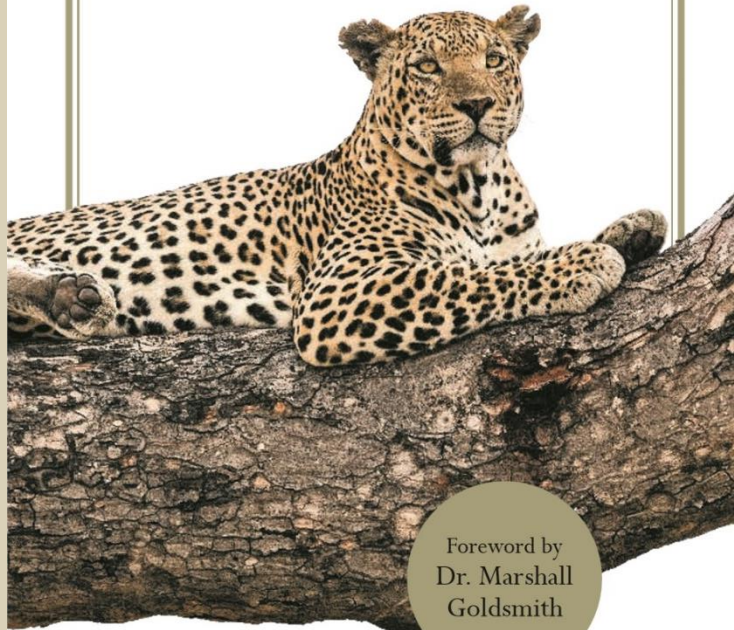


ASHU KHANNA

I AM...LIFE IS...

Live Life with Mastery



Foreword by
Dr. Marshall
Goldsmith

BOOK HIGHLIGHTS

LIFE IS A SPORT

- *Our perceived imperfections create drama*
- *Curiosity and learning are key to playing the game of life*
- *A large canvas offers infinite possibilities*
- *Visualize, explore and engage to feel alive*

LIVE WITH AWARENESS

- *Understand your thought patterns to act with relevance*
- *Observe life patiently and allow insights to unravel*
- *Embrace diversity, relationships are the mirror in which the self is revealed*
- *Assess rather than judge, human beings are inherently sensitive*

AUTHENTICITY

- *Be alert to the current reality of life, let go and accept change*
- *Do right rather than be right, live a balanced life of values*
- *Happiness is a choice, it exists within; it's not a thing to acquire*
- *Slow down to access your gift of abundance and express fearlessly*

TRANSLATING IDEAS INTO REALITY

- *Understand your intentions*
- *Play like a warrior - learn, assess and act consistently*
- *We are all pieces of a puzzle, work collaboratively with awareness and agility*
- *Proactively innovate and recreate fearlessly*

EXCELLENCE

- *Wealth is limitless, slow down to experience the expanse of Nature*
- *Time is a resource, reflect and invest wisely to live a balanced life*
- *Accept the cycle of life and build an emotional anchor to feel balanced*
- *Develop dexterity to dance in tune with life*
- *Slow down to give time to your well being*

WHO AM I

- *Attach to the higher authentic self to know who you are*
- *I am an observer, an explorer, who experiences life with awareness*
- *Meditation is an effortless awareness of our true nature*
- *Human beings are like Lego blocks, we all serve a purpose and add value*

LIVING POWERFULLY FROM DETACHMENT

- *Courageously surrender to the script of life and contribute to humanity*
- *We are instruments of creation, let go to flow effortlessly with life*
- *We have unlimited potential, take a leap of faith to create miracles*

I Am...Life is...

LIVE LIFE WITH MASTERY

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