other doesn't. Ultimately, it is the sum that matters rather than the parts. By being a spectator, a goalete completes the equation of every goal. They are the proverbial soulmates of every goal. The more loving this relationship, the more every goal flourishes. And the more every goal flourishes, the more beautiful the world becomes. Forevermore.

Chapter 3

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How a Goalete Accomplishes a Goal

When we behold all cosmic creation, the biggest commonality we find is a conscious, consistent design at work. You see, the Universe did not jump into the act of creation arbitrarily. It took a long, reflective pause. It worked on the blueprint of creation. It worked on the action plan. That plan is what the Universe has been referring to for the past 13.76 billion years, and that plan is what it shall refer to for the next 13.76 billion years, and beyond, as well.

When a river is born, and it starts its journey to the ocean, it has a plan. It seems to just flow loosely but there is a clear design at work. Of course, it makes corrections en route but by and large it observes a plan and flows with it. It doesn't know every obstacle it'd meet

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in its journey yet it has a clearly defined strategy for them: what it'd do if it met a mountain, what it'd do if it met a fall, what it'd do if it passed by an industrial area, what it'd do if it was stopped by a dam, and so on. With that plan in place, the river reaches the ocean despite the hurdles.

Now there isn't a one-size-fits-all plan in life. Since infinite goals are created in infinite ways by infinite entities, every plan is unique. A photon's plan is different from a bird's. But the commonality between both of them is that they have a clear plan for their goal.

If your goal is to reduce weight, you have to have a clear plan of how many calories you'd eat per day, what time you'd eat your meals, what foods you'd avoid, what cooking medium you'd use, and so on.

If your goal is to win a chess championship, you have to have a clear plan of how many hours you'd practise per day, how many moves you'd master, how many hours you'd spend studying your opponents, and so on.

Clarity of strategy exponentially increases the certainty of fulfilment. Essentially, that comes from having a concerted program for every goal called the Goalete Program.

As i've shared earlier, i created the Goalete Program inspired by the work of the biggest goaletes in

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the Universe and by applying that learning over three decades to accomplish a very expansive personal list of world-class goals and enabling thousands of others to do so as well. I have used the Goalete Program to help people win Olympic medals, create world records, run marathons, knock off weight, build six packs, overcome chronic ailments, start companies, clear competitive exams, heal broken relationships — and do things which they'd "never even dreamt possible".

The reason less than 10 percent people ever accomplish their goals is that the vast majority is completely clueless about the entire goalete journey, from creation to manifestation. For goals to manifest, they have to be pursued with a crystal-clear strategy: "How will i get from Point A to Point B?" That's what the Goalete Program is all about.

In fact, the Goalete Program works like a cosmic law — one could even call it the Goalete Law. Now, there are zero exceptions to what a cosmic law can do. For instance, there are zero exceptions to the Law of Gravity. A flower does not fall into space and neither does a 200-storey building. The Universe doesn't discriminate, and all its laws are inviolable and immutable. Just like the Law of Gravity works, the Goalete Program (or the Goalete Law) works too.

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Though every goal's journey is unique, yet *every* goal can be manifested using the Goalete Program. All one has to do is observe the five simple rules of the Goalete Program — and the manifestation is waiting to happen. But remember that *each* of those five rules is immutable and sacrosanct. If you violate even one of those rules, then it's highly unlikely that you will either accomplish a goal — or feel fulfilled even if the accomplishment happens. For you to optimally enjoy the entirety of your goal, you have to follow the entirety of the Goalete Program and each of its five rules. Let's learn those rules one by one.

Rule # 1

Set a Positive Goal and a Timeframe

There are two kinds of goals: small and big. Small goals are concerned only with the self and are about the gratification of one's senses. Eating, sleeping, drinking, mating — done for sensory indulgence alone — are all in the realm of small goals. These are important in life and done consciously are beautiful goals, but done for them alone are small goals. Asserting one's dominance or "superiority" is a small goal. Concerned only with

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“one’s own clan” is a small goal. Neglecting one’s health is a small goal. Treating one’s work frivolously is a small goal. Wasting natural resources without any concern for the environment is a small goal. Craving for something without deserving it is a small goal. Making money to satisfy one’s greed is a small goal. Winning at any cost is a small goal. Making do with mediocrity is a small goal. Just getting by is a small goal. Stealing, cheating, hoarding, are all small goals. They come from lower energy.

Big goals come from higher energy. All positive feelings — love, joy, caring, sharing, harmony, honesty, abundance, growth, compassion — lead to higher goals. Being grateful is a big goal. Noticing good in others and appreciating it is a big goal. Encouraging the elderly is a big goal. Inspiring children is a big goal. Cheering someone when they are down is a big goal. Doing something for the environment is a big goal. Mentoring others to excel is a big goal. To celebrate life is a big goal. To improve forevermore is a big goal.

A goalete believes big talk is good — but big goal is much better. If our goal is truly big, then our goal will talk. It is the size of our goal that determines the size of our life.

To become a true goalete, all one’s goals should be positive. Now, goals can be short-term and long-term.

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Short-term goals are anywhere from a few seconds to a few months. For example, you set a spontaneous goal to do twenty pushups over the next thirty seconds or to chew the morsel that you are eating forty times. Many of these could be goals you set on the fly — but they all should be positive in the sense that they should make you more aware of your capabilities. Longer short-term goals could be to shed five kilos over the next two months or to score a certain percentage at your mid-term exams six months later.

Long-term goals are anywhere from a year to a lifetime. For example, shifting to a new house within the next one year or making a documentary on the monuments in your country over the next two years are long-term goals. Very few people set lifetime goals but for me, they are the most important. For example, my lifetime goals are: to be superpositive and to be superhealthy. These are goals that have to active every day, or rather every moment, of my life. All choices that i make through every situation in my life have to be centred on both these goals. Honestly, these are the biggest and the most positive goals that any goalete can ever make — and once you do that, even if you don't make any more tangible goals, you will still be a goalete forevermore.

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The one thing every goalete should remember is that goals that show insensitivity to any gender, faith, race, nation, life form or community — and are done with the idea of proving one's "superiority" — are all negative goals and should be avoided at all costs. Take Hitler, for example. Racial supremacy was his goal. For a while, he did seem to succeed in his goal. But then the arm of cosmic balance caught up with him — like anti-doping agencies catch up with athletes who cheat. He was brought to justice, and in the process, all his seeming glory was decimated. He ended up bringing disrepute to his country and the very race he was trying to champion. Because his goal was set negatively and pursued negatively, he can't be called a goalete and neither did he play goaletics — he played despotics. He played only for himself, his delusion — and against the spirit of humanity. So, let it be emphatically understood that a goalete is not a goalete if they create or pursue any goal that does not contribute to the positivity of the collective human species.

To lift humanity through their positive goal — even by making oneself healthier, because everyone is a part of humanity and one healthier person will be a healthier humanity — should be the number one rule of every goalete. And should be the platinum standard by which every goal should be measured.

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After a positive goal has been set, the second part of rule # 1 of the Goalete Program that has to be honoured is: timeframe. Before bringing the physical world into being, the Universe realised that in order for cosmic harmony, it needed an energy that would keep every goalete in alignment. So, time is the yardstick it introduced.

Since then, all forms of life, whether a galaxy, star, planet or any other species, have been assigned a timeframe. Now, that could be seen as a limitation but it is actually a state. If earth spins on its axis every twenty-four hours and a day comes about, that could be seen as a limitation but it is actually a state — a state of earth's goal, or, more appropriately, of the Universe's goal for earth. Without that goal, or time-honouring, earth would be running amok and not adding to the beauty and precision of the cosmos. It took earth some time, but it had to learn the art of spinning excellently within twenty-four hours. Now left to earth, it might have been such a perfectionist that it'd have taken an eternity to complete one rotation. But the Universe knew that wouldn't serve the purpose of its existence. Or any entity's existence, for that matter.

The sun has to generate its light and reach it to earth within 500 seconds. That goal has been given to the sun and it has to fulfil it, come what may. Left to the sun,

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it might have taken an eternity to do so as well. But come to think of it, if the sun had indeed done so, none of us on this planet would have come into being. I am writing this book and you are reading it because the sun honoured time and so did the earth.

Many people set goals but they don't quite set the timeframe within which to accomplish them. They relegate their goals to the domain of wishfulness — or more appropriately, to the realm of fate. “It will happen whenever”, “We will see”, “I am waiting for it to happen”, “If it is in my destiny, it will happen”, and so on. Now, each of these answers comes about because these people have neither set goals that they deeply believe in nor have they allocated a timeframe to those goals. And that's why those goals seldom manifest.

This is my thirty-third book. All my life, i've been meeting people who have been telling me that they want to write a book and are meaning to write it “one day”. I have known some of them for years — and here's the thing: they are yet to write their first book! This is not to say that i am more talented or gifted than any of them. I haven't formally trained to be a writer, and i am as mediocre as they come. All i have is a practice, which i openly share with everyone — i envision all my book ideas as goals and i allocate a specific timeframe to them.

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For example, i set a goal of writing the entire first draft of this book in two weeks.

I began by assigning myself a sub-goal or a daily goal, of writing 2,500 words every day. From the time i woke up to when i slept, i *had* to write 2,500 words every day. I call it the Tributary Pact.

When a tributary emerges from a river, it has to promise it that it'd honour its duty and come back to it only after fulfilling that goal. A tributary owes its birth to the river and its allegiance has to be to the river. It has to fulfil its duty. Otherwise, why is it born? All sub-goals, when seen like that, come together to manifest the major goal. It's like atoms coming together to form the molecule. If the atoms become wilful, then they'd not serve their purpose. So, all fourteen tributaries were important and they all led to the river of this book flowing in fourteen days to the ocean of superpositivity. Like a tributary flowing through all sorts of terrain, this book too was written in all sorts of places. Like a tributary flows through hills, plains, valleys, the rough, the smooth with equal ease, this book too was written in hotels, home, market, car, plane — even a toilet — with equal ease. At that time, i was doing multiple motivational sessions through the day, both online and offline, and to accomplish my goal, i had to literally stretch myself. So, i'd wake up at 5 am, write

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for three hours; then at night before sleeping, i'd again write for two hours, and any time i got in between — even if it meant a toilet break where i'd write on my phone, even if i had five minutes. By envisioning all my books and endeavours as goals and by assigning them a timeframe, i have been able to accomplish them, regardless of challenges. Now, as experience has taught me, if i can, then you can as well — and if you master the Goalete Program, then you can do it much better than i've ever done. That's anyway my truest intent for every goalete.

Rule # 2

*Sacrifice a Major Weakness
and Connect It with Your Goal*

In the journey of goals, the reason most people end up quitting sorely is: they are not ready for the sacrifice. You see, a diamond would remain just a stone if it does not embrace friction. Gold would remain just a metal if it does not embrace burnishing. Pizza would remain just flour if it does not embrace the furnace. Similarly, we would remain wishful if we do not embrace sacrifice. It is a universal law that one has to continually give something of oneself to gain. To go higher, an entity has to shed weight.

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The biggest weight that we bear is the weight of our weaknesses. They are like gravity that pull us down. The lighter you become, the higher you go. A rocket has to let go of its boosters to go beyond the earth's atmosphere. It has to sacrifice the familiarity, or rather comfort, of its outer framework to propel itself ever higher and onward.

Weakness comes from familiarity to our habits — or rather to our unconscious habits. We get drawn to certain patterns unknowingly and then we become addicted to them to a point that it becomes difficult to wean away from them. Those patterns, over a period of time, become densely crystallised. That's how even disease originates. A small sliver of a condition keeps attracting similar atoms to itself till it becomes dense. Light has to be introduced to clear those patterns.

All weaknesses are base energy or heavy energy. They keep accumulating at the base, lowering one's centre of being to the very bottom. They make the entity so heavy that try as they might, they are unable to lift themselves up. The ultimate purpose in life is to ascend upwards spiritually, mentally, physically. As a species, we are born to rise every morning, get up on our feet and go about our day fully reclaimed from our slumber. Almost every person — even a superfit one — upon waking up

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in the morning, does feel a little sore. The body does feel weak, even if subtly so. But one has to let go of that weakness and generate strength. That's how each one of us has been naturally designed.

If one has to climb a mountain, then it is obvious that one has to shed excess weight. The higher a climber goes, the more baggage they have to let go of. It's the same with a goal. When they start, there would be a lot of weight on their back. If their goal is just to saunter a little bit, then they can continue like that. But if they intend to scale all the way to the top, then there isn't any other way but to take regular stops and shed some weight at every stop. Let me share with you how I practised this en route to my Olympics goal.

I'm someone who has never touched alcohol, smoking, tea or coffee. Very rarely have I had aerated drinks, colas or canned juices. I gave up sweets many years ago. I'm not into gambling, and I rarely watch television. Now, I'm not sharing this by way of a moral diatribe but to honestly tell you that I have had very little by way of addictions. Yet, when I embarked on the Olympics campaign, I gave up grains and dairy altogether. In north India, where I grew up and currently live, roti or paratha is the staple diet. While doing self-analysis to probe my addictions, I discovered one day that I am in a way addicted

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to parathas and cheese. 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 or dairy 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 or dairy-free for years, but to someone who eats it day in and day out, it is. I made the sacrifice — for two and a half years, i did not eat any grains or dairy — and the result followed: my mentee Ravi Dahiya won an Olympic medal and India had its best-ever Olympic Games. Let me emphasise here that i am not telling you all this to take any credit for their accomplishment but to share with you that if follow through with your sacrifice, then it will positively impact the outcome of your goal — however indirect or bizarre the connection seems.

For decades, i have been linking goal-setting with giving something up. And it has *always* worked. There is an integral association between the two. If you look at any field of human activity, anyone who has ever achieved or done something of significance has toiled long hours and endured multiple setbacks on the way to accomplishment. They have sacrificed sleep, comfort, being with their loved ones and familiarity. Today, as i

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spend time with elite athletes in high-performance training camps, i realise how much effort they are putting into their craft, how much they are giving up by staying away from their family. That's how most of them have become national champions and high-ranking international players. But then, that's where i see the difference between those who have become the best in national championships and the best in the world: the former are ready to sacrifice a lot and the latter are ready to sacrifice *anything*.

I frequently do a lifestyle audit with athletes and monitor what the chinks in their habits, speech and thought patterns are. I give suggestions, many of them related to the adjustments that they have to make — broadly the sacrifices they have to make. And then after forty days, i evaluate. I have seen that those who underwent the greatest transformation are the ones who have walked the most stringently on the road of sacrifice. Deepak Punia is a case in point.

Deepak was struggling with confidence issues and reeling from a thumb injury when i first met him at Chhatrasal stadium in Delhi in May 2019. Consequently, he'd got hooked on to Facebook and YouTube, watching videos till late at night which would impact his morning practice, given that he had to be up at 3 am. We spoke for an hour, after which i suggested that he stay away from

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all social media for six months, apart from doing superpositive self-talk.

Credit to Deepak, he followed the advice to the T and stayed away from all social media. Four months later, he won the junior world wrestling championship in Estonia. I urged him to continue with the restraint. A month later, he reached the finals of the senior world wrestling championship — and became world number 1, the first-ever heavyweight wrestling world number 1 from India. Obviously, it was his intense hard work that paid off. But then as he himself would tell you, sacrificing his addiction also played a big role in sharpening his focus and strengthening his resolve. Once again, if Deepak can, then so can you. All you have to do is remember this: the soulmate of success is sacrifice.

Rule # 3

Train Intensely and Try to Improve Every Day

Now that the goal is in place and you have made a sacrifice and associated it with your goal, the next thing is to train. Without training, the goal would stay in the realm of a wish — again something a lot of people do. The line between the two is very thin but very marked. “I’d like to

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go on a holiday” is a wish. “My target is to go on a beach holiday in April” is a goal. While the former has feeble energy, the latter has a palpable, throbbing one. While wish waits by the bank, training is the proverbial bridge that connects a goal to its fulfilment. Training is the fuel that drives the engine of a goal.

The sun has trained to produce its light and emit it. After it was born, it started working on that craft. It has been continuously training in the art of nuclear fusion. Every moment it produces energy worth ten million nuclear bombs. All the energy needs of humankind have been met by the sun in just one second of its existence. But in its early days, it did not know how to harness that energy efficiently. It's been 4.6 billion years, and the sun is now shining better, delivering its light better to all the entities connected to it. It has a clear goal plan.

In fact, before embarking on the journey of their goal, every goalete should prepare a guidemap called the Goalete Blueprint. Here's what it looks like:

GOALETE BLUEPRINT

- 1) *What is a goal that i am gifting myself?*
(Specify a clear, original goal that expresses your unique aspiration in life. Create a goal

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that comes from your inner being rather than just trying to copy someone.)

- 2) *By when do i intend to accomplish that goal?*
(Specify a clear date, depending on the size and nature of your goal. Take your time to establish this step and always remember that though the goal is to stretch oneself optimally yet it must not be at the cost of one's wellbeing or life balance.)

- 3) *What is it that i will consciously restrain from till i fulfil my goal?*
(Specify a restraint that you will observe fully till you complete your goal. Ideally list a thing that either places an unproductive demand on your time, like social media, or depletes the natural health of your body, like a stimulant or intoxicant, or even better, a negative habit of yours, like losing temper, and so on)

- 4) *What is the sub-goal (part of my main goal) that i will successfully accomplish every day?*
(Specify a measurable unit that you will observe fully every day till you complete your goal.

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Also, resolve that you will not sleep till you accomplish your daily goal. For example, if your goal is to walk 100 kilometres in 1 month, write down that you will walk 3.334 kilometres every day and that you will not go to bed till you do so.)

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- 5) *How many Superpositivity Chants will i do to stay superpositive every day?*

(Specify the number of repetitions of the Superpositivity Chant — Yes Thank You Universe — that you will do every day. I recommend that you do at least 1,000. By doing so, you'd be suffusing every pore of your being with superpositivity, and it'd in turn give you the impetus to fulfil every goal, however "impossible" it seems. However, you could do fewer or more chants, depending entirely on your preference.)

The Goalete Blueprint is an integral part of the Goalete Program. I have used it with hundreds of goaletes all over the world, and it has worked consistently with each one of them, helping them manifest an entire cross-

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section of goals. Once the Goalete Blueprint is in place, it'd give you a clear sense of how much training you need to put in for its manifestation. Let me help you understand that even better with an example.

On 19 September 2013, in a bid to emerge from the colossal failure of my film *Challo Driver*, i did a continuous forty-hour meditation at my parents' house in Jammu. (I've shared the entire experience in my book *Yes Thank You Universe*.) During that endeavour, i received an epiphany that changed my life forever. 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**. Realising that the higher consciousness had spoken to me, that very moment, i started doing the chant faithfully and vigorously.

Within a few days of the revelation of Yes Thank You Universe, i set a five-year goal to chant it twenty million times: ten million times spoken and ten million times silent. On 19 September 2018, i joyfully completed (rather surpassed) my goal. Using the Goalete Blueprint, i calculated that i'd have to do 11,000 chants every day: 5,500 spoken and 5,500 silent. I also ascertained that chanting at a moderate pace, it'd take me approximately five hours every day to reach my eventual goal. I decided to chant two and a half hours at a stretch in the morning and two and a

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half hours at a stretch at night. I'd perform the spoken chants in the morning and the silent chants at night.

Over 1,826 days, i accomplished my goal unflinchingly, every day, come what may. Because i'd simultaneously keep a mental count as i chanted, it entailed gruelling discipline, putting a tremendous mental strain at times. On occasion, i had to get up at 3 in the morning to start chanting. On occasion, i didn't sleep all night because my goal of 5,500 silent chants was unmet. When i'd started this journey, i'd pledged to not sleep unless i fulfilled my goal for the day, till i completed my full goal of twenty million chants. There was a particularly busy day when i finished the 5,500 silent chants at 6 in the morning, and then immediately started my quota of 5,500 spoken chants for the next day, without taking a break to sleep.

Yet, the demanding regimen also enabled me to perfect the art of goal accomplishment. Today, people ask me how i created scores of Guinness World Records, or how i drove across every state in India and the US. I happily share my secret with them: i accomplished a very difficult goal that required me to persistently train and focus for five hours, for 1,826 days on the trot! And that's also my number one advice to people: set a daily goal that really challenges you, accomplish it for *at least* forty days

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consecutively, and once you've done it successfully, you'd have a superpositive skill for life!

In the book *Goaletics*, i have written about and explained the Law of Goaletics. Very simply, it is this: *the fulfilment of one big goal gives birth to another big goal, in a continuous cycle*. If your goal is as intensive as mine was, then other goals are going to keep flowing from it organically. It is while i was pursuing that five-year chanting goal that i was inspired to create multiple world records, to write over twenty books on motivation — and to create an unprecedented goal for the Tokyo Olympics as well. I just kept practising my goal, training every day, and newer inspirations kept emerging on their own.

I'd be lying if i said that i knew seven years ago that i'd be doing any of this! Breaking even a single world record was not on my mind, let alone 100! I'd have been happy to drive across a few states in India and the US, let alone all of them! Writing five books was my lifetime aim, let alone twenty books in five years! I'd have been happy to meet Olympic athletes, let alone train them! In retrospect, all this happened because for years i kept actively training for a positive goal *every day* without exception. And as my experience has taught me, positive goals attract more positive goals in a continuous, unbroken cycle.

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I started as an active goalete when i was eight, and i made it my goal to top my class. Today i am forty-four, and i don't remember a single day when i have lived without a goal: even if the goal was to be just be in the moment. Most people think goals are only material or physical. That's where they get it wrong.

The best goals are non-physical — they are of the spirit. My number one goal, which is also my purpose, is to be superpositive and share superpositivity with the world forevermore. You see, that goal is active every moment of my life. And since i have made it incremental by adding the word Forevermore, that means i have to become better every moment of my life. So, to rephrase in simple language: my goal is to be more superpositive every moment of my life.

Every moment i am being a goalete, every moment i am playing the sport of goaletics. I don't just play it goal-to-goal — i play it moment-to-moment. Over the past eight years, since the revelation of superpositivity, i have played it millions of times. And once again, i will attest from the depth of my experience: the more i have practised being a goalete, the better i have got at it. That applies to each one of us. Practise it, and you will know what i am saying.

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To get you into the habit of daily practise, let me share with you a tip from the book *Yes Thank You Universe*: Goal-setting is a technique, and like everything in life, it has to be activated. Start by setting small, daily goals. It's always the smaller that leads to the bigger in life. The microcosm that takes you to the macrocosm. And this is where the Superpositivity Chant truly helps. Set a goal that you have to chant, let's say, 1,000 times a day or half an hour a day. Once you've done it for at least forty days, you will be ready for (and driven to) the bigger goals — and to the habit of practising them daily.

VISUALISE VIVIDLY

A very important but much overlooked aspect of training is visualisation. Regardless of what they are trying to manifest, the best goaletes envision their journey from start to finish and concentrate on the intended outcome. Every goalete, whether in sports, business, art, science or society, who has accomplished wonderful things in life, has also been an excellent visualiser.

Michael Phelps, the most decorated Olympian of all time, used to visualise his goal with minute precision and intensity, multiple times every day. As part of the process, he'd visualise himself breaking world records,

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the timings on the scoreboard, his body moving through water, the audience screaming his name, his family in the stands, him standing atop the podium, the weight of the gold medal around his neck, the flowers in his hand, the photographers taking his pictures, his country's national anthem playing, the goosebumps on his flesh, the tears in his eyes, the children he was inspiring. Before he won a historic eight gold medals at the 2008 Beijing Olympics, he'd visualised himself wearing eight gold medals around his neck thousands of times — and it manifested despite a multitude of challenges and naysayers. After he retired as the most successful swimmer of all time, he attributed his success as much to his work in the water as the time spent visualising his journey.

Visualisation is a skill like any other that has to be developed through practice. It is like driving, writing, reading or skating. You won't get it right the first time. If you're new to visualisation, you have to start from the very basics. How you learn reading is by learning the alphabets. Once we see an alphabet repeatedly, we become familiar with the way it is shaped and designed, and our reading and writing skill starts. And we step into the world of conscious creation.

The first step to familiarity is seeing. Our brain is located directly behind our eyes. It processes information

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from the outside world through our eyes. What we see repeatedly transmutes into our thoughts. That's why, in goaletics, a very important step is to visualise what we intend. We have to give a sight to our intent. Most people overlook that sacrosanct step. They keep their goal in their thoughts — and that is where it is snugly lost.

An average person has 60,000 thoughts a day, and there is an endless train of those thoughts running through the brain. If you were to see what goes 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.

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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 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 fifteen years before she could fulfil her dream! 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 rows upon rows 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. In 2019, when i went to the

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senior world wrestling championship in Kazakhstan, i had a clear goal: of making it India's best world championship, with four-plus medals and three-plus Olympic qualifications. I borrowed a leaf from my mother's book and made a poster with the Indian flag as the backdrop, downloaded world championship medals, copied four of them on the left, the Olympics rings in the centre, had the words 3+ Qualifiers on the right and printed multiple copies of the poster, a few big and a few small. Using duct tape, i pasted the poster on all the walls of my hotel room and put some in the bathroom as well. I'd see the poster while sitting on the throne, brushing, shaving, showering, changing, thousands of times in the twelve days i was in Nursultan. The result: five medals and four Olympic qualifications.

When i embarked on the goal of enabling India to have its best-ever performance at the 2020 Tokyo Olympics, i again did the same thing. With the Indian tricolour as the backdrop, i 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

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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 porch, made it 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 optimum creativity. As we all know by now, India won seven medals at the Tokyo Olympics and had its best-ever result in 121 years at the Olympics.

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.*

Rule # 4

Stay Superpositive Throughout the Pursuit of the Goal

Apart from the goal itself, i consider rule # 4 *the* most important rule in the entire goalete spectrum.

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It is sacrosanct, yet i see it violated the most — and in my opinion, that's the biggest reason most people are unable to accomplish their goals. Because the road of goals is long and hard, at some point or another, they start giving in to negativity, whether in the form of deprecating oneself with emotions like doubt, anxiety, despair, depression or deprecating others with acts of superiority, arrogance, wantonness or rudeness.

We will talk about how to transcend base emotions in the next chapter, but after working closely with and observing hundreds of people pursuing goals that are most competitive in nature, including at the Olympics and world championships, i can give you an informed perspective into why some people accomplish their goals and many don't.

Let's take the example of the Indian contingent at the 2020 Tokyo Olympics. There were half a dozen world number 1 players in that contingent. None of them won a medal at the Olympics — in fact, none of them even crossed the quarterfinal stage. Now they had the talent and their training was top-notch as well. Yet almost all of them put one small foot wrong, much before they reached the Olympics — they gave in to public displays of negativity in the run-up to Tokyo. Whether it was lamenting for a personal coach or complaining about their

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physio not being given accreditation or having spats with their federation, they had vented their anger publicly on social media in the run-up to the Tokyo Olympics.

Now, let's be honest. This quadrennial event was being held in the most unusual of circumstances. Of course, there were bound to be hiccups, glitches and faux pas galore. Indian sports federations are not known to be the most organised or the most athlete-friendly in the world — and in the throes of chaos, their planning became even more skewed. In most cases, the athletes were valid in their demands and what they were asking for was reasonable. But the thing is, by getting into “Twitter wars” before the Olympics they unwittingly depleted their most important resource: their positive energy. It upset their focus and rhythm going into the most important event of their lives. And here's the thing: it's not right or wrong but harmony that gets you the best results in life. The deeper one goes into who's right and who's wrong, the more it upsets the core harmony that truly facilitates accomplishment.

In the same vein, let me give you the example of Ravi Dahiya and Deepak Punia, the two athletes who I was mentoring as part of the Goalete Program. Like the rest of the athletes, they too were at the receiving end of their federation's vagaries. In May, they were sent to

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Warsaw for the Poland Open, with the assurance that immediately upon the culmination of the event, they'd be sent to Vladikavkaz, Russia, for an intensive training camp. However, for three weeks after the tournament, their federation could not organise their visa to Russia, and as a result, they were stranded in a hotel in Poland — without any mat or training facilities whatsoever.

Now just imagine the mindset of two players who are raring to go to the Olympics — and for a full three weeks just before the Olympics, they are stranded in the middle of nowhere, without any training facilities! On top of it, when they reached Russia, their final vaccine dose too was not organised on time. As a result, they were the only two athletes out of the entire Indian contingent to reach Tokyo partially vaccinated — which made them that much more susceptible to catch Covid-19.

Deepak had it even worse. He was nursing an injury even before he went to Poland, and he hardly got any quality training partner for sparring till he reached Tokyo — a sacrosanct requirement in wrestling. So, he pretty much reached Tokyo untrained and unprepared.

Now, please understand that i'm not blaming anyone here but just stating things as they happened. Wouldn't Ravi and Deepak also have had an axe to grind with their federation? Because i was in touch with them

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on a daily basis, i know what an agonising time they were going through! Yet, my biggest contribution to their journey was that i kept their focus on positive energy and did not let them get into a vicious litany of complaining — however valid it seemed.

Despite the massive challenges those two goaletes faced, they remained superpositive to the very end — and as history remembers, it reflected superpositively in their results too. They both had gone to the Olympics as the proverbial dark horses but when the curtains came down, they both had become the toast of the nation. Deepak, despite being undertrained and underprepared, valiantly reached the semifinals — a first in heavyweight wrestling in India — and missed out on a medal by a whisker. As for Ravi, the only Indian athlete who'd followed the Goalete Program to the hilt, he became a national icon. His was the joint highest accomplishment in Indian wrestling over 121 years, and he became the first Indian male Olympic medallist after a gap of 9 years.

The point that i am trying to make is: if a goalete slips up on positive energy at any stage during the pursuit of the goal, then there is a very high possibility that the goal would be sabotaged. On the other hand, if one stays superpositive throughout the pursuit of the goal, then there is a very high possibility that the goal would be accomplished.

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I have personally tried and seen it happen with others hundreds of times to know how true it is.

Now there's much more to positive energy than just staying away from complaining or criticising. It is actually much, much deeper.

Especially in the context of goals, the positive quality that truly defines a goalete is scrupulousness. Because when it comes to goals, most people have a "win at all cost" credo. Let's understand that through an example.

A marathon runner, let's say Y starts off, runs some distance and as soon as there is a stretch when none is watching, they jump into a waiting car, alight a few kilometres before the finish line and run the rest of the distance. On the contrary, another runner, let's say X, toils and sweats to go past the finish line. Maybe Y crosses the line before X. In the eyes of the world, Y won. But in their heart of hearts, Y knows what the truth is. In the innermost recesses of their soul, they'd never have the fulfilment that only comes from a scrupulous pursuit. X, even if they lost, would always have the fulfilment of an honourable pursuit. That contentment is one of the greatest rewards a goalete can get.

An athlete who takes performance-enhancing drugs, for example, might win — if winning was their *only* goal. Or a team that wants to win a championship at

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any cost might fix and win the match — if that was their *only* goal. But the surveillance system of the Universe would catch up with them one day and turn their winning into disgrace. Besides, such a person would bring disrepute upon the very sport they played.

The journey of a goalete is about much more than winning. As rule # 1 of the Goalete Program tells us, the sport of goals is essentially about positivity. Goals have to be positive in their setting as well as their pursuit — in fact, *throughout* the pursuit. A student who sets a goal to self-study for four hours but sleeps after three hours fifty-eight minutes — and later tells their parents that they studied for full four hours — might get away with that. After all, they fulfilled their goal 99.25 percent! But in their heart of hearts, they know that they are lying — and that'd keep them unfulfilled.

The other thing to stay away from is taking undue credit or not giving credit where it is due. The fulfilment of any goal is always a team effort — even if most of those players are silent contributors, or even if they are silent spectators. If someone doesn't want to give you credit or even if someone discourages you, you should stay superpositive in the pursuit of your goal.

During the two and a half years that i conducted the Goalete Program for the Tokyo Olympics — and

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even later — i received zero support from the sports administration. Even when i enabled India to have its best-ever wrestling world championship in Kazakhstan, nobody from the federation openly acknowledged my role. But i came back and resumed the pursuit of my goal with even greater vigour than earlier. Because i knew that my greatest reward was not appreciation from others but complete devotion to my own goal.

Many people short-circuit positivity en route their goal. But the thing about positivity is that it is irreplaceable, however cumbersome it seems. The process of a star creating its light and energy is a cumbersome one too. The star's core has to burn at a temperature of 15 million degrees Celsius and electromagnetic flares have to be sent out in all directions under extreme pressure. Needless to say, there's a lot of stress involved. Intense nuclear fusion generates the strain equivalent of more than a trillion nuclear bombs. But the star never dodges the process. It goes right through the entirety of the process. There are many stellar systems with just one or two planets around them and there aren't any animate life species on those planets to judge them or their performance. But the stars still do their work with complete scrupulousness. And that is the reason they are assigned such important goals. Earth completes its rotation every day. It has been doing

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so for over 1.6 trillion days. There hasn't been a day when earth has cheated on its goals. It fulfils its rotational goal with full honesty and fidelity every day.

The correct phrase to use here would be come what may, rather than "at whatever price". So, whatever your goals, play them with superpositivity, come what may. There will be many a time when you will be tired, when you'd want to take a shortcut when nobody's watching, when you'd want to take credit for someone else's hard work, when you'd want to give up if someone doesn't appreciate your efforts, when you'd want more than you deserve, but a true goalete must play the sport of goals with the highest level of positivity. The more one does that, the more beautiful one's rewards will be. So, create a goal, set a timeframe, train intensely every day, be superpositive throughout your pursuit, and you can bring every goal to its manifestation — which brings us to the fifth and final rule of the Goalete Program.

Rule # 5

Complete the Goal Fully & Then Embrace a New One

In Hindi, the meaning of the word Goal is circle — and that is what captures its essence more than anything else.

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A goal is a circle that is meant to be completed. What is the point of a circle that is left incomplete! For it to be called so, a circle has to be brought to the point from which it has started.

Research tells us that less than one in five people make goals in their life. It means that less than 20 percent humanity ever becomes a goalete. Even out of those that do, an overwhelming majority starts out as a goalete but doesn't end up as one. Most people, if they start drawing the circle of their goal, leave it in various stages of incompleteness. Let's see how.

Let's say an overweight person has set a goal of shedding ten kilos in four months. The person has decided to become healthier by reducing the excess weight they are carrying. The goal has clarity as well as a clearly defined timeframe that is neither too low nor too high. It is a well-balanced goal that honours the first rule of the Goalete Program — setting a positive goal and a timeframe.

Now most people leave this goal over 50 percent incomplete — or mostly incomplete. At best, they shed five kilos and stop. The diet restriction, the exercise, the lifestyle management becomes too much for them to handle. Goals that are 50 percent incomplete are like those unfinished bridges that stick out so sorely that

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everyone notices them. The contractor notices it and so does the public.

Many people leave the circle of their goal 25 percent incomplete — or somewhat incomplete. They shed seven and a half kilos. At that level, there's a sense of smug satisfaction that comes about. They get an illusory, almost-home feeling. Consequently, they stop. Goals that are 25 percent incomplete are overlooked by many. By then, their jeans are fitting so well that they withdraw from their original goal.

Few people leave their goal 10 percent incomplete — or imperceptibly incomplete. Those who stop at nine kilos are in that category. By then, the effort has been so colossal and the deprivation so marked that they lose further motivation to get to their goal.

Very few people leave their goal 1 percent incomplete — or mostly complete. Those are the ones who've shed 9.9 kilos. By then, they get so much appreciation and attention that the incentive to go past the finish line goes. At this point, anyway, it feels like one is as good as home.

But the truth is, that none of these circles is a true circle. Even a 99.99 percent drawn circle is still an incomplete circle. At that point, the gap is so subtle that almost none of the spectators notice it. But, deep within,

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the player knows. Those who got to 9.9 kilos are in that category. Only they know the distance from their goal. And if they never told anyone, nobody would come to know either. By now, 99 percent people have stopped.

It is a rare person who fully completes the circle of their goal — and fulfils their goal 100 percent. They shed the ten kilos in toto, without leaving a provision of even a single gram. Regardless of how good they're already looking or how much appreciation they've already got, they complete their goal in full earnest. It is a rare 1 percent who does that. And a rarer 0.1 percent who go beyond.

It is that rarest of rare person who goes beyond their goal. It's like a soldier going beyond their call of duty. If 1 in 100 completes their goal, then 1 in 1,000 surpasses it. They are the true goaletes, the ones who truly play the sport of goaletics. Their state is forevermore. Of continuously improving growth. This is the natural state of the Universe, and this is the truest state for every goalete — to be unlimited in one's goals.

After birthing the first atom, the Universe could have stopped there. Or it could have just created more atoms. Or it could have been contented with just letting that matter expand. Or it could have just let the empty stretch of space come about. Or it could have just let clouds of matter float about. Or it could have just created stars.

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Or it could have stopped at creating planets? Or it could have stopped at creating satellites. Or it could have stopped at creating natural elements like air, fire and water. Or it could have stopped at creating trees. Or it could have stopped at creating flowers. Or it could have stopped at creating insects. Or it could have stopped at creating birds. Or it could have stopped at creating animals.

The long and short of this is: the Universe and goals have not stopped, and they never will. Goals came into being before the creation of the cosmos, and goals will continue to be even after the cosmos is gone. It is estimated that a trillion years later, there will be a phenomenon called the Big Crunch whereby the cosmos will cease to be, and the Universe will go back into the state of physical non-existence as earlier. Rest assured, even if that happens, that won't be the end of goals at all! Infinity is synonymous with goals. It is always meant to lead from more to more. And from more to forevermore.

Most people make the mistake of making finite goals. "Once my kids are settled, i will be happy", "Once i make a million dollars, i will retire", "Once i get my dream job, my life is set". You see, life is never meant to be set. It is always meant to be in a state of flow. The ocean is never set. It just keeps sending wave after wave to the shore. Every time it advances and retreats is a new

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goal of its. It has done this trillions of times. Breath has flown in and out of us hundreds of millions of times. Earth has spun on its axis trillions of times.

Always remember the Law of Goaletics: *fulfilment of one big goal gives birth to a bigger goal, in a continuous cycle.* Create big goals, pursue them superpositively, complete them within the timeframe and then move on to bigger, better goals in a continuous cycle. That is when you become a true goalete.

Now that you've understood all five rules of the Goalete Program (or the Goalete Law), let me share an acronym that sums up the meaning and process of a goalete.

G	Gift Yourself a Goal
O	Observe a Timeframe
A	A Restraint
L	Launch the Superpositivity Chant
E	Every Day's Goal Accomplished
T	Take it to Completion
E	Embrace a New Goal

Once that realisation is firmly embedded in your consciousness, then open yourself up to an infinity of positive goals and resolve to keep becoming a better goalete in every aspect of life. Forevermore.

Chapter 4

THE CHALLENGES

What a Goalete Overcomes

Just like heat is a natural outcome when the sun shines, challenges are a natural outcome when a goalete sets a goal. Every goalete has to realise that challenges are inevitable and an integral part of the process. Wishing for one's goal to be accomplished without encountering challenges en route is like wanting to eat a meal without food going into your mouth or wanting to write a book without using any words.

Since every goalete and every goal is unique, every challenge is unique as well. Some goaletes face emotional challenges, some face personal challenges, and some face financial challenges of a greater degree than others. If there's one thing that i have learnt in my goalete journey, it is to never compare one person or situation with another.

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Every moment and situation in life has its own merit and relevance. Similarly, every challenge has its inherent difficulty level, and it's pointless to say that one challenge is bigger or smaller than the other or one person's challenge is bigger or smaller than the other person's.

Maybe, on the surface, it seems that a goalete has it all smooth and hunky-dory, but know this emphatically: there is not a single goalete in the world whose path is not fraught with challenges. Of course, the degree of challenge or its visibility might vary. When a physically challenged person is trying to run a marathon, one might immediately see the element of challenge involved but when an able-bodied homemaker is trying to run a marathon, one might not immediately see it. But for all one knows, there might be an equal or even greater level of challenge involved in the latter case. Maybe the lady has five kids at home, a low fitness level and very little support from her family — who's to say that her challenge is any less!

What would serve every goalete optimally is to know that challenges aplenty will come and every challenge will be unique. Consequently, they must take every challenge in their stride and not compare it with anyone or anything else. Also, the enormity of the challenge will be directly proportional to the size of the goal. It's like

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scaling a mountain. The higher one goes, the greater the stress placed on the body. Similarly, the higher one's goal, the greater the challenges placed on a goalete.

Regardless of the nature of one's goal, there are broadly four kinds of challenges that every goalete across all ages and regions will encounter sooner or later. These challenges are: doubt, contingency, disappointment, exhaustion. Let's go over these challenges one by one.

Doubt

One of the biggest reasons that most people don't set goals is that they doubt whether they will ever accomplish them. And doubt is also the first entity that comes to visit once people set goals. There are two sources of doubt: internal and external.

With most people, the doubt is internal. It is the inner demon that bothers them the most. As i shared in the previous chapter, less than 20 percent people in the world consciously set goals in life, regardless of the nature of those goals. And the reason 80 percent don't is that they are deeply plagued by self-doubt. They have zero or very little faith in their own ability to fulfil a goal.

Over the past nine years of my motivational journey, i have enabled thousands of people to set goals

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in life and have personally mentored hundreds of people, ranging from homemakers to Olympic medallists, to accomplish goals. Most of them were beset with doubt, many of them overcame it to a great extent, and the ones who went to accomplish their goals were always the ones who kept their doubts at bay. They were most open to setting goals, most willing to pursue them and most confident of accomplishing them. In my experience, self-motivation is the best motivation, and setting one's own goals with conviction is the biggest marker of that.

Additionally, doubts are hurled at a goalete plentifully by the world. Whether one is a high school student or a head of state, there are doubters lurking every goalete's path. "I don't think you can do this!" "I doubt if this is possible!" "How is this going to happen?" These are aspersions every goalete has to contend with, regardless of their talent or determination. From the prehistoric human to the modern, goaletes and their doubters have and will always continue to go hand in hand.

If you look at history, even prophets and saints were not spared. Regardless of the enormity of Mother Teresa's work, there are still people who question her intent, who doubt her credibility. You see, despite earth's earnestness and fidelity of purpose, asteroids keep coming its way. On a level, it's not the asteroids' fault — they are

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designed that way. If you look at it objectively, then it is these very asteroids that have led to the formation of some of the most beautiful lakes and other geographical features on our planet. Astrogeologists have found that every solid body in the solar system, whether a planet or a satellite, is routinely hit or impacted by asteroids, and that is the most common geological phenomenon in the solar system. So learn from creation, and take external doubting as an enabler in your goal journey. Like the earth, some of your best features would emerge when faced with doubt. As happened with Michael Phelps.

When Michael was pursuing the historic goal of winning eight Olympic gold medals at the 2008 Olympic Games, Australian swimming legend Ian Thorpe gave an interview to a newspaper where he seriously doubted Michael's ability to accomplish that goal. Michael was so positively fired up by Ian's doubting that he cut that newspaper article and pinned it in his locker, which he saw every day to serve as his motivation. Even on the eve of the Beijing Olympics, Ian said to the press "I don't think anyone can win eight gold medals in one Olympics — I'd love to see it but I think it's just not possible!" Michael used that doubting as constant motivation and went ahead and did what nobody before him had ever done—he won eight gold medals at a single Olympics.

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He later said, "When you have a goal, nothing will stand in your way!"

You see, doubt hangs over every goal like a sharp sword. Even people who train optimally and do everything right can be thrown off-balance by doubt, even at the very last moment. Just like the sun has to keep shining perpetually to keep darkness at bay, one has to be driven by superpositivity to keep doubt at bay. If the sun lets up even momentarily, it can be devoured by darkness. Similarly, if a goalete lets up even momentarily, their goal can be devoured by doubt.

Here's a simple yet powerful tool that i have been using for the past eight years to activate superpositivity within me, and it has helped me accomplish hundreds of goals, whether creating world records, writing books, helping athletes win world-class championships or reintroduce depressed people to the magic of life. That tool is a very simple four-word phrase called the Superpositivity Chant: Yes Thank You Universe. I spoke about it in the previous chapter.

These four words were revealed to me in September 2013, when i was going through the most challenging phase of my life: box-office failure of my Bollywood film, subsequent divorce, bone-crunching debt, humiliation, joblessness, and so on. I have documented

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the entire journey in detail in the books *Yes Thank You Universe* and *Superpositivity*. That time, i had to quit a high-flying lifestyle in Mumbai and move back to my parents' house in Jammu. As you can imagine, i was assailed by an overwhelming surge of doubts about the choices i'd made in the past, about my situation in the present and about my possibilities in the future. For a year, i kept meditating and seeking a universal solution that could transcend all doubts and help me and others live a life filled with infinite possibilities and manifestations. Finally, that mediation gave me the epiphany, Yes Thank You Universe, and i started using it to harness the power of infinity that was latent in me — and which resides within every human being.

As i have shared in the Introduction, i started setting and accomplishing one world-class goal after another — that too in a region which is one of the most geopolitically volatile zones on the planet and which places zero premium on accomplishment. Within a few years, i attempted over a 100 Guinness World Records, wrote over 30 books, gave over a 1,000 talks, drove across every state in India and the US and helped Team India to its best world championship, Olympic qualifier and Olympics.

All this was possible because i kept repeating the Superpositivity mantra thousands of times every day, like a chant. I'd say it silently and i'd say it aloud as often as i

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could every day. As a result, whenever i had the inspiration for a new goal, my mind accepted it wholeheartedly and also simultaneously embraced the possibility of its manifestation. To the infinite consciousness, the size and nature of my goal didn't matter, and it infinitely supported all my endeavours without getting entangled in any doubt whatsoever. There were three simple reasons why it happened to me and has been happening to every goalete who has embraced the Superpositivity Chant.

It consists of the three most positive forces in the Universe — affirmativeness, gratefulness and unlimitedness — uniting again and again to awaken our consciousness, and to lift us higher than we have ever imagined. These three forces are the trinity of life coming together recurrently to help us fulfil every dream of ours and also overcome every challenge of ours. Let's look at these three forces one by one, beginning with Yes.

Every single creation on this planet and throughout the entire cosmos has come into being thanks to Yes. All planets, all stars, all galaxies came into being because the Universe said Yes to them and they said Yes to the Universe in return. In the human world, too, everything begins with Yes, exists in Yes and continues thanks to Yes. Yes is the most positive, the most powerful of words. As the Law of Give and Take says, one receives in life

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only what one gives. And if one gives Yes countless times, Yes is what one will receive. A Yes to love, a Yes to joy, a Yes to health, a Yes to success. And to all good things in life. By saying Yes, a goalete transcends all doubt and embraces infinite solutions of every problem.

The next part of the Superpositivity Chant is: Thank you. I believe the only difference between a woesome life and an awesome one is the difference between ingratitude and gratitude. The more gratitude you develop, the more amazing your life becomes. It's like a garden. Left to itself, and without the water, the garden will perish. But even during blistering heat, if you water it abundantly, the garden will stay green. The more you water, the more the garden will blossom. Every goalete must develop unlimited gratitude for the very gift of the goal and its subsequent pursuit. As my personal experience attests, the more grateful one becomes, the greater the probability of its fulfilment.

The third part of the Superpositivity Chant is remembrance of our eternal source, the Universe. The ALL there is. All planets, all stars, all galaxies, all matter, all emptiness, all life that has existed, is existing or will ever exist. The manifested as well as the unmanifested. The fount of infinite possibilities. The beautiful thing about the word Universe is that it is beyond all limitation,

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and whenever we say it with faith, we access the realm of unlimitedness. You see, the atoms in our body are as old as the Universe, which means that our consciousness is as old as the Universe as well. A drop is a part of the ocean and all the properties of the ocean exist in the drop. If the ocean is liquid, the drop is too. Similarly, all the properties and powers of the Universe exist in you and me. Just that we have forgotten them. It is time to use that power. It is time to invoke that power. By activating the word Universe. We just have to remind ourselves that we are infinite and so is our capacity to set and accomplish goals, however “impossible” they seem.

When these three forces — Yes, Thank You, Universe — are combined, they become the Superpositivity Chant: Yes Thank You Universe. I suggest that every goalete allocate twenty minutes every morning and say these words repeatedly, attentively to harness the power of superpositivity within. It is in this power that all your goals reside. Once you turn it on, then you also turn on the switch of infinity. In twenty minutes of nonstop chanting, you’d say these superpositive words Yes Thank You Universe over 1,000 times. Imagine saying Yes 1,000 times, Thank you 1,000 times and Universe 1,000 times every day! Imagine the power you’d unlock!

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Within a few weeks, you'd start feeling that you can accomplish any positive goal — and that's the only resource a goalete ever needs. Either you could do the chant in one continuous go, or you could apportion it into ten sets of two minutes each spread throughout the day, where you concentrate and say the words Yes Thank You Universe nonstop. And if you find that format restrictive as well, then just say Yes Thank You Universe whenever you remember — or whenever a doubt, internal or external, comes visiting. You'd instantly feel the energy of an infinite goalete — one for whom everything is possible forevermore.

Contingency

If there's one thing the 2020 Tokyo Olympics have taught us, it is this: despite our most well-meaning intentions, our best-laid plans can get derailed without any hint whatsoever. Leaving aside the two World Wars, there hadn't been any occasion over its 125-year history when the Olympics were postponed. The Japanese government had spent almost \$15 billion on the Olympics. It was their goal to host the best-ever Olympics and showcase the spirit of resilience — and it was indeed an honourable goal. In March 2011, Japan had been devastated by the

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Great East Japan earthquake and a nuclear disaster at the Fukushima Daiichi nuclear power station. In a bid to overcome the crisis, the Japanese government had envisioned the Tokyo Olympics as the economic and moral revival the country needed. In planning for the mega event, almost every conceivable calamity had been factored in, except one: Covid-19.

The virus struck the world unprepared, and turned topsy-turvy the plans of the Japanese government as well as hundreds of thousands of goaletes all over the world who had been preparing for the Olympics. But then, that's one of the biggest factors of the sport of goals that every goalete must learn to factor in: uncertainty. As we human beings should have abundantly learnt over the march of civilisation, calamity strikes in unplanned ways and comes in unforeseen forms. That is what we call contingency, and every goalete should be prepared for it.

I have seen that many people envision a single road that will take them to their destination and they become fixated to it, to the point of rigidity. You see, when a storm blows, trees that are rigid are razed to the ground but trees that are flexible happily withstand its fury. Flexibility must be the cornerstone of every goalete. Or rather, they should be firm yet flexible. Like a river. Which flows to the ocean firmly focused on its destination, but is willing to take many detours en route.

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There's a lot to learn from a river. As I said in Chapter 1, every river is a goalete. When it starts from its source, it has a clear goal, and it starts with a trajectory in mind. It ideally wants to flow to the ocean in a straight line. But then, it is forevermore prepared for the cliffs, falls and dams that it might encounter en route, for which it'd have to change its direction. It exercises patience and flexibility in the pursuit of its goal yet it firmly stays on course, regardless of the contingency.

On the surface, the provision for contingency is somewhat antithetic to rule # 1 of the Goalete Program: honouring a set timeframe. But if you look closely, it is in full alignment with it. The first rule applies only to things within your control. But every goalete must be humble enough to accept that, regardless of their determination, there are certain factors that are beyond their control. The wise thing is to flow with those factors rather than resist them. For instance, hundreds of thousands of goaletes — athletes, coaches, support staff, families, officials, federations, governments, organisers, sponsors, spectators — were focused on the timeframe of July-August 2020 for their Olympic goals. But then an unplanned contingency came their way, and none of them was able to honour their timeframe! Tell me, was any of them responsible for it, or could any of them have done

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anything about it? Nope. All that was in their conscious control was to graciously accept the contingency and recalibrate the timeframe.

Though it doesn't happen with every goal of every goalete, it does happen with most goals of most goaletes. I have pursued thousands of goals consciously in my life, and it has happened to me hundreds of times that I've had to readjust the timeframe — not because of my own inability or lack of focus, but because of a contingency. I'd say it has happened to me for almost 30 percent of my goals. But every time, I have gone ahead and accomplished the goal, and that's important.

Let's try to understand that with an example. You have a very important business meeting to attend tomorrow where a very important contract is at stake. It is your goal to get that contract and tomorrow is the timeframe you'd mentally set. But let's say the client calls and tells you in the morning that because of a dire family situation, the meeting has to be postponed. What'd you do in that situation? Would you insist that the meeting happen today at all costs or would you wait for an opportune time in the future? The cancellation was not in your hands but to focus on your goal is — the latter is where all your energy should go. The former is subject to change.

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In your goalete journey, situations will keep changing: meetings will get cancelled, flights will get delayed, deadlines will shift, plans will go awry and midcourse corrections will happen. Just try to ensure that none of this happens because of your misplanning or lack of effort. So long as it doesn't, leave elbow room for contingency in every goal of yours, and never be fazed if it comes visiting.

In the previous section, i'd requested you to do the Superpositivity Chant to overcome doubts — in fact, the chant applies to every challenge you'd face in your goalete journey. If your timeframe gets skewed due to a contingency, rather than sulking, say Yes Thank You Universe with heartfelt conviction, immerse yourself in superpositivity — and eventually you'd realise that all that happens, happens for the very best. Forevermore.

Disappointment

It is a rare goalete who doesn't meet with disappointment in their goalete journey — and if ask me, that's also an unfulfilled goalete! How would a driver's skill be tested if there isn't any bend in the road? Similarly, how would a goalete's skill be tested if there isn't any disappointment in their path?

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Though failure is disappointment, not every disappointment is failure. Disappointment could be a rude remark by someone, lack of support from others, paucity of resources or training opportunities, low appreciation from others, or insensitivity from the outside world, apart from of course failure. In a sense, it is akin to frustration, which could come about even without ostensible failure.

Like almost every traffic intersection has a stop sign or a traffic light, almost every goal has a disappointment. The stop sign tests one's skill as a driver and the disappointment tests one's skill as a goalete. Without manoeuvring the stop sign, one would be an incomplete driver and without manoeuvring the disappointment, one would be an incomplete goalete. Now, if you were to ask most drivers, they'd say the stop sign is undesirable. But, if you look objectively, it serves a very important purpose: ensure the safety of others. Similarly, pretty much every goalete would say that the disappointment is undesirable. But, once again if you look objectively, it serves a very important purpose: ensure the sanctity of the goal.

In a way, disappointment is like fire — it purifies a goalete. Just like diamond has to go through friction to shine clearer, a goalete has to go through disappointment to become stronger. Now, let me clarify that not every

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goalete has to go through disappointment — or *must* go through it. Generally, if the goals are smaller, like reaching a meeting on time, going to your favourite restaurant for dinner or getting a dress in your favourite colour, one might not encounter any disappointment. But the bigger the goal, the more its complexity increases and the greater the scope for disappointment. There hasn't been a single big goal of mine where i haven't faced disappointment of some sort. But, looking in retrospect, every disappointment that i have ever faced has been to my benefit. It has made me stronger as a person and consequently more committed as a goalete.

Experience has taught me that while success hones a few of your positive qualities, setback hones a lot more: one develops patience, resilience, determination, flexibility, focus, purposefulness, wisdom, and a lot more. All that i am today is thanks to the monumental disappointment i met in my goalete journey as a filmmaker — trust me, if *Challo Driver* had not become the financial washout that it did, i won't be writing this book! That's why i have the highest love and respect for disappointment.

Firstly, i know that it is temporary and secondly, i know that it elevating me to a higher plane. It is making me deserve success that much more. In fact, here's one piece of advice i'd love to give every goalete: rather than

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trying to achieve success, try to *deserve* it. Believe me, once you truly deserve something — regardless of what others might tell you — you will be eventually successful at it. And the best way to deserve something is to demonstrate how much you love it, despite the pain and hurt it brings you. Embracing disappointments does exactly that.

In the aftermath of the failure of my film, i deeply realised how much i love life and how my only mission is to spread positive energy in the world. I started embracing all the pain that came my way, and eventually i was inspired to create the Superpositivity Movement to share with the world the philosophy of Superpositivity. Trust me when i say this: it was only when i met and overcame thousands of disappointments, little and big, that i was able to accomplish this goal. Because i worked to deserve it, i eventually became successful at it.

Looking at the bigger picture always enables you to transcend disappointments. This is how i motivated Ravi when he suffered a massive first-round defeat at the Wrestling World Cup in Serbia, barely seven months before the Tokyo Olympics. He was devastated. That very evening, i reminded him that an Olympic gold was a very big goal — he had to deserve it before he could accomplish it. He had to accept the sun's heat before he could access its light. He paused and admitted that he'd taken his

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opponent — a junior-level wrestler — too casually and paid the price for it. That evening, he learnt a valuable lesson off the mat: to not take anyone lightly.

Consequently, he started respecting all his opponents more earnestly and started putting much more of himself in his training. That disappointment eventually led to the intensity with which he played all his matches at the Olympics and helped him create wrestling history for India. So the moral of the story is: if one focuses on the larger picture — one's goal — then disappointments seem like beautiful milestones en route.

So, to all those who are currently facing — or will face — disappointments in their goalete journey, let me tell you this: you might not be the most comfortable goaletes out there — but you certainly are the luckiest ones. And it doesn't take rocket science to see which of the two is more desirable!

Once again, the Superpositivity Chant — Yes Thank You Universe — has immeasurably helped me transcend every disappointment that has come my way over the past eight years. I say Yes Thank You Universe aloud as well as in my inner being to demonstrate my acceptance of that situation and also as an affirmation of my own capacity to overcome that situation. Believe me, once you embrace the Superpositivity Chant and

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activate its infinite energy, you'd bulletproof yourself against all disappointments and become a true goalete. One who thanks not just their goal but everything that comes en route — disappointments included.

Exhaustion

There reaches a point in many a goalete's journey when the pursuit of the goal gets overwhelming, when one reaches a point where one thinks of the worst — of giving up. One could get to that state either out of one's own inability to fulfil that goal or because of extrinsic factors. But the point is, it does happen to a lot of goaletes.

Let's say one is trying to knock off twenty-five kilos, and it's one's weekly goal to shed one kilo. Everything goes going on track for the first few weeks, and then one hits a cul-de-sac where for weeks one doesn't lose a single gram — rather one starts gaining. This is a classic scenario where one might get exhausted and give up on their goal altogether.

Or let's say one is an athlete, and it's one's goal to win the national championship. One has been working night and day for many years, giving up a lot to accomplish one's goal. But it still hasn't happened. In fact, nowadays one has started losing in the preliminary rounds.

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Another scenario where one might get exhausted and give up on their goal altogether.

Or let's say one has been saving for years to go on a family cruise vacation. One has cut corners in a lot of areas to make this vacation happen, and the whole family is looking forward to it. Suddenly, one gets injured on the eve of departure, and the whole plan comes undone. Yet another scenario where one might get exhausted and give up on their goal altogether.

Or let's say one has been trying to quit alcohol for a long time. One has undergone therapy and after a few months of sobriety, one feels that one has been able to give it up for good. Suddenly there's a friends' reunion and in an emotionally vulnerable moment, one gives in to one's weakness and drinks wantonly. A classic scenario where one might get exhausted and give up on their goal altogether.

Now, these are examples where one feels exhausted by putting in bushels of energy and still not being able to accomplish one's goal. But as rule # 5 of the Goalete Program makes it clear: a goalete must fully accomplish their goal and then reach out to a new goal, in a continuum. There are chances that a goalete is so thoroughly spent pursuing a goal that one doesn't have the steam left to set and chase any more goals.

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This happens especially while pursuing long-term goals that are spread across years or decades, as happens in sports. I know many people who rest on their laurels, and it's wonderful to have accomplished meaningful goals in the past. But, because life continually marches forward and never backward, every goalete must join creation in the optimal expression of life as well.

There is a wall at my parents' home in Jammu on which hang 24 of my Guinness World Records. Lots of people visit our home to take pictures against that backdrop. But trust me, i seldom look at that montage. Every morning, i remind myself (also what i used to remind Ravi throughout the Olympic chase: "Be happy always with what you have, but never be satisfied with what you have done.")

If you look at it, the Universe has created over 30 billion trillion stars in the sky and over 8 million life species on our planet. It is estimated that hundreds of millions of new stars are born every day in the cosmos and hundreds of new life species are created every day on our planet. Had the Universe got exhausted, do you think all this variety would have been created!

Injuries, stress, boredom, lack of progress, delays (especially if prolonged) — there could be a host of factors that contribute to the exhaustion that some

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goaletes feel. Yes, it's true that pursuing goals is not always very relaxing — unless of course, being a relaxed goalete, in itself, becomes one's goal! There's an element of pressure involved, which could be positive or otherwise, depending on how one takes it. But, every goalete must remember that all creation in the cosmos owes its genesis to pressure.

In deep interstellar space, molecular clouds explode under intense pressure, and it leads to the formation of stars. A baby enters this world thanks to the intense pressure exerted by the mother. All flora and fauna are formed under intense biological pressure. Once a goalete accepts pressure as an integral part of their journey, then pursuit of the goal becomes a lot easier. It's all about embracing the challenges as an occupational hazard — once a goalete does that, the whole journey becomes fun and free from exhaustion.

As i've said throughout this chapter, the Superpositivity Chant should be a goalete's truest go-to. Through the chant, a goalete invokes infinity and draws upon its infinite reservoir. Like the Universe keeps creating one species after another in an interminable cycle, a goalete keeps creating one goal after another in an interminable cycle. As the ocean, so the drop. Like the Universe does its creation free from all exhaustion forevermore, a true

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goalete must fulfil goals free from all exhaustion forevermore. Only then would a goalete truly deserve their goal. Forevermore.

Chapter 5

THE REWARDS

What a Goalete Gets

Now that the entire sport of goals has been understood, it is also befitting to know the rewards for the toil one is going to put in. You see, athletes are among the most loved and most rewarded people on the planet — and it's the same with goaletes.

Just like when you jump into a lake, you're certainly going to get wet, when you embrace a goal, you're certainly going to be rewarded. Because there are different reasons that drive every goalete, there are different benefits that come their way. Some find more wealth, some find more fame, some find more joy, some find more peace, but benefits ensue for sure.

The way i look at it, benefits start the very moment one becomes a goalete, though many don't realise it.

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We human beings are unconsciously conditioned to look at the small picture, so we only look at the tangible benefits or only the ones that we are actively seeking. But if we look at the big picture, then, apart from the innumerable benefits, there are four priceless rewards that line every goalete's path: Experience, Fulfilment, Inspiration and Nirvana. Let's get to know them one by one.

Experience

If you ask me, the number one reward that i seek and receive from every goal of mine is: experience. Whether it is a goal related to world records, books, fitness, travel or the Olympics, my principal gain from every goal is the sheer joy of the journey — the entirety rather than just the destination. To me, in fact, the journey itself is the real destination.

It's like driving on a new road. I know where i am eventually going, but i don't know what awaits me at the next bend — and i am superenthusiastic to figure that out. I fully open myself up to the smorgasbord of sights and sounds that a trip brings me, without either knowledge or notion of what exactly it is. Whether it is driving amid the barren landscape of Ladakh or along the scenic coastline of California, i have loved every turn and bend

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on the thousands of roads that i have trod on. The same applies to the thousands of goals that i have pursued in my life — i love *everything* about them, rather than just their completion. Anyway, if you are in love with your goal, and with the entirety of its experience, then as life has taught me: the completion will happen for sure, regardless of the challenges.

It is a cosmic fact that all creation is principally born from energy. The native resource that the Universe has blessed every entity with is energy itself. What the Universe truly wants to see from every entity, whether it is the sun or a flower, is how much energy it is willing to put into its goal. That energy has to derive its fullest reward from its own expenditure rather than the matter that is made from that. Similarly, the truest essence of a goalete's journey is the effort, the energy, rather than the matter that comes from that energy. The effort of creation is in itself be the biggest reward to come from creation. And if you look at it objectively, everything in life comes down to effort. Let me give you an example.

Let's say you're looking at the night sky. With the naked eye, you can see a maximum of 9,000 stars. With a decent pair of binoculars, you can see up to 2,00,000 stars. With a regular telescope, you can see up to 15 million stars. And large, sophisticated space observatories allow

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you to see trillions of stars. It's the same night sky, but just look at the difference! Now, the Universe doesn't limit. The beautiful thing is it allows you to see 9,000 stars as freely as 9,000,00,00,000,00,00,000! Just that you have to put in the *effort*. And with effort, you can activate experiences, which are beyond your greatest imagination.

Every goalete's journey is unique, each of their goals is unique — and that uniqueness is its own reward. Each of us 7.7 billion human beings has a unique fingerprint and DNA. We are all born to fully rejoice in our uniqueness, whether it is our appearance or our goals. Someone's goal is to go to a beach and another's is to climb a mountain. They both come from a unique space. And the journey that they both will undertake is unique too. Comparison is one of the biggest anomalies we make between our own goals and those of others. Every goal of every entity is unique and should be experienced by that entity to the fullest, including a readiness to face its consequences. See, every action has consequences — every goal does too. A goalete must be prepared to embrace the entirety of their goal, including what comes from it.

Let's say someone wants to run the Antarctic Ice Marathon. Now, that person should be prepared for the challenges — the daunting journey and the extreme cold they would have to endure — just like they should be

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prepared for the fulfilment of their goal. Or, let's say someone has a goal of becoming an actor. That person should be ready to go to auditions, face rejections, stand in line, and so on, just like they should be prepared for the sweetness of success, when it comes their way.

Most of us are fixated on the destination rather than the journey. But you see, while most sports are about amusement or entertainment, the sport of goals is about experience — the experience of infinity. Every goalsetter essentially uses the energy of the Universe. Or, in other words, every goalsetter touches the soul of the Universe while pursuing their goal. That's exactly the way I feel while pursuing all my goals in life. And once again, if you ask me, *that* is the biggest of all rewards: the experience of infinity.

Fulfilment

When one fulfils a goal, there is a moment, however brief, when a deep, deep sense of accomplishment comes about. It is the same fulfilment that the earth feels when it completes a rotation on its axis. Or the same fulfilment that the sun feels when its light reaches the earth. Or the same fulfilment that a river feels when its water touches the ocean. Or the same fulfilment that a tree feels when

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its fruit fully blossoms. Not that the earth, sun, river or tree stop there. Like i said, that moment is a brief, an almost imperceptible one. All these entities promptly pick up from there and resume their work without any delay or ado.

The way i look at the sun, earth, river and tree, they are who they are thanks also to the accumulated credit balance of fulfilment they have been putting in their bank account since they were born. There is such a surplus of positive energy that they have gathered that it spurs them on, even when the chips are down.

It is the same fulfilment that a mother feels when her child starts walking. It is the same fulfilment that a father feels when his son nets his first soccer kick. It is the same fulfilment that a chef feels when someone enjoys their dish. It is the same fulfilment that an author feels when someone enjoys their book. It is the same fulfilment that an athlete feels when they win a championship. It is the same fulfilment that a filmmaker feels when someone enjoys their film.

All these fulfilments come about when a goal is brought from ideation to completion. Of course, it would be taken beyond or would lead to a new goal but for that stretch of time, it is complete in and of itself. I still remember the feeling when i completed the goal of

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enabling India to have its best-ever Olympics or when i completed the goal of motivating kids in 100 high schools in 100 days or when i completed the goal of driving across all fifty states in the US. Now, i didn't win any award or even a single penny after accomplishing any of these goals. But the feeling of fulfilment that followed is invaluable and is beyond articulation. All I can say is, i truly wish upon everyone to be blessed with that feeling.

But, unless a goal is *fully* accomplished, that fulfilment never comes about — resignation does, but fulfilment doesn't. And there's a galaxy of difference between the two. It is always a completed day that leads to another completed day. Have you heard of an incomplete day leading to a complete day?

If a tree doesn't give shade, it'd never feel truly fulfilled, however much it tells itself otherwise. If a river doesn't reach the ocean, it'd never feel truly fulfilled, however much it tells itself otherwise. That applies to our purpose in life. If we don't walk on its path and don't fulfil it, then we'd never feel fulfilled, however much we tell ourselves otherwise. That's the reason so many people lead unhappy, unfulfilled lives. They don't tap into their purpose.

But those who do fulfil their purpose, whether they are homemakers, scientists, yogis, artists, engineers, caregivers, athletes, are the happiest ones. To them, their

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goal — or life itself — doesn't feel like a chore. It feels like a joyride. It feels like a voyage of bliss.

There was a time early on in my life when i was in the habit of leaving a lot of things unfinished — and that trait continued in some ways even till i started the Superpositivity Movement eight years ago. As i look back on that time, there was a lot of incompleteness in my life, a void that was lurking like a soiled plate sitting by the side of your bed. Only when i learnt to take it to the sink and wash it after eating my meal did i truly discover the bliss of fulfilment. And that's what my intend for all goaletes to feel: to take their goal past the finish line and feel that immeasurable bliss of fulfilment.

To give you an even better perspective, let me reproduce an excerpt from *Yes Thank You Universe* that best sums up the energy of fulfilment:

Someone has beautifully said, "The Universe doesn't start what it can't complete." Just like the Universe has given you life and the strength to complete it as well, it has given you goals and the strength to complete them as well. I strongly believe that a goal is the Universe's way of propelling you forward in life. See, the very word Goal has the word Go in the beginning. It means to go, to reach out, to the energy of the Universe, with your arms wide open. To go inwards as well as outwards with full

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awareness. Of your core nature. And of your eternal potential. It's like a train that's leaving the platform. In order to reach your destination, you have to board it. If you just keep standing on the platform, you are never going to get where you want to. So, be aware of the train, and the fact that it's moving. You've got to get onto it. And go. Where your heart tells you to. Where your goal tells you to. Just go. And the Universe will gladly follow. Because in your completion lies its completion as well!

Inspiration

As a goalete, one has to remember that one's audience is not just the present world or the present group of spectators or similar goaletes who are currently living — but the coming generations. As a sport, goaletics is centred in the present but it is truly played for the benefit of future. What is the impact of our actions on the coming generations — that's what every goalete has to be eternally mindful of.

Smoking a cigarette is a goal too but is that the impact you'd like to leave behind on the world: a trail of smoke? When a goalete has honourably fulfilled their positive goal, the greatest prize to be had is a positive footprint on the sands of time. To Confucius, Buddha,

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Christ, Muhammad, Nanak, Gandhi and Mandela, the inspiration they have left behind for humanity is the greatest prize they could have hoped to get.

When a tree fulfils its goal of standing tall amid snow and sun, what it gets in return is the inspiration it puts in the hearts of the onlookers. You see, every goalete will have to endure in their journey, whether in spirit, mind or body. Brickbats will come, humiliations will be hurled, disappointment will ensue but when it's all done and dusted, the greatest joy will be the inspiration the goalete will give to those that live now or those who will come later.

A star burns in the sky and dies solitarily, unwatched by anyone anywhere. But because it has fulfilled its purpose with full fidelity, billions of years later, its light reaches a planet called earth where astronomers and poets are inspired by its sparkle. And they endeavour to emulate that brilliance in their own life. To the goalete called the star, that is their greatest reward. That their spirit lives on in an entity quadrillions of kilometres away from it.

All goaletes are inspirers, even if they don't realise it. My mother didn't quite know it for many years, but the light of her goaleticism is what I picked up and am transmitting to the world. While she was busy making her house brick by brick from scant resources, little did

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she know that one day her son would be writing a first-of-its-kind book on the sport of goals! But now that she does know it, she admits that that is her greatest reward indeed.

There is a very interesting parable about a man in medieval India who lived during Emperor Akbar's reign. Once, the latter announced a handsome reward for anyone who could stand in minimal clothing in an ice-cold pond all night without stepping out. None came forward. Except one man. He stood all night in his loincloth in that excruciatingly cold water and stepped out in the morning, hale and hearty. Bewildered, everyone asked him how he did it. The man replied that far from the lake, at a considerable distance, there was a lamp dimly flickering in someone's house. He just kept focusing on that lamp, loved its light and filled his inside with the warmth of that glow. That's how he could survive the subzero temperature and fulfilled his goal.

He might have been handsomely compensated by the emperor back in the day, but if you ask me, his greatest reward is that a goalete called Vickrant is inspired by him, and is emitting the light of his goalete spirit, five centuries later!

We've all heard that the best rewards in life are intangible. I know it first-hand. One of the greatest joys

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i have received from my work came a few years ago. After i'd conducted the Goalete Program at a sports institute one night, a fencer named Rakesh came to my room. He was at one point one of the finest fencers in the country, who'd represented India at many international tournaments. As we shook hands, he started crying. He said he'd been drinking heavily, using recreational drugs and had taken to excessive smoking and swearing, since his mother had passed away a few years ago. He said that he was so moved by my story that he'd resolved to completely transform himself from that time. And he did.

It's been three years since we first met — he's off all substance abuse, has become a vegetarian, has stopped using swear words and has become a role model to scores of athletes at his institute. In fact, he has gone on to create a rehab centre for drug-afflicted youth in his home state Assam and has inspired over a hundred youth to become drug-free. If you ask me, Rakesh's transformation is an even bigger reward than an Olympic medal. It is the reward of inspiration — the greatest medal in the sport of goals.

Nirvana

On a journey, one might miss a signpost or two. Or take a "wrong turn". But then, as a goalete knows, every missed

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turn is an opportunity to experience what they might have missed. What others consider failure is to a goaler a lesson. That's why, in the sport of goals, there isn't any winning or losing. There is only accomplishing.

If you truly intend to play the sport of goals — and by now I truly hope you do — then the mark is so big that you just can't miss. Every moment is the proverbial bull's eye. Every situation is the proverbial manna. Every goal is the proverbial nirvana. It's not the next one. But *this* one. The next one is going to come for sure, but you won't crave for it. Rather, you will flow to it — in a state of nirvana.

Very few people have understood goals as a gateway to nirvana. But, as any person who has accomplished that state will tell you — only a goaler can touch that state.

You see, since the dawn of humankind, only those who have made enlightenment their goal have accomplished it. The moment one resolves to attain enlightenment, one becomes a goaler, and it is their goal alone that will take them to that door and beyond. It was Buddha's goal to attain enlightenment. He spent six years of aimless penance before he created a resolute goal on a full moon night under the Bodhi tree that he'd get up from that spot only after attaining enlightenment.

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Because he was a true goalete, he did accomplish his goal — and even 2,500 years after he left, he continues to inspire humanity that it is only a goal that leads to nirvana and that nirvana only comes from a goal.

Many people think that a lifetime of goal-lessness is nirvana — and i happily accept their version too. But, you see, such people are very consciously, very deliberately, living without a goal — which means that goal-lessness itself has become their goal! So, they too have become a goalete! And it is only a goalete, who through their goal — or without it, if someone insists — would reach nirvana.

Countless people have been attracted to the spirit of a monk or a yogi. But, if you observe deeply, it is the spirit of a goalete that resides in them. The only thing that distinguishes them from others is their spiritual goal. It is their goal that keeps them from straying. It is their goal that keeps them from weakening. It is their goal that keeps them from being selfish. It is their goal that keeps them from adding to the negativity of the world.

And it is their goal that makes them bring joy to the world. It is their goal that makes them love all creation. It is their goal that makes them forgive others. It is their goal that makes them honest and truthful. It is their goal that keeps them from spiritual inertia. It is their goal that centres them in the here and now.

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Someone once asked me the meaning of nirvana. And here's what i shared with them: "Nirvana is freedom from our own negativity." That is the answer i live by. As i walk on the path of superpositivity, i don't find negativity in the world. I find it in the self. And the more i correct it there, the freer i get. But if i leave it only to the higher power, to fate, to correct me, how will it happen? That's the sort of fatalism — or goal-lessness — that most people live by. They keep postponing the opportunity and the goal to correct themselves this very moment. In the here and now.

This whole creation is actually a co-creation. A concert between the Universe and every entity. The Universe is continually playing its part? But are most human beings playing their part? The biggest human unconsciousness is to leave things to one's fate. But, you see, what's illuminated today is because light started moving towards it one day, perhaps billions of years ago. Similarly, your highest essence too will become visible one day, but you have to start moving the light of your consciousness towards it now.

For me to become healthy, it has to become my goal. For me to become abundant, it has to become my goal. For me to become happy, it has to become my goal. For me to reach nirvana, it has to become my goal.

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That goal has to be eternally active. I have to keep improving every moment of my life. I have to remain connected to the glacier of my purpose: superpositivity. I have to keep flowing like a river of superpositivity in every season, independent of every reason. And eventually dissolve into the ocean of superpositivity.

For that, very simply, i have to stay a goalete. And keep playing the sport of goals all my life. Till infinity and beyond. Forevermore.

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.

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