

—THE POWER OF—
REALISATIONS

DECODE YOUR QUEST



— **DHARA PUROHIT JOHN** —



The power of realisation is inexplicable. When you recognise this power, it propels you to turn your intentions into actions.

Pay attention and be aware of the 3 R's. These will help you accelerate your inward journey bringing you breakthroughs to discover the Limitless You!



1. Reflect:

The power of reflection is immense.

Here are a few questions to get you started on your journey of reflection.

List down top 3 things that are bothering you and describe the reason for the same.



This activity will help you see what needs to be addressed. By doing this exercise, you will discover the things that are important before they turn into critical. It will also help you see things that demand your time.

You can then ask yourself,
“Are these things really important to you?”



“Do they align with what you really want to do?”



If not, then what must change for you to make space for the things that you wish to do?"



2. Recognise:

Powerful moments of reflection will help you recognise and see challenges in a different light.

Pay attention and list the things that nudge your soul. List down at least 3 activities or things that you would like to explore and why.




When you write down your why, it will bring it to your conscious mind and energise you to take the next step.



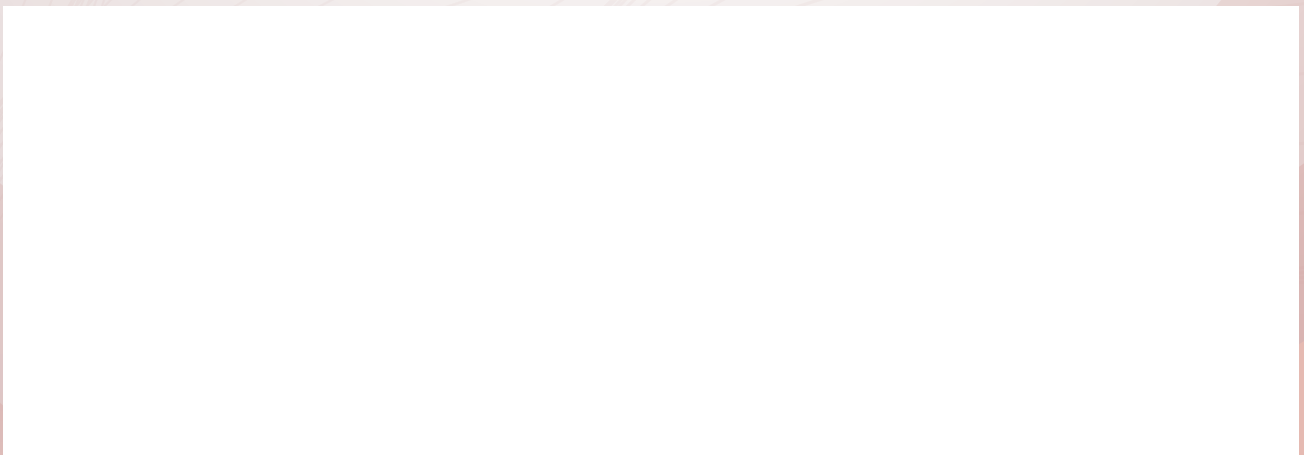
3. Respond:

When you recognise and have a clarity of purpose, you cannot help but take action. You will feel compelled to respond to your intentions. This is where the magic will unfold.

List down 3 steps that you think you can take towards bringing your idea or realising your passion.



Ensure that these are 3 small steps. Small steps result in consistent actions. It is when you persist with your intention and input, success is inevitable.



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*I AM CHEERING FOR
YOUR GROWTH AND SUCCESS.
UNLEASH THE GENIUS IN YOU AS YOU
DECODE YOUR QUEST!*

*Thank
You*



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