



POWERFUL  
POINTS TO  
ENHANCED  
LIVING &  
LEADING

FREE  
EBOOK

# Reflection on Life Elements & "Now" Matters

*written by Pashpa*

## *A Note from the Author*

*Hello everybody and welcome to our second eBook, Reflection on Life Elements and “Now” Matters. This eBook is coming from a diverse feature for improved Leadership, and remarkably simple yet powerful points to enhanced living and leading others, it starts with you!*

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# Chapter 1

## *Being Present Because Today Matters!*

*“Time isn’t precious at all because it is an illusion. What you perceive as precious is not time but the one point that is out of time: the Now. That is precious indeed. The more you are focused on time — past and future — the more you miss the Now, the most precious thing there is.”*

*Eckhart Tolle*

This eBook is focused on what matters today and the elements of life that really make a difference, during recent times, we have come to realise today, and the present moment really matters and can be beneficial when living and being in the present moment intentionally.

I am also going to be covering some areas of our life elements for your reflection as a gentle reminder, as many of us have been so distracted since the Pandemic that we have omitted taking care of the most important person, that is you.

Leaders often find themselves looking for the next best thing, distracted by the past and worrying about the future. When we do this, it brings about dissatisfaction, unhappiness, compromise our performance, effectiveness and can impact our creativeness and making better decisions.

As Leaders, if we are looking to lead others with influence it is important that we are implementing effective tools, resources, and actions for ourselves first – as I say, we cannot give others what we do not give, or have our selves.

Leadership means being present, to knowing how to connect with what is happening in the present, leaders feel and use how it affects them on a deeper personal level. They are not just reacting on impulses; they are continuously giving true answers to themselves and to the people around them when they are present in that moment.

Usually when we plan for today, for some of us, it falls into pieces, particularly when plans are created in a detached manner. Even I have experienced that when I have prepared for the day in a disengaged manner.

Nevertheless, now I have much better methods, and what I found was that, if I was being more present in the now, no matter what plans I had scheduled did materialise and it felt like a wonderful achievement.

Though, When I planned without really thinking about the plans or the results and not being present, some things did happen, but they never felt complete or whole heartedly fulfilling.



# Chapter 2

## *Reflections can transform your life*

Be in This Moment!

*“The ability to be in the present moment is a major component of mental wellness.”*  
*Abraham Maslow*

To support you even further in increasing your ability to being in the present and the NOW, you must understand certain elements of your body and life. I am going to be giving you some pointers for your reflections and the elements in your body and life. We will then go on to share some great tools and resources so that you can implement great strategies in having an eventful day and being present. Let's start with the reflections. I've understood the questions that come on a regular basis via social media directly to me around how to reflect and yes, we will over some areas in this eBook as I can see that there is a big truth about people, their self-belief, and the way that that we reflect.

I teach on self-reflection, and it's something that we can do daily, or on a weekly basis. When I talk about a daily basis. I'm saying spend some time at the end of the day. I do this for myself, and it literally takes a few minutes, and hey, if it does not happen on that day, or during the week, then I will aim to do it at the weekend.

What I tend to do, because I do travel and usually work weekends, and life does get busy because I'm currently running three organisations and have three lots of teams to look after. So, if I don't get time to do my daily reflection. I will then definitely spend time on Sunday doing it. For more guidance, there are some short sharp tips on Self Reflections which you will find in YouTube and my Social media posts.

It's simple, and the results you see in you as a person, your day-to-day living, even your emotions, will be a new sense of appreciation. for me, my life became a miraculous transformation and all that I do is just think about the one thing that I've learned, something that I loved about that new knowledge or experience.

I ask myself why did I love that thing? And how can I share the experience with someone else to add value to their life then I will ask, how can I teach somebody else something from that learning and experience, and I can't wait to share that wonderful lesson that had really impacted me from today's learning because I know it will impact them in a good way too. Please remember that my learnings and experiences can be from good and challenging times.

In addition, I do my 10 list of gratitude a day, and I'm a person of faith so I write a little note a verbalise my gratitude to my Creator, just simply talking about the day that I've had and the things that I'm grateful for.

All the things that I would like guidance on and the areas of growth that I need comes from a place of faith, and my real-life experiences. Since, I was going through a lot of challenges and a lot of dark times, a time where I literally was on my own for majority of that period, had I not had that faith in something that I wasn't seeing yet, or I had had I not had that faith in believing in the vision that was in my heart.

I would have had numerous breakdowns, where I nearly lost my life had I not started my reflections, it gave me an opportunity to focus on better things that was happening to me and for me, and not on my season of difficulties and fears of the unknown

And I can tell you it wouldn't have just been a mental breakdown. I would have gone down, emotionally, spiritually, physically because my body was already compromised. Hence, one of the reasons that I nearly lost my life during that time.

For sure I can say that because I was in that space of faith, first in myself and then in something that I had not yet seen. It was what kept me resilient during the most horrific times in my lifetime and I can tell you that started from at the age of 11, and probably even before that at some points.

*Q. A ten day challenge: Write down ten things that you are grateful for each day.*

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*Q. What is one thing that you learnt,? And what did you love about it?*

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*Q. What value have you got from it?*

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*Q. How can you share it with others?*

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# Chapter 3

## *Elements of your Life*

### **Hear Your Own Voice**

*“Sometimes you need to sit lonely on the floor in a quiet room in order to hear your own voice and not let it drown in the noise of others.”*

*Charlotte Eriksson*

Let's get on to the reflections around the elements of your life. Now everybody has similar elements we've all got a brain we've all got a body. We all do things outside of our body as in activities. We all can love; we go into relationships we're born into a family. So obviously we're born into a relationship. We all need money to survive. We've all been given twenty-four hours seven days a week, to do what we can and do, and for many of us there's an element of passion too.

Now, for me, that element of passion is something that really makes me feel warm inside. For many, they usually say it ignites a fire in their belly. I feel my passion every day in what I do every day because I absolutely love doing it. Yes, sometimes I get a little tired. Yes, sometimes I do procrastinate because the most difficult and challenging person to lead is myself. However, that does not mean that I don't love what I do. Like everybody else, I need to need somebody or something to hold me accountable to ensure that I truly perform for all that I desire and to fulfil my purpose, the vision that's in my heart, knowing that I did all that I could to make it happen for the right reasons and for the betterment of the world.

### **Passion**

*“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour, and some style.”*

*Maya Angelou*

Passion, for many could be lighting the fire in your belly to do the things that you truly desire. So, for me, I had a vision of me speaking on stage in front of hundreds of people where I was sharing my faith, I was sharing leadership training, creating leaders with positive values knowing that these leaders would then only contribute to the world in a positive way and compound the value add that they got from me.

The other thing I saw was a creation of increased love in all those whom I was blessed to have met, for me it is sowing the seed of love, I live only to come from my heart with unconditional love for everything in



the world. And I saw myself impressing others. I also observed from those who were impressed with what I communicated, could see that everything I was sharing was truly meeting their needs. Now that for me is my true passion, my purpose, in that every single person that's either crossed my path or has been a part of my audience or workshops, training or as a client, has truly grown in some way, only in a positive way, and has become a greater leader because of it.

What do you Believe is your Passion? Are you living it? Don't know what it is, how can you find it?

Get in touch with us and we can help you in finding it. [info@leadershipbydesign.com.au](mailto:info@leadershipbydesign.com.au)

## **Love & Relationships**

*"You know you're in love when you can't fall asleep because reality is finally better than your dreams."*  
*Dr. Seuss*

Love is must for all and its starts with the self, Why?, because you cannot love others when you don't love yourself. Rewarding relationships means that you are investing your time, investing a certain amount of energy, investing, a desire in the people who matter most to you. Now that doesn't necessarily mean that all relationships are people that matter most to you, because it might just be a causal relationship for somebody that you might see for a few minutes at work, but you've built a bond there.

What I'm speaking about here is, those that are truly within your inner circle should be those that absolutely love and respect you and will be honest when discussing with you things that will only benefit you and your life, the people that I want influencing me are the ones that will want me to do well in my job, fulfilling my purpose, be happy and successful, in others they would want me to live a wonderful life as much as possible and would be there if I ever need them.

I'm talking about your intimate relationships, and your immediate family and friend's circle. I allow other people in my life, to influence me, because I know that they wish the best thing for my life. However, I am conscious that I don't get distracted by people that want good things for me and even those that don't want the best for me.

What I'm staying here is that I don't want to get side-tracked from what my calling and purpose because of the people that I love, and those that influence me. Where I'm going with this, is that if I'm at home with my family, then I want to spend that loving time with my family and being in that present and NOW moment and if I'm at work or elsewhere, then I have built up enough stamina to only be focused and present in that moment too.

I have a few of good friends (in fact I only have two), and I very rarely catch up with them, especially now, because my focus is not on friendship, it's on following my purpose and achieving success for my WHY. Now why do I say I have only kept these two friends, because they and I both know, that we will be here for each other and that we don't have to live in each pocket. These friends know that if ever they need me I will always be here for them it's only a matter of picking up that phone call or reaching out and I will, I will go out and support them the devotion and commitment is mutual.

I do know that for many of you it's important that you have somebody you can talk to. It gives you an opportunity to discuss worries, concerns, even great things that are happening in your life, it allows you to grow your connection, communication and even your energy levels.

## **Brain**

*“Leadership and learning are indispensable to each other.”  
John F. Kennedy*

Let's go on to the brain and expanding your potential through learning and developing a positive mindset. I enjoy learning new things, many of you know that I am going to be learning until my last breath and my ideal method of learning is by watching others rather than reading, I love listening i.e. auditory hence I always start my day with listening to something that's motivational first thing in the morning or a sermon that will inspire me or give me a reminder as to why I exist, you know why I do what I do and, and around my faith.

I know in some areas I might be inconsistent in the brain area. And that's because I'm not a theoretical person, like reading is fine but it takes a lot for me to sit down and read something, I'd rather listen, and I'm a very visionary person so I do learn by seeing, and it's usually seeing that helps me retain everything that I've learned and gives me the ability to teach the others in a flexible way.

So even though I'm visual, I know that everything I've learned, I can and will teach somebody else. Whatever it is for you, if you learn through reading, listening, Vision you too can also do the same. As I mentioned everything that we aim to learn and grow in, should be carried out with an intent that you will be teaching the learnings with others.

How can you grow your Brain today and support others to do the same?

## **Body**

*“Keeping your body healthy is an expression of gratitude to the whole cosmos- the trees, the clouds, everything.”  
Thich Nhat Hanh*

Your body is like a vehicle and needs to be taken care, increasing your energy and vitality through healthy living. I not perfect or consistent at looking after myself, I will be honest with you, for many things, especially my diet, I do it for a while then I will slowly stop doing it. I don't eat a lot of takeaways I mainly eat home cooked foods, and it is largely healthy.

Though, my sweet tooth is my weakness and for some reason after a main meal, I always seek something sweet. I do like cheese, yes I love eating my cheese and crackers, as a vegetarian, I tell myself it a part of my proteins (though that might just be reasoning and me justifying the eating habit. Although I am conscious about how much, what, and where. Hence, I love somebody that holds me accountable around maintaining my body.

Okay so What do you need to do to start living a healthy diet and healthy lifestyle, and how long will it take you to do that? Can you be consistent and most importantly, you need to ask yourself, do you want to improve your health, or do you want to maintain great health, and if you give yourself an answer to that question, then that will surely help you understand your needs, and create a strategy that will support your need for having a great healthy vibrant and energised body.

why it's important for you to have great health? Why is it important for your loved ones to have a healthy lifestyle?

## **Being**

*"Do not follow where the path may lead. Go instead where there is no path and leave a trail."  
-Ralph Waldo Emerson*

Alright so we've covered the Passion, Love & Relationships, Brian, and the Body, so let go the Being, I.e., your Being is designing your ideal environment and making it a beautiful haven that serves you and is for you in every way. I found myself in a situation in my home that reminded me of my childhood, for example how I set my furniture around, my kitchen, wardrobes etc. Not untidy or chaotic because I've always kept my homes clean, spacious, airy and in a nice, controlled way where everything just looked great, felt loving and made so that it was always a pleasure coming home.

I don't like clutter, so I keep minimal things in my house in addition, I don't like the extra cost that's involved in moving or buying new things and neither am I a materialistic person. I know that all my possessions are usually the right place as I carry out my energy and intuition blessings prior to setting up my home and so the same for my kids. I do organise myself and I set myself up properly on personal space too, I.e., my office, my bedroom, my personal belongs and so.

Currently your Being is so important for your mental, emotional, physical, and spiritual being. Your environment, including your home your bedroom, office, bathroom, your car is usually a reflection about and around your life. So, if your home and your office etc is a little bit chaotic, you might just want to do a reflection and ask yourself that, is the set up and energy something that's showing up in your life as well?

Do you need to make changes in your environment?

When things around are in a great space, its energy gives the same vibe to us which many of us start feeling from within!

## **Time**

Sheryl Sandberg, Facebook COO and single mother of two, time management is incredibly important in her life, professionally and personally. That's why she's come to understand the importance of prioritizing tasks and focusing only on a few projects at a time.

*“You can only do so much. There are five more projects you want to do, but you pick the three that are really going to matter.”*

According to billionaire investor Warren Buffett, time management is all about saying “no.” By turning down the requests or asks of other people, Buffett has more time to focus on things that matter most in his life.

Time is about getting more out of everyday we've all got the same time, right. So, what can you do to ensure that you make the most of your time and become a time waster? For example, today, many young and old, at work, home, are playing games most of the time on their phones, and the recent pandemic only added to that habit. Are you some who gets distracted easily, have you created a habit of procrastinating to avoid doing things what really need doing?

I used to be in that space, a little, not much otherwise I would not have all those years of experiences in my personal, businesses and leadership roles.

I am a human being so yes, I might put on a movie, which I really enjoy watching, I might start my day, especially in the weekends watch a program for 10 to 20 minutes first thing in the morning and then I might watch something at lunch to have a break from my work, and then I'll probably finish day watching part of a movie after my dinner when I've just we're getting ready for bed.

it's all different for us, and I know for certain that procrastination is not a good thing because it's, like a form of lying to yourself, it as though you're cheating yourself, you've got something to do and then you

don't end up doing it, and hence, wasting that time, in addition you probably start feeling guilty because you didn't do what you had set yourself to do, am I right?

For me, when I focus, I really get a lot done and I think that's the secret in being a success as a Leader, firstly, if I'm accountable to myself and complete all that I have committed to, then those I lead will do the same, so if my staff are asking me for things, then I will have that as a priority, I have to be the role model for them and my family. When say I'll get this to you by a certain date, then I'll make sure I get that to them by that date, they really appreciate it as well.

## **Money**

*“Money, like emotions, is something you must control to keep your life on the right track.” Natasha Munson*

The final element is Money, finding your way to financial freedom. I felt many times, when I was going through my challenging times, that sometimes I will only ever have enough to live, and no more. This is the attitude I had very much so for those years when I was in an awfully bad business relationship, over eight years, until two years ago, when I was finally free from that situation.

Financial well-being is a critical part of our mental and physical health, and yet, so many of us are afraid to talk about our relationship with money. The cultural conversation around financial stressors can seem negative and judgmental, but when we're honest with each other about the small changes that have helped us build sustainable habits, reduce our stress, and set ourselves up for financial security, we open the conversation and help each other improve.

Try not to say things like, 'I'm not good with money' or 'I don't really understand financial stuff.' Instead form a new alliance, taking total responsibility for your finances. Change your language to, 'I can have a healthy, responsible and enjoyable relationship with money and see money as an important relationship that needs your nurturing and attention just as much as other relationship.

Talking to someone about your financial situation can help if you open with someone you trust, you will find others open as well, and then you quickly learn that your situation and the things that worry you are not vastly different from others. Talking about it alone can drastically reduce stress, and of course, open you up to different ideas and perspectives that can lead to a healthier financial future.

I value our money and for me its worship because it comes to me with a blessing, and of course with it we can do a lot of things with it. Hence I value it and know that if I abuse it that it may not stay with me. If

money management isn't something you enjoy, consider my perspective. I look at managing my money as if it were a part-time job. The time you spend monitoring your finances will pay off

## **Recap**

*"You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand."*

*Woodrow Wilson*

I'm going to finish off this eBook with a little thought on. As I mentioned earlier that the present matters, today really matter, and everything that you do in the now, this is so much closer to my heart and soul more than ever following the two near death incidences I have had over the last 20 months.

I'm here for one thing and that is to value all my life element, Passion, Love, Body, Being, Brain, Time and Money so that I can fulfil my purpose and calling, to meet mine needs so that I can help others meet theirs, I am not here to impress anybody other than to live my drive my vehicle (life) and deliver on my vision and mission, to develop Leaders that will only impact the world in a positive way and to Lead, Inspire world class Leadership that will ignite transformation

I am up and running again following several crashes where I have been crushed and it has taken a journey to rebuild my life and my children's. So, types for me today matters.

we often have days when things seem to fall apart, part, maybe not quite as dramatically you know as for some of us. However, we do have bad days. And if we were to rate the past day, on a scale of one to 10 What would you rate that day and on what basis would you judge it.

Is it depend on who you've spent the time with is a dependent on what you're thinking or how you're feeling, is it determined by how many things you've checked off your checklist, your to do list, or are you scoring your day, according to how much time you've spent with someone you love, how much time you spent with somebody you respect, how much time you spent impressing other people, or how much time you've spent, in talking about your faith or believing in your faith or whatever your beliefs are, what would you judge your day.

According to good or bad. Now, for many of us I believe you know we judge our successes in appropriately. And sometimes this leads us to problems where we make poor decisions on how we spend our day, so the day falls apart. And what I'm saying is that, you know, if we're not successful in everything that we do, it's not a bad thing, if we have learned from it then it's an invaluable learning.



## Conclusion

Attempt to be consciously aware, where you are living, where are you staying in your emotions, do you reflect on what's going great or not so great. What is your feeling if things aren't going great? how are you making decisions, what influences them, are they serving you, or not at all – ask these questions, they really got me thinking outside of the box and contributed to me making huge changes in my life and my successes.

Today matters because I believe, success is possible for everyone. And if we have misconceptions concerning success, then we can make that success impossible for us.

Scott pecks opening words in the road less travel. He says *“life is difficult. And people often give up when faced with difficulties, which leads us to a lack of success, and hence, the perception that success is impossible”*.

Value your Today and avoid falling victim to changing climates, environment issues that are not in your control, crisis (find the opportunities during these times), behaviours, all the tools you need to add value to your Leadership is Within you and when you realise this your resourcefulness will be unlimited.

*Wishing you the Best Lived Life and Greater Leadership*

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