



Growing In Wisdom

Powerful Insights
for a More Meaningful Life

Navid Ahsan

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Every mediocre we encounter in others is a silent yet worthy reminder
to look for the changes and developments necessary in ourselves

Navid Ahsan

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A message to all my readers

Every life lesson tips found in this book and the book itself is free for all to use for personal benefit/pleasure and to share with family, friends and the rest of the world. You may use and share the ones you like anyhow/ anywhere you choose to without needing my permission to do so.

I may not be here tomorrow but to know that the insights I have shared in this book can impact the readers in a positive way, long after I am gone, gives me a deep sense of contentment and joy. I would for that reason love to share and spread these tips with the whole world, but I cannot do so alone. I need your help to do it. If I could, I would myself give a free copy to every person on the planet in hopes that even one line from the book can make a positive difference to you.

The Power of Personal Growth Tips

The guidelines which I have shared from page 9 can be referred to as words of wisdom, life lessons tips or even pointers on personal growth, but what they cannot be denied as are truthful insights, insights which can bring a positive change in one's life if practiced with commitment. They are truths which most of us are aware of at the back of our minds, yet those which we often fail to apply when they are able to serve a positive purpose. They are truths which evade our attention in the midst of daily activities, especially at times of hardships. They are the kind of insights we come across in books, websites, on social media and even hear through word of mouth. I have not shared anything new with you in this book. They are simply my own versions of what is out there already, and quite a few which I have learnt through my own experiences and trials in life. It is quite possible that you are familiar with many or even most of them. They may be simple insights, but they are insights which are deeply valuable. They are insights which need to not only be kept in mind but also practiced with deep dedication and commitment whenever circumstances in life require us to. Only when we do that will we be able to truly understand their significance in ways that will help us to perceive different dimensions of life at a deeper level and create more meaning and purpose from it.

I wish to share with you a personal account of mine and one how such life lesson tip motivated me during a difficult period. When the 2020 Covid-19 pandemic started, I was experiencing a lot of mental stress due to all the fears and uncertainties that many of us were going through during that dark phase. A few weeks into it, I desperately wanted to neutralize the negative thoughts in my head or at least minimize some of them. Once I made the conscious decision that I needed to find an edge, I tried to be mentally receptive to anything that might come my way. Few days later I was watching an interview by the United Nations general secretary on BBC news, who urged that everyone should work together to

defeat the enemy. He was referring to the pandemic as the enemy, which immediately reminded me of a wisdom quote I came across while reading a book years ago. The author mentioned the term 'Learn from your enemy', an age old expression suggesting that the hardships we experience in life should be used as lessons to help us grow in strength and wisdom. While it was not something I thought much of when I actually read the book, those four words suddenly seemed to have tremendous potential now, perhaps more so because I was desperately looking for a mental leverage. It gave me a new sense of hope through a dark and frustrating place I was living in. I knew that all my fears and worries would not just disappear because of a life lesson tip, but at the same time it gave me that mental tool that I really needed. I felt that if I could pick some important lessons from these trying times and begin to apply them in a purposeful manner, the mental struggles I was going through would not just be remembered as painful experiences but rather make the challenges more worthwhile.

Why I wrote this book

I have read some very insightful wise sayings in the past but I had never bothered to implement any of them in any area of my life before the unique challenges faced by the pandemic. We all know that desperate times call for desperate measures, and one expression, became a reason for hope through those dark times. It made me realize that these words of wisdom do hold real value, but only if we are willing and know how to implement and apply them in ways that are meaningful to us. They have the power to help us grow as human beings, yet they are easily overlooked and are often considered to be nothing more than a bunch of words put together attempting to sound pricey. But it is also true that there are so many of these personal growth pointers out there that it would be impossible or even foolish to try and focus on every one of them we come across, even if we wanted to. But what we can do is be more practical and pick the ones we can relate to on a personal level and use them in a positive manner. I wrote this book so I could share with you some of the tips which I had comprised over the years, in hopes that some of these lines might become meaningful to you in some way. I have requested you to a challenge on page 30. I hope you take me up on it. Good luck!

Powerful Insights for a More Meaningful Life

A life of pain is also a life of hidden blessings, so look beyond the surface to search for them.

If life is a school, then the most precious student attending that school is you.

You are capable of taking giant steps with your little human feet

We cannot hurt others without hurting ourselves, yet most of us never realize this hidden truth throughout our entire lives.

It is each of our responsibility to make sure that our thoughts do not influence others in a harmful way.

You are stronger than you probably realize, but you need to believe it yourself to know it is true.

Sometimes the solution to a problem is right in front of us, yet we do not see it because we do not look attentively.

If you wish to heal an old wound or make peace with someone, try be the one to take the first step forward.

Make hope your coping mechanism.

Always keep an open mind and explore new horizons because what you find of little interest today might become a life-long passion tomorrow.

Those who are easily willing and ready to admit their wrongdoings are great teachers who are leading by example for the rest of us.

Your little help might prove to be BIG to the one receiving it.

Always be honest with yourself.

Do not expect the world to change for you. If you want change, you have to change to accommodate the world.

What truly makes you a winner is to know how to accept defeat.

Tell yourself this everyday "*I can have a life with problems and still be happy*" because you can.

The little positive changes you make in life can take you a long way.

The one goal in life that matters the most is to try and just be a good human being.

Try not to sweat the small stuff because they can take your focus away from the bigger issues that may need attention.

Sometimes the problems we encounter are silently telling us that a change is necessary in some aspect our life.

When someone is feeling down, just letting the person know that it happens to you as well can help that person feel better.

Your patience is never wasted, even when you do not receive what you waited for, because you still get rewarded with practicing an indispensable virtue

Giving someone a second chance is not just about extending an opportunity to that person but allows you to know that you did your part.

Always choose your words carefully and wisely, for the right words have the power to create and the wrong ones can destroy.

When a solution to a problem can wait, take some time to think about it instead of rushing things because tomorrow you may have a better idea.

Letting go of a wrong done does not mean you have lost but that is what your ego wants you to think.

The way to know the difference between our heart and your ego is by keeping in mind that the two always tries to motivate you in opposite directions.

When our hope is truly tested, patience becomes the invisible boat which keeps that very hope afloat.

Life isn't perfect, and you have no reason to be either.

Remember to stay not just strong but also wise in difficult circumstances, for wisdom is an attribute that is no less valuable than strength.

Learn to regularly self-reflect, for it is an invaluable practice you can develop, make habitual and eventually master.

Once in a while, ask yourself how you are doing.

Tomorrow will be a new day not just because the sun will rise again, but because with it will come new hope, lessons and opportunities for growth.

We spend too much time and effort chasing after happiness and not enough of either trying to find contentment.

Learning from your trials and struggles is as good as defeating them.

Your ability to smile through a struggle is a strength that has the power to inspire others.

If you experience a harsh setback, keep telling yourself that it is not the end of the world until you start believing it and knowing that it is indeed true.

Truly being grateful about something is not just about verbally appreciating it but includes showing it practically through appropriate acts whenever we can.

A few kind words from you to someone going through a hardship can make a world of difference to them.

Happiness is to know that you are doing ok.

When we appreciate the little things, we find life more meaningful as a whole.

The rewards for your struggles are the lessons you can learn from them, so make sure to get your rewards!

Wisdom is to keep in mind that the grass on the other side of the fence isn't always greener.

Never underestimate the power of the enemy.

The more you understand the world within you, the better you can deal with the world beyond you.

Sometimes the only way out of a problem is through it.

The greatest warrior your ego will ever encounter is your heart.

Remember to not just gain knowledge and wisdom at every opportunity you get to but share them with those who need it

Never call someone useless for it is not just unkind but also untrue because no one, absolutely no one, is useless.

Learning valuable lessons from our struggles is only purposeful if we use the knowledge gained from it for our personal growth.

One of the most precious gifts you can give someone is your time

Gratitude can be practiced in different ways and one of them is through making sacrifices.

Mastering self-control in every aspect of your life is a greater achievement than reaching the mountain peaks of the highest mountains many times over.

Simple can be powerful.

You can learn great lessons from seemingly trivial things.

Learn to find inspiration from the smallest things in life.

Sometimes doing what is right can be hard, and you can use that very knowing to find strength in overcoming the hardship.

It is better to prepare for a problem and not have to face it than to hope that it will not come true and end up having to suffer for it.

The memories of the past cannot hold you back if you do not let it.

If we really want something, then we should also know how to appreciate it when we receive it.

Hope is that incredibly powerful force which keeps one going until belief becomes truth.

There is no end to desire, that is why you must know when to stop.

Learn to channel your negative emotions in a healthy and beneficial manner.

Help can come from the most unexpected sources in life.

Those who are loving and kind to animals have even bigger hearts than those who are loving and kind to other people.

There is no right or wrong way to live your life, as long as you do not harm yourself or anyone else while doing so.

The most difficult struggles in life are also the ones that have the power to reveal how strong you truly are.

One of the best things about your attributes is that no one can take them away from you.

The fact that we can ponder upon our own existence is a miracle in itself.

Your patience can conquer worlds you might have never thought possible.

Know your limits and find your strengths.

You do not need to remind anyone of your qualities because those who are observant will perceive them and those who are ignorant don't deserve to be reminded of them anyway.

Science will never find God and one who chooses to believe in his existence should never try to search for answers through science.

With great pain comes great responsibility... to grow.

Do not regret what you cannot change from the past because that will only prevent you from living a brighter future.

We need to learn from children more often because they can teach us so much about virtues of honesty, kindness and unselfishness.

Never compare yourself with others because you are unique.

If you set an objective, find ways to challenge yourself to reach it.

Those who do not easily make promises deserve the same respect as those who do not easily break them.

One of the biggest problems with happiness is that we associate it with the past.

To forgive a great wrong takes not only strength but also courage.

Faith and hope combined can be so powerful that they can merge
heaven and earth.

The one obvious takeaway lesson from the 2020 pandemic is that a
normal life should never be taken for granted because normal is
actually awesome

Reminding ourselves every once in a while that our time here on
earth is limited can help to put lot of things in positive perspective.

Kindness is the most beautiful attribute you can practice.

You can never be too cautious but you can be cautious, and that
can help a lot.

Your efforts can never go ignored as they are witnessed by the eyes
of the universe.

Choose a few people from your life whom you know to be honest
and ask them if there is anything they feel you should change about
yourself.

One can gain wisdom until the very last moments of one's life.

The richest people are those who do not let their wealth control
their thoughts, attitudes and moral values. .

Those who are always willing to help others already have one foot in
paradise.

To truly be grateful about something means to be content with what
you had yesterday without having an expectation for tomorrow.

There will only be pain if you do not learn from your struggles.

Never take yourself for granted.

Keeping in mind that encountering the most unexpected events in life has real possibility can assuage the burden if such a scenario is actually encountered.

Kind words are the next best thing after kind deeds. We can therefore always say something nice to someone even if we cannot do something nice for that person.

Never underestimate someone else because that person may very well have attributes that you do not

Life is always talking to you through the myriad of experiences you encounter every day. You therefore need to pay attention more often to what it is trying to tell you.

Learn to let go of today what you may be forced to live without tomorrow.

We need to honestly ask ourselves when blaming others whether we are blaming them because they really deserve it or because we are avoiding taking responsibility for our own faults.

Sometimes you need to joke with yourself and have a laugh without thinking that you are going crazy.

Keep an eye out for miracles because we experience them more often in life than we recognize them.

If something is within your capacity, nothing or nobody can hold you back from achieving it unless you yourself do so.

Sometimes life does not allow us to avoid struggles and pain because it tries to make sure we learn and grow from them

The best religion can be found in the virtues of your heart.

Sometimes the best advices come to us in the form of mean words
from others.

Your greatest sacrifices are also your greatest triumphs

Your heart is and always will be stronger than your ego because it
directs you towards what is right.

One of greatest things about your attributes is that no one can take
them away from you.

You cannot change the world alone but you can certainly begin to
make a difference to bring that change.

Difficult changes in life open the door for greater self discovery.

The gentle words and the helpful attitude of a stranger have the power to remind us that we never need a reason to be nice to others.

Sometimes we need to live without the things that bring us pleasure, joy or benefits so that we are able to understand how much they truly mean to us.

What truly makes you a Superman is your ability to overcome your greatest struggles in life, and you do not need a cape to do that.

Those who can always lighten up your day when you are down are a rare gem you need to treasure.

Your mind is a beautiful ocean which you must keep unpolluted from negative thoughts.

Always know and hold on to the value of self respect, even if it comes at the price of being considered or called a coward.

The little sacrifices you are willing to make for another person says
a lot about the goodness of your heart.

Be cautious to take advice from someone who tells you that you
should never make mistakes.

One of the greatest regrets can come from realizing that we took for
granted these that meant the most to us, and we can avoid such a
profound regret by bringing this realization in us before it is too
late.

Life sometimes tries to teach us valuable lessons the easy way and
these 'ways' only become more difficult as we go on ignoring or
failing to learn from them

When you look at someone and think that their life is better than
yours, that person could very well be looking at you and thinking
the same thing

Be willing to make little sacrifices for great benefits.

If there is something you really need or want to do, then do not wait for tomorrow if it can be done today.

Try to not just think positive about the future but also about the past

Good advice does not come around very often so try to make sure it does not go wasted when one comes your way.

Ask yourself before going to bed every night *"What have I learnt today that can be of help to me tomorrow"?*

A Personal Request to All My Readers

I wish to offer you a challenge - I would like you to choose any 10 life lesson tips from ones I have included in this book that you feel you can practically benefit from on a personal level and implement them in ways that can bring better meaning and purpose to your life. It would be even better if you are able to choose more than 10 but I have suggested the particular number so you may be able focus better on the ones you do choose. Please pick 10 personal growth pointers that you find valuable and those you can personally to. But to do that, you must commit yourself to them and make sure they become more to you than just a bunch of words creating lines in yet another self help book. That is something only you have control over and have the power to do. I wrote this book so my readers, whether you are a close friend, or someone whom I will never come to know of personally, can add some positivity to your life from reading it. I sincerely hope you are able to do so. Remember that nobody but you alone can make that difference!

About The Author

I am Navid Ahsan. Family and friends call me Navid. ‘The Curious Monkey’ is the pen name I would like to be known by. Although some of you may know me personally, to the rest I am a stranger. I am by nature a very curious person, hence the self proclaimed title. My curiosity has gotten the better of me a few times in the past, but for the most part I have managed to stay out of trouble. I enjoy writing but I do not write as often as I intent to. Writing is one of the few things I am able to do due to my physical limitations. I discovered the power of writing during a difficult period of my life. The joy of knowing that through writing I have the power to turn my fleeting thoughts into lasting words, and those same words can positively impact someone in another part of the world, someone whom I do not even know personally, is my greatest motivation to write.

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