



DINNER TALK IN PURSUIT OF EXCELLENCE



SQI was honoured to have Mr Nikhil Desai, an International Speaker, Motivator & Trainer at an evening talk on 7th May 2008, who provided insights on the *Pursuit Of Excellence*.

The following are the excerpts of his talk:-

1. INTRODUCTION

'The quality of a person's life is in direct proportion to his commitment to excellence, irrespective of his field of endeavour.'

Vincent Lombardi

We must have a commitment to excellence in our lives. How is excellence achieved?

2. SETTING "SMART" GOALS

SMART goals are goals that carry the following characteristics:

- Specific
- Measurable
- Agreed
- Realistic
- Time-Bound

3. WHAT EVER YOU DO, PUT YOUR WHOLE MIND TO IT

In America, Swami Vivekananda saw some kids standing on a bridge, shooting eggshells floating in the lake. The children were always off the target. Swami took a gun, stood still for few minutes and then fired twelve shots. Each time it hit an eggshell, Swami turned around and told the awe – struck boys "What ever you do put your whole mind into it. If you're shooting, your mind should be on the target. If you're learning, think only of the lesson."

4. DEVELOP A POSITIVE ATTITUDE

Be and act enthusiastic. Let one lose everything but enthusiasm and that person will come through to success. In time of difficulties, cultivate a positive attitude towards what you can do to solve the problem in the best manner possible.

5. TAKE EFFECTIVE DECISIONS

Life requires us to make decisions all the time. Most people have no idea how much time and energy is wasted through indecision. It is important to bear in mind that indecision is expensive and nearly always the worst mistake you can make.

Some decisions require a great deal of thought and maybe some more information. But once all the facts are available, the successful individual will reach a decision and stop thinking about the various pros and cons, so that he can devote all his energy and effort to making the decision work.

6. AVOID PROCRASTINATION

We have all been plagued by procrastination at one time or another. In fact, procrastination is the greatest disease that afflicts mankind which can hold back progress. Successful people do not procrastinate especially in matters they know are important to them. By off-loading today's work onto tomorrow you are simply storing up work for yourself. Tomorrow always becomes the busiest day of the week.

In summary, setting "SMART" goals, putting your whole mind to the task at hand, being enthusiastic, taking effective decisions and avoiding procrastination are essential in your pursuit of excellence.

