

**GET
EPIC
SHIT
DONE**



GET EPIC SHIT DONE

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 juggernaut

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*Dedicated to all my teachers,
most of whom do not even know me.*



*When the student is ready, the teacher
appears.*

– Lao Tzu

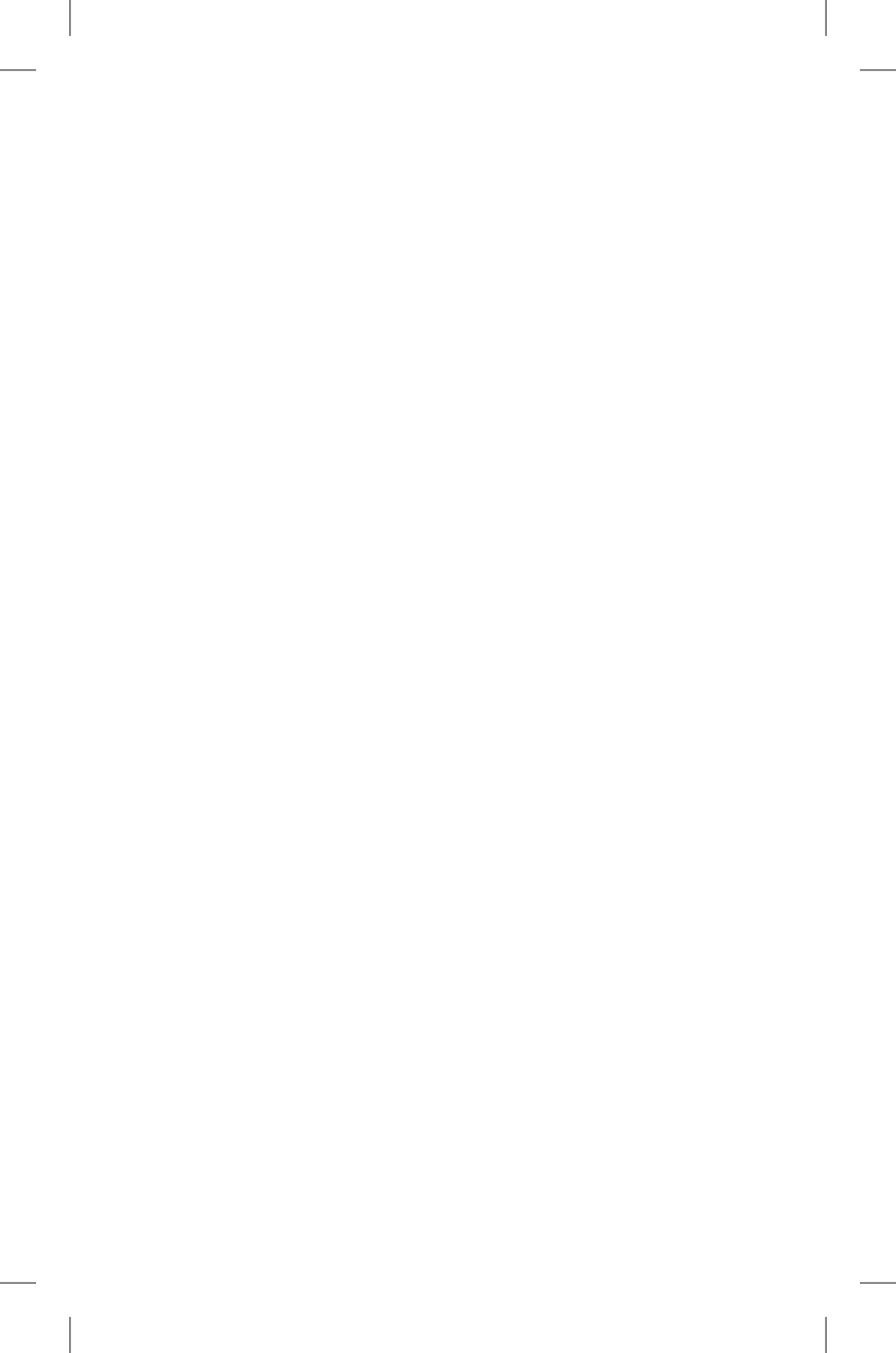


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INTRODUCTION



I started my first book, *Do Epic Shit*, confessing that it may very well be the most useless book you will ever buy. My second book could give it competition. Because it is full of the one thing I hate in life – prescriptions!

Remember those exciting headlines that never fail to seduce us?

‘3 Things All Billionaires Do First Thing in the Morning’

‘5 Ways to Find the Love of Your Life’

‘7 Ways to Crack Your Dream Job’

‘9 Ways to Find Out If You Are Smart. You Won’t Believe No. 3!’

All of them have a common theme.

They make us believe that there is a path to life.

That there is something, a method, a process we are unaware of.

And once we are made aware of it, we will accomplish everything we have wanted to.

You know what?

It isn't true.

There are no prescriptions in life.

There is no one way to live it.

Each one of us builds our own path, our own way, our own journey.

Then why am I writing this book?

This past year you have asked me many questions. Questions which I have tried to answer using my experiences.

How do I manage my time?

How do I deal with failure?

How do I make friends?

How do I decide on my career?

How do I love myself?

This book comes out of our conversations.
I have written it in a question-and-answer
format. Questions asked by a student.
And answers given by a teacher.

36 life questions.
36 answers to those life questions.
And 36 possible times you assume that only
these answers are the right ones.
They are not.
They are my answers.
And they worked for me.
They might not work for you.
However, I do hope my answers drive you to
yours.

I have had many teachers in my life.
Most of them do not know me, though.
Their answers led me to my answers.

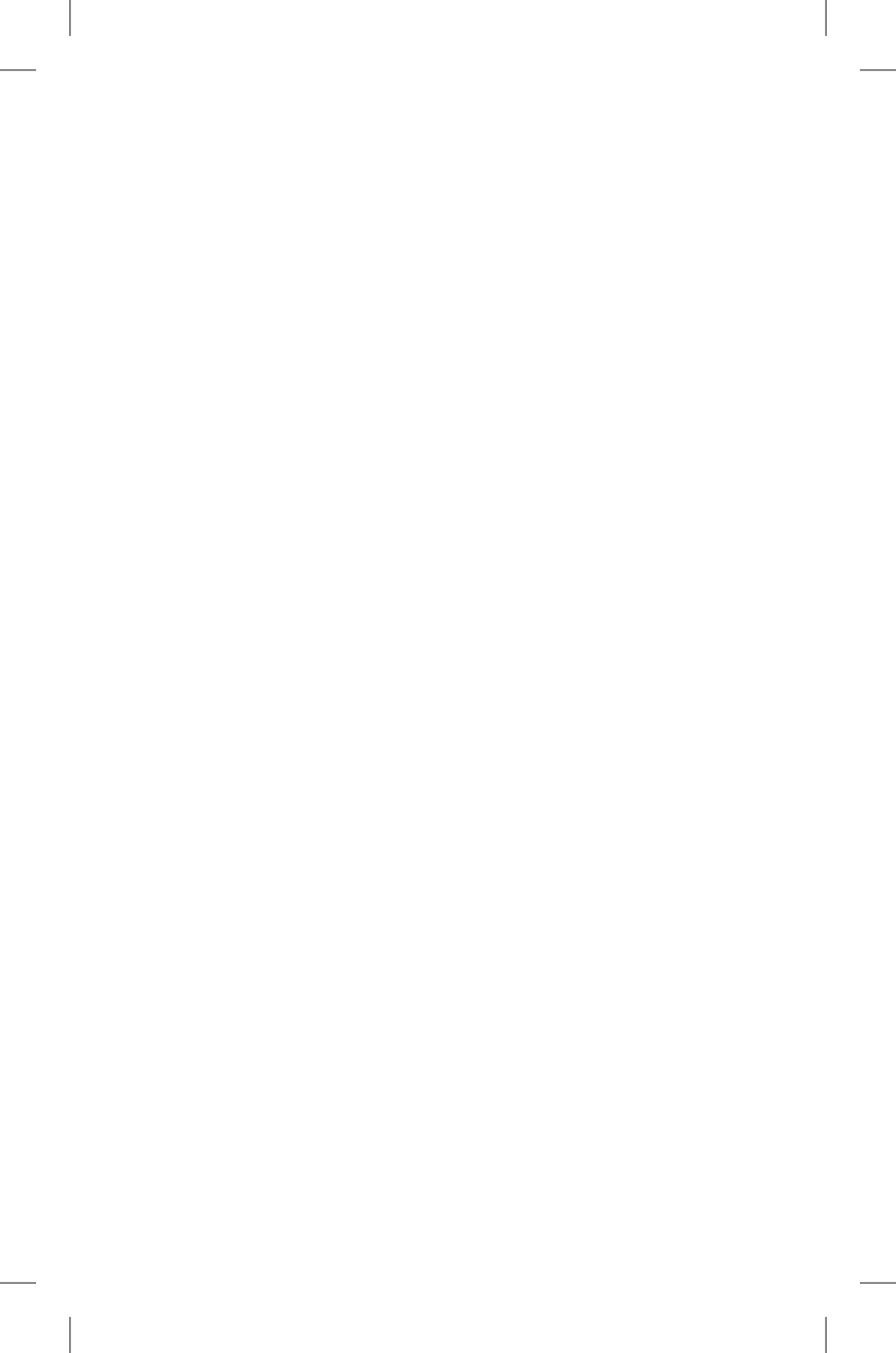
That is the joy of learning.
It can happen at any time, at any place and
for anyone.
Should you be willing.

DO EPIC SHIT was all about provoking you.
Getting you to think. Getting you to reflect.
Getting you to question.
GET EPIC SHIT DONE is an attempt to get
you to act.

So whenever in doubt, open the book to the
question you have and go through the answer.
If it helps you come up with your answer, the
teacher will have appeared!

PART 1

**MANAGING
YOUR LIFE**



How Can I Stop Comparing Myself to Others?

Student: Why is the world around us designed in a manner that we are good only when we are 'better' than others?

Teacher: We fall prey to such comparisons because we have built our worldview on two false assumptions instead of understanding the basic facts of life.

Student: Which are?

Teacher: The first incorrect assumption is that the world is a zero-sum game.

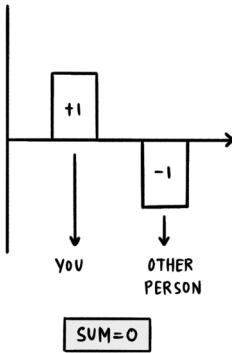
Student: What does a zero-sum game mean?

Teacher: It means that for one to win, another has to lose.

If my score is +1, your score has to be -1, so that the sum is zero.

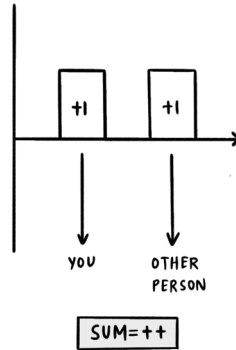
HOW WE THINK

SUCCESS HAPPENS



HOW IT HAPPENS

ACTUALLY



Student: Isn't that true?

Teacher: Far from the truth.

As a matter of fact, all of us can create as many wins for ourselves instead of waiting for someone else to lose.

The world has abundant opportunities.

Look at it historically and you will realize this.

Look at India itself. Our parents' generation had it really hard. Their parents had it harder.

In contrast, we sit on so many opportunities that they never experienced.

Student: That is such a beautiful way of putting it. Does it mean that instead of fighting for a bigger slice of pizza, I can have as many pizza slices as I want?

Teacher: Only metaphorically, yes :)

Student: Sounds interesting! What was the second incorrect assumption you were alluding to?

Teacher: It is a fact that all of us come across very different opportunities.

Which means, by default, we will all end up at different places because we started off differently.

Think of it this way: there is no one, absolutely no one on planet Earth who has the same characteristics as you do.

Your temperament, your capability, your choices, where you were born, your family, your upbringing, your luck – all are so unique to you that by design no one can be like you.

Since everyone started off differently, everyone by default will end up differently.

Student: Reminds me of the Taylor Swift song lyrics: You're the only one of you, baby that's the fun of you!!

Teacher (smiling): Yes!

Student: But I must confess this is hard to put into practice. When I see someone doing well, all I see is that someone else is winning and not me.

Teacher: This is what I ask myself when I see someone else winning:

If they earn more than me, will that be true forever?

If they have a job and I do not, does that mean I will never have a job?

If they happen to be in a lovely relationship, does that mean I will be lonely forever?

The answer to all of these questions is no.

Student: That's helpful. But really not. I still feel I am not winning.

Where do I find that peace at that moment?

Teacher: The emotions that we humans go through are not permanent. What we feel today, we will not feel tomorrow.

However, what we feel today can either make us depressed or induce us to take action.

You see a friend with a good job and you don't have a job?

Use that emotion to work harder to get a job.

Student: This sounds so easy to do! Yet why don't we end up doing it?

Teacher: Because there is a deeper layer we have not yet uncovered. Ask yourself the following questions:

'Why am I feeling bad?

Because they are doing well and I am not.'

‘Why do I feel that?’

‘Because they have a job and I don’t have a job.’

‘How is that a bad thing?’

‘If I do not have a job, it means I am not making money to fulfil my needs and wants.’

‘If I do not have a job now, does this mean I will not have a job ever?’

‘Of course not, I am capable. I can get multiple jobs; it is just a matter of time and patience.’

‘Then why does someone else’s job make me feel so bad about myself?’

‘Perhaps to me, they are successful and I am not.’

‘Is that the only definition of success?’

‘Maybe. I do not know.’

‘Once I have my own definition of success, do I think I have done everything I needed to do to get there?’

No, not at all.

I could still work harder. And better.'

'What's stopping me?

Me!'

When you have this dialogue with yourself, you will be surprised to know that your definition of success is not clear to yourself.

These emotions will lead you to introspection, help you create a definition of success.

Does this mean you will stop comparing yourself to others? No.

It simply means that when you do, you will know what to do next.

Dig within.

**The worst use of your
time is comparing
yourself to others.**

Student: Instead of having imaginary conversations with others, the way is to have real conversations with yourself?

Teacher (smiling): The teacher has appeared!