



Good 4 Nothing

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Life skills are more important than any other skills in the world. If learnt people will not generally be happy but be wealthy and successful too.

These skills not only teach us as how to cope up with challenges but indirectly add up and bring a lot of value and experience which are necessary to overcome obstacles.

So it is important that we prepare kids and children about the life skills and help them prepare them for any unforeseen pop ups which might hinder their growth

Academic skills are good but adding life skills will be like a cherry on the cake.

Unfortunately certificates and degrees won't help you out here. It comes through experience and how you learn from it. Mistakes will happen in your journey and that is why we call it experience. But you need to learn from it.

Some of the challenges in life and the skills you need to learn to overcome.

- **How to have determination?**

The key is acceptance. There will be highs and lows so be prepared for any outcomes and be a winner.

- **How to stop procrastination?**

Identify and differentiate between important & Urgent and take decision, and not so important and not so urgent.

- **How to overcome loneliness?**

Find something which you are passionate about like reading books, swimming, travelling, and writing poems. Do productive work which can add value.

- **How to overcome fear?**

There is always an opportunity on other side of the fear. If you fail, you will learn, but if you win then what. Think about it.

- **How to stop comparing yourself to others?**

Don't attach happiness to external world. Be happy from inside and see how life changes.

We face life challenges daily in our day to day life, but there are many if we deep dive. So it is very much important that skills need to be taught to overcome challenges and it has to start at the foundation level.

Please share with us what are some of the life challenges you face and do you have the required skills to overcome those challenges.



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Always be Learning

