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# PERSONAL GROWTH LAB

**HOW TO STAY**  
**SELF MOTIVATED**  
**WHEN SWIMMING**  
**WITH SHARKS**



by  
**ARUN KUMAR  
SHARMA**  
*Founder & writer of*  
**personalgrowthlab.com**

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# **PERSONAL GROWTH LAB**

HOW TO STAY SELF-MOTIVATED WHEN  
SWIMMING WITH SHARKS

**ARUN KUMAR SHARMA**

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## ENDORSEMENTS

- I felt self-motivated and got clarity towards implementation for learning's.  
- Muneet Rana
- I liked Arun Kumar Sharma **case story** to clarify the concept.  
- Upendra Thakur
- I liked the author in depth explaining of examples, which straight away get through your heart.  
- Naveen Attri
- Not Just Theory, Practical Knowledge is the best learning from author, which can be applied in our day to day life.  
- Rajeev Gour
- I felt motivated towards the completion of my goals.  
- Surjeet Chauhan
- In such easy words, Arun Sharma has beautifully explained that how we can STAY motivated to finish what we start.  
- Mohit Dogra
- Great Motivational & Inspiring Write up, worth 100 times it's cost  
- Akhilesh Yadav
- The energy of Arun is very high. He naturally inspires others to take action.  
- Akhil Kishore
- Arun is a Best motivator so far I have come across.  
- Sameer Singh
- I go through your content on daily basis. It's very helpful for sustain of my self-motivation  
- Farid Syeed



## **ACKNOWLEDGEMENT**

*Dedicated to My Spiritual Master – Sant Rajinder Singh Ji, My Parents, My Wife - Himani Sharma, for loving me as I'm & raising our two little hearts – Son 'Naitik' & Daughter 'Pragya.'*





## **THANK YOU NOTE**

I acknowledge and thank you many people in this journey called life (**mentioned below in no particular order**) & coming out of this **Book** is a cumulative effort of all these people support & learning's—directly or indirectly.

**500 plus Books, 200 + Seminars, 100 + Video Courses, 5000 plus articles from web and magazine** – Which I have learned myself for personal & professional development

**357 + live training** session for my students across the globe

**10,234 students** graduated from my courses.

Raj Kumar & Usha Sharma – My Parents didn't only made me stand on my feet but also helped me becoming a human being who care for others, Ajay Kumar & Megha Sharma – My brother for being my best critic & Bhabhi for her care during my visits at their home along with their lovable kids 'Inu' & 'Addy', MP Sharma & Sadhna Sharma (My In-laws) – For their love, care & support from time to time, Sonik Sharma & Meenal– My Brother in law along with his wife for following their heart in business & I love Sonik lovely songs, Rishika Sharma & Amit Sharma - My sister in law with her studious husband for being an early supporter of my decision for marrying her sister along with their kid Shivam, Gerry Robert – Author of Publish a Book & Grow Rich, he taught me the complete cycle of publishing a book in detail seminar, Shiv Khera – Author of You Can Win & My Mentor – I'm grateful to learn from him about building of brand, Subhash Lakhotia – CNBC Tax Guru, he is a true gem & down to earth personality – learned humility, C.Eashwer– for initially teaching me about seminar business, Praveen Singh Rawat – Gave me first break at Sundram Fasteners, Pantnagar Plant for within company training, Rupender Kaushik – From Automotive Component Manufacturing Association, gave me first break for being trainer on his panel at New Delhi, Yogesh Gupta – for provoking me to get into entrepreneurship & I learned to appreciate importance of short-term vision for long-term success, Priyanka Gupta – For Taking well care in managing business & appreciate her dedication towards work from her, Sukrit Kaur – For being loyal with organization, accepting different work challenges & helping in the production of this book, Neeraj Gupta – An entrepreneur who served as my life coach initially & brought clarity of my mind, Deepak Goel – A great supporter of startup, himself an entrepreneur who guided me to take decision to become full-time entrepreneur, Bimal Bedi– My Mentor & Guide in my corporate career who supported me all time, Ravi

Mehra – A great visionary, from whom i learned organizing and leadership skills, a man of his commitment – helped in growth of my corporate career, Anil Singh Makhloga – A CEO from whom i learned about trusting other capabilities & celebration of small wins for bigger success, Neeraj Chaudhary – a supporter & guide, learned how to be motivated in adverse situation, he is a person full of motivation & go-getter type, Rajesh Mishra – My best Boss ever, trusted and gave me complete freedom to explore my potential, Anand Pal Singh – A person who not only dreams, but take action to make it a reality, I'm thankful to him for giving me opportunity to showcases my talent in corporate career, Anuj Chaudhary – Looks life from 360 degree, a TPM & Business Excellence guru. Learned to be practical in our approach towards work & life Kaneko San & Inuzuka San – I respect these two legends from Japan, i learned shop floor management skills from them, Ravi Shankar – My first boss, a true quality system person – head start my career, R.P Singh – a confident personality, had good learning from him in the beginning of career especially how to present one's work & deal with daily team-related challenges at work, Pankaj Yadav – a dynamic personality who always guide with his full heart & introduced me to great trainers to work with, Sanjay Kathuria – For gifting me Rich Dad, Poor Dad book which changed my mindset & provoked me to follow path of entrepreneurship, Dr. Meenu Kapoor, Dr. Shivkee Gautam, Dr. Anupama Ravi Futela – these trained gynecologist doctors took our worries off during my wife pregnancy & helped our children to see this world, Sanjay Parashar & Anil Kumar – the real stalwart , I learned quality system, how to enjoy work & better client management with them, Gurudutt – a person with whom I can laugh & share my heart always, Santosh Bhushan–my bachelor life roommate, one of my best friend, I learned manpower handling skills from him, Ashish Sharma – this person taught me little fashion – my early hairstyle were his inputs, Manoj Dhondial – my childhood friend, he taught me simplicity in living & facing struggle with confidence, Veeru– a dreamer, my college friend with whom support I did best in various stage plays, Lokesh Pathak – my school friend with whom I had good time, Lal Singh – my brother childhood friend, later turned out to my mentor in education & his reference got me first job after engineering, Gaurav Jaggi – Professional turned personal friend with whom I can share any idea

# Introduction - Swimming with Sharks

Welcome, I congratulate you for starting reading this book. The fact that this book is in your hand reflect your willingness towards personal development. Let me introduce myself.

I'm **ARUN KUMAR SHARMA**..... the word '**ARUNA**' in the Indian Sanskrit means..... 'The beautiful red light emitted by the sun as it rises.' And the light always removes darkness & serves as a guide. And later in my life, I didn't know that this will become my life purpose. The **purpose of my life is to share my practical learning with individuals so that they reach their maximum potential through personal development courses.**

I came from a lower-middle-class family which has high materialistic expectations & always low on budget. In the search for a job, my father moved away from the village to a city. He served his tenure in Defense Services at first & then also worked for government bank as a Clerk (Supervisor). My parents have put their best efforts to raise me & my brother to become a caring human being.

Not knowing what's best for me, I did B.Tech in Mechanical Engineering & M.B.A in International Business. After that, I worked for corporate for eight years before I finally quit my job [actually entrepreneur bug hit me!]. I co-founded recruitment, training & consulting company in 2012. The business was good and turned out to be profitable after some initial turbulence. However, I was not a happy guy as I found myself NOT acting like a real business owner. I was actually an artist & creative by heart. I will always be like this – I tried to drift away from my true identity of author and trainer. I was trying to become someone else.

And then, in mid of 2015, I too hard decision to come out of my all other business (even good paying one) to focus 100 % in the growth of online personal development school. Thus, came out the birth of my new creation for aspiring & intermediate entrepreneurs who are looking forward to follow their passion in the online space - [www.personalgrowthlab.com](http://www.personalgrowthlab.com)

Although, any other person working as corporate professionals or business owner will be equally benefitted by the ideas and blueprint shared in this book.

Sustaining of Self Motivation is not an easy task. It's just like swimming with Sharks. The shark's stands for self doubt, criticism by others, fear of failures, and uncertainty by following one's passion.

In this entire situation, can there be some method or steps which can help to bullet proof us against getting bitten by these sharks. This 6 weeks course is an effort to build a strong case around us to make progress and get results towards our goals.

After lots of failures and frustration, finally I could find the way and system to stay self motivated to accomplish my goals one by one. This book is a result of my decade-long interest and study of motivation, psychology & human behavior.

This book is **NOT about ME**. It's actually about YOU. I knew, I have been in the similar situation as yours. And with the application of this knowledge I came out with Confidence & higher self-esteem to achieve my goals in faster time.

I would like you too.... **INTRODUCE YOURSELF** here by adding yourself in PGL Community in facebook [https://www.facebook.com/groups/PGL Community/](https://www.facebook.com/groups/PGLCommunity/) (It's super easy & you will find a community of like-minded people like you).

**Share this in PGL Community** - Which area & country you reside. And what's your No. 1 Goal at present?

The **steps which I have listed in this book have been applied FIRST in my life**; I too had many failures, however with the application of this blueprint, I got some appreciable results and changes, like:-

- Living a millionaire life without being a millionaire
- Freedom of time, location and people to work with
- Take best care of my family and enjoy great time with them
- Increased my weight from 50 kg to 67 kg (now perfect)
- Following Powerful morning routine of doing meditation & yoga
- Impacting life of 10,000 + students from my online courses
- My personal studio, library, sports & meditation room

- Strong bonding with my kids as I spend great time with them
- Build network of great mentors & coach who guide me
- No Unnecessary fights with my wife who now experiment with delicious dishes for me and kids (occasionally, recipe goes wrong!)
- **Most Important, I'm able to see my children growth :-)**

I'm not sharing these results to brag. It's just a fact if we follow certain systems and routine. And by **STAYING MOTIVATED**, you too can get a faster result for your goals. I'm damn sure, by the end of this book itself, you will have an actionable blueprint to come out of your problem and struggle. You will be able to stay motivated to achieve faster and sustained results.

**My 365 Days Guarantee** – Here, I give you my iron clad money back guarantee. If you don't get the result by following mentioned steps in this book with ACTIONABLE steps. Send me all actionable filled sheets with all details of your action. I'll schedule a FREE two 30 minute session with you usually for \$ 200 to help you in getting results. I'm committed for your success. Still, if you don't get results, I will simply give away 10X (times) price of this book you bought for initially. It's simple and straight. Here is my email id –  
support@personalgrowthlab.com

THIS book is not about **ME**, It's about **YOU**. This book is about **SELF MOTIVATION** – Learning How to **STAY MOTIVATED** to get **FASTER & SUSTAINED RESULT** in the time of turbulence and tough times.

**You can finish off reading this book & doing exercise as per laid out 6 weeks course. However, if your speed is slow or fast, you can take more or less time accordingly.** Hang on tight, for a total benefit, I urge you not leaving any chapter & doing actionable exercise along with the chapters.

**This book is NOT for those who feel they know everything about self motivation. This book is best suited for open-minded people who are willing to unlearn, learn & take action.**

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**‘Don’t let the breezy style of this book fool you.**

To achieve any result, change yourself rather than changing other . This book contains sincere advice on sustain of self-motivation from handling criticism to winning the inner mind game.

- Anuragam Vatsa  
Author of Listen to Heart Series

**Six Weeks to a Bullet Proof  
Self-Motivation System.**

⇒ **IN WEEK 1**, Getting Started - remove clutter from mind for greater clarity and develop focus.

⇒ **IN WEEK 2**, Self-Motivation mastery secrets - find emotional purpose for yours goal and decide priorities .

⇒ **IN WEEK 3**, Dive in for self motivation - handle criticism by others and follow your heart.

⇒ **IN WEEK 4**, What’s holding your Back - setting high endurance limit & throw negative people out.

⇒ **IN WEEK 5**, Sustain part in self-motivation level-make yourself accountable with powerful daily routine.

⇒ **IN WEEK 6**, Conclusion -take responsibility for your self-motivation and get momentum by taking massive action.

**S**elf-Motivation doesn’t fall from the sky. Majority of people fail in their goal and ventures because of lack of self-motivation. The truth is that with the following of a system, you can sustain your self-motivation. This system separates winners from losers.

---

**ARUN KUMAR SHARMA** is the founder, CEO and author at [personalgrowthlab.com](http://personalgrowthlab.com), which host value added online courses on motivation & soft skills. His course inspire individuals, aspiring & intermediate mediapreneurs/online entrepreneurs to make a difference before leaving this earth. He has trained 10,234 students across the globe through 357 live trainings.

