





**365**  
**QUOTES**  
*that will CHANGE*  
*the way YOU LIVE*  
*and LIGHT*

**Shekhar Ganagaluru**



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**365 QUOTES that will CHANGE the way YOU  
LIVE and LIGHT  
by Shekhar Ganagaluru**

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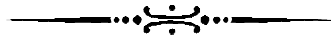
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For all who love to inspire  
the world to make life beautiful



I sincerely thank all those who directly and  
indirectly contributed to the undertaking  
and completion of this book.

## FOREWORD

The origin of this pocketbook lay in numerous intellectually rich conversations that Shekhar had and continues to have with his colleagues and friends. The pithy sayings are drawn from such memoirs and deep reflections to understand values and aspects that mould our personal and professional lives. The book's title gives insight into the writer's sincere attempt to disseminate them among youngsters as they face the realities of life. They crave words of advice, solace, and inspiration in situations quite often when the brain is not under control and seeks to find a way out. In a culture obsessed with measuring talent and ability, we often overlook the important role of having conversations and inspiring those around us. Inspiration

awakens us to new possibilities by allowing us to transcend our ordinary experiences and limitations. It transforms how we perceive our capabilities, our purpose in life, and the society around us.

As a society, the best we can do is to assist in enlightening the people around us with positive and constructive thoughts. This book succinctly brings out words of wisdom in simple language. It encourages the reader to reflect and write down each day on an aspect, simply recognizing the sheer potency of reflection in the process of learning from life and its potential impact on everything we do. Reflection is a key ingredient in moving knowledge from short-term to long-term memory. Hence the author encourages the reader to spare a few moments each day to reflect on their learnings from this book and their own experiences. As John Dewey's famous quote, "We don't learn from

experience. We learn from reflecting on experience.”

The sincere efforts of the author can well be summarized in the quote of Psychologists Thrash and Elliot “*The heights of human motivation spring from the beauty and goodness that precede us and awaken us to better possibilities.*” Being a practising Psychologist himself, his belief that inspired people contribute to the richness of society by being more creative, productive, and intrinsically motivated has played a key role in bringing out this wonderful handbook.

Life is not an entity but an experience. It must be lived with no hurry but courage, dedication, and goal.



**Sayeed Ahmed**

CEO, Biese India



It was a very stressful day at the office with some disagreements with colleagues. Around 9 pm, I reached home with unpleasant and bitter feelings. The moment I entered the house, my daughter ran to me and offered a bowl of sweets stating, "Nanna, this is for you." I felt annoyed, took the bowl of sweets, threw it on the table, and yelled at her in frustration. Politely, she said "sorry" and silently sat on the sofa with a gloomy face.

I refreshed myself with a cup of coffee. After 30 minutes, my wife called me to the kitchen and said, "Today is your seventh service anniversary. From 3 pm, your daughter watched your favourite sweet preparation videos and made these sweets. She has been waiting for you to give the same. But what you have done with her is wrong. Why have you shown your office frustration and upset her?" Listening to this, I



could not stop my tears and rushed to my daughter and knelt down.

Apologizing to her, I had the bowl of sweets in my hand that I had thrown on the table." She immediately took the bowl back from me and said, "Nanna, it's too cold, don't eat," and rushed to the kitchen and brought a new bowl of sweets. Witnessing her love and care, I could not control my emotions and hugged her.

This experience inspired me to write the following quote: "Think and care about people who inspire you rather than people who bring you down."

The book is a treasure trove of 365 quotes based on my experiences dealing with different situations, problems, and people. The quotes are written in simple language to allow the readers to read without much exertion. The readers must have an organised schedule for reading this book to experience and feel the impact. The readers should plan "one quote" for a day. After reading, the readers should understand the quote's significance thoroughly with spirit and interpret it by correlating it with their ecosystem.

Subsequently, the readers should record their reflections in the space provided in the book to realize the outcomes. Reading without measuring the result is a waste of time and energy.

This book is not for fun; the book is with a purpose. The purpose is to inspire the readers to bring out the best individuals within them and introduce them to society to make people's lives beautiful. We are not here to waste our lives; we are born and living with ambition. To fulfil that ambition, we must become positive and self-motivated. In this direction, the quotes in the book will be daily motivational capsules.

I consciously used the reference "masculine" in some quotes to simplify it. In such sections, requested the readers to interpret generally/as applicable to all.

Thank you for choosing this book to read and excel.

Be Great,

**Shekhar Ganagaluru**

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1

*I am optimistic and can turn  
negativity into positivity.*

*I am confident and can turn  
the impossible into the possible.*

*I am unique and can turn  
weaknesses into strengths.*

*I am a torchbearer and can turn  
obstacles into opportunities.*

*I am intelligent and can turn  
an ordinary person into an extraordinary.*

*I am efficient, excellent, and an expert,  
but I am always eager to learn.*

**✌ My Reflections ✌**

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2

*Every minute you delay trying,  
you allow someone to take away your  
opportunity.*

3

*People remember us not by our positions  
but by our spirit of desire.*

4

*Miracles don't happen;  
You must work to make them happen.*

**✌ My Reflections ✌**

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5

*If we dream, we must chase our dreams, not others! Whenever we fail in the journey of pursuing our dreams, we must realize that we have not made exemplary efforts to get the right results. Strong success paths emerge from this realization. We must strive to chase our dreams through continuous efforts and focused methods. This kind of approach powerfully facilitates us to overcome our failures and make our dreams come true.*

**✌ My Reflections ✌**

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42

*Some situations in life may trouble us initially, but in the end, they make us stronger.*

43

*You become a miracle for the world by doing what the world thinks is impossible.*

44

*Good in you brings good to you.*

**✌ My Reflections ✌**

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45

*If you want others to understand and respect you, start understanding and respecting them.*

46

*If you are the reason for someone to get a peaceful sleep, you made your day.*

47

*Listen to nature occasionally, and you will be mesmerized by the learning.*

**✌ My Reflections ✌**

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48

*Believing that "tomorrow will be better than today" is a sign of hope.*

49

*Set smart goals, have action plans and stay focused. You will see miraculous results.*

50

*Being a leader can be easy,  
but proving leadership is not easy.*

**✌ My Reflections ✌**

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51

*Take some time every day to listen and understand yourself before trying to understand others.*

52

*Don't spend time doing things you don't like, either big or small. In the end, you neither add any value to those things nor those things add any value to you. Spend your time on the things you are passionate about to experience the real miracles of your efforts.*

**✌ My Reflections ✌**

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132

*A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader but becomes one by the equality of his actions and the integrity of his intent.*

133

*One of the severe diseases of a relationship is thinking, "I'am the best."*

**✌ My Reflections ✌**

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134

*The journey to success begins with a warm smile. You were born to be brilliant, to succeed, and flourish.*

135

*At the end of the day, how close you get to your destination is more important than how much effort you put in.*

**✌ My Reflections ✌**

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136

*We cannot live a life loved by everyone,  
but we can live loving everyone.*

137

*Trust in me led to good results,  
but trust in the team led to great results.*

138

*If you want to break your barriers,  
start understanding them.*

**✌ My Reflections ✌**

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139

*If you hate people, what more do they need to hate you back?*

140

*Start today.  
One day you will be the best.*

141

*Don't worry about what others think.  
Keep going, and they will soon realize your true potential.*

**✌ My Reflections ✌**

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218

*When you cannot enjoy the victory of others,  
where do you find the followers to enjoy  
your victory?*

219

*If you know the value of wisdom,  
you will know the value of people.*

**✌ My Reflections ✌**

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220

*No matter what you do, there will always be  
one person who is not happy with you.  
So, stop worrying and focus on giving  
the best.*

221

*Don't delay recognizing good things because  
your delay should not cause you to miss  
them.*

**✌ My Reflections ✌**

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222

*Welcome and accept criticism because it helps you realize what you don't have.*

223

*Fear results from "not knowing something" or "having done something wrong."*

224

*Leadership is not power or authority. It is a license to serve the people and the nation.*

**✌ My Reflections ✌**

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225

*Employment is not about doing work  
but helping customers earn  
better profits.*

226

*Genius people never stop learning because  
they think they are not smart enough.*

**✌ My Reflections ✌**

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227

*When you start discovering yourself genuinely, you will be delighted to welcome the VICTOR within you.*

228

*Each of us will be bad for one or the other in every situation, so it is not helpful to consider satisfying everyone. Focus on the benefits of the majority and move on.*

**✌ My Reflections ✌**

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### About the Author



Shekhar Ganagaluru is working as General Manager – HR, ER, SHE & Facility Management at Biesse India, Bengaluru. He is a dynamic, innovative HR & IR professional, author, mentor, counsellor, social worker, youth facilitator, trainer, and storyteller.

Shekhar's other famous books in Kannada are "Baduku Badalayisida Kathanagalu" and "Geluvu." He introduced several self-assessment tools to understand self-confidence level, ego-control, measurement of job

security, effective situational management, parental care, leadership excellence, etc.

He is one of the founding members of “State-level HR Kannada Conference – Karnataka” and serves as an Honorary key member of several professional organisations in Karnataka. He received several recognitions and appreciation from various institutions. He recently got the “TOP HR INNOVATOR” award from the Times Ascent Presents 21<sup>st</sup> Edition of the Asia Pacific HRM Congress & Awards.



