



SAWAAL-JAWAAB:

WHAT'S YOUR 'NARRATIVE OR BELIEF' FOR 2024? WHAT IS THE ONE SIGNIFICANT GOAL YOU AIM TO ACCOMPLISH IN THE COMING YEAR?

Our life's narratives and beliefs shape our story, directing the course and results we experience. These narratives influence our thoughts and actions, manifesting in our behaviors.

It's essential to pause, introspect on our life experiences, and review the narratives we've constructed.

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HAPPY NEW YEAR

09 JAN, 2024



Periodically changing these narratives is vital for leading the life we truly desire. Revising our life stories significantly aids in establishing and attaining our life goals.

My belief for this year 2024 is set no limit to yourself. I am the maker and destroyer of myself (of course after the almighty). My significant goal for this year are to take care of my health, have a healthy lifestyle .Skill myself in becoming a comp and benefit expert ~ **V.Y.**

My narrative or belief for 2024 is that I get insync with myself, prioritize myself and resume my journey in consonance with my Life's purpose. ~ **Rujuta Pai**

My belief for 2024 is to focus more on family and friends rather than just career. I believe we just can't keep running behind career aspirations) for the entire stretch as it will drift us away from everything else. My goal in 2024 is to be extremely good in whatever I do and feel content. ~ **Nikhil Joshi**

My narrative or belief for this year is that **I can accomplish everything I set out to achieve. I will Think Differently, Act Bravely and Reflect Consciously.** My significant goal for this year is to Cultivate, Nurture and Grow a purpose-driven community of Organizations, Professionals, and Entrepreneurs ~ **Akki M**

HAPPY NEW YEAR

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In 2024, my main goal is to stay 'Active'—physically, socially, professionally, and personally. As a coach, I've found a simple yet powerful strategy to guide my year: choosing one word that encapsulates my goals. This year, it's 'Active.' This approach is easy to remember and act upon, making it a game-changer in my personal and professional life. Looking forward to making 2024 both active and incredibly gratifying. ~ **Namrata Joshi-Kulkarni**

My belief for this year is, in 2024 a cascade of new opportunities will unfold, both personally and professionally fostering abundant growth, prosperity and fulfillment. My goal for 2024 is to cultivate peak physical and mental fitness, unlocking a more confident and empowered version of myself. ~ **Mayuresh Chindarkar**

My narrative or belief for this year is that I CAN DO IT. NO MATTER WHAT, I WILL NOT HAVE ANY LIMITING BELIEFS
~ **Aalok Bhauthankar**

For the upcoming year, my belief is to explore the spiritual side of the universe more deeply. My goal is to cultivate a healthy mind and body. By doing so, I aim to empower myself to support society and individuals who require encouragement to progress in life.
~ **Manasth Goleccha**

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This year, I want to overcome my limiting beliefs. These are thoughts that make me hesitant to ask for help, try new things, or set bigger goals. They're ideas about what I can or can't do, my skills, or how strong I am emotionally. They hold me back and stop me from reaching my full potential. **My goal for this year is to truly take care of myself in every way—physically, mentally, and emotionally.**

I want to learn how to live in the present moment and focus on my well-being in all aspects of life. ~Mayuri Kamat

My belief for 2024 would be I want to accomplish all my goals be they personal or professional, which I set for this year.

My significant goal would be to learn more and get experience which would assist me to be a better person and to achieve the purpose of my life by being authentic.

~Paresh Mashete

Conclusion

It's truly inspiring to delve into everyone's narratives and aspirations for the year ahead! Many of us are **prepared to let go of our limiting beliefs and propel ourselves forward in life. Wishing each of you abundant success in 2024.**

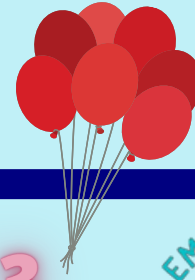
Keep in mind, that "manifestation" thrives when we've examined and reshaped our narratives and beliefs. Let's focus on revising our stories, and defining goals and key results to propel us forward with determination and resilience.

Remember to just Breathe, Reflect, Realign, and Relax—everything will find its perfect place. Have a super 2024!

Special Thanks to all the contributors 😍

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SAMAKSH TURNS 3



SAMAKSH celebrated its 3rd anniversary on January 1st. The past two years have been enriching and enlightening as we collaborated with individuals on Relationships, Anxiety, Emotional Empowerment, and Career Transformation. We extend our gratitude to everyone who allowed us to be part of their lives, imparting valuable lessons along the way.

After an insightful session with our Mentor (Guru), SAMAKSH is embarking on a new journey, transitioning into a company dedicated to cultivating a community of Purpose-driven Professionals and Entrepreneurs.

We've envisioned a goal for ourselves: By 2026, SAMAKSH aims to build a purpose-driven community of Professionals & Entrepreneurs committed to making a meaningful impact in their world.

Our new strategy involves collaborating with Purpose-driven Organizations, Professionals, and Entrepreneurs.

We help **Professionals and Entrepreneurs** grow by offering programs and support. Our tools and techniques empower them to navigate life better and make a real difference with a purpose-driven mindset. **EKAANT's** new logo encapsulates our VISION 2026 of **Empowering Growth, Shaping Minds.**

NEW

FOUR RECOMMENDATIONS



AKKI RECOMMENDS

Every quarter you can expect recommendations of 4 Books and Movies. My recommended books will typically fall under the Spiritual and Self-enlightenment genres.

Movies, however, will be generic in nature.

You will find links to buy the book(s) in its title.



THE WILL AND OTHER SHORT STORIES

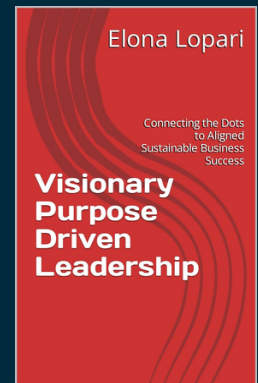
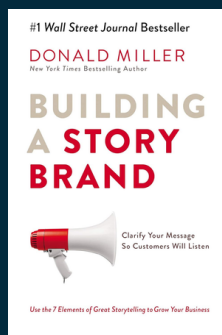
»»» Akshay Masurekar

This book is more than just a collection of tales; I have woven together 6 captivating tales, each centered around profound #emotions such as Greed, Love, Hope, Fear, Lust, Jealousy, and Faith, demonstrating how these powerful forces can profoundly shape the trajectory of our lives. Hope you enjoy reading my DEBUT book.

A great book on building narrative or story around your product or service that customers understand. Clear communication is key to good marketing and even if it's obvious, you will see not many companies doing it correctly.

BUILDING A STORY BRAND

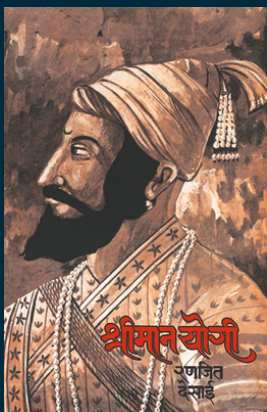
»»» DONALD MILLER



VISIONARY PURPOSE DRIVEN LEADERSHIP

»»» ELONA LOPARI

This book is a call to action for a new paradigm of business—one where profit is not the end goal but a means to a greater end: a world that is more equitable, sustainable, and compassionate.



SHRIMAN YOGI (MARATHI)

»»» RANJIT DESAI

This biographical novel delves into the life of Chatrapati Shivaji Maharaj, portrayed vividly by Ranjit Desai. Transporting readers back in time, it offers a glimpse into the life and teachings of this remarkable warrior king. Prepare for a thrilling journey that will send shivers down your spine and inspire you to pursue your life goals

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SAM BAHADUR
THEATRES/ZEE5

Hindi-language biographical war drama film based on the life of India's first Field Marshal, Sam Manekshaw. Vicky Kaushal portrayed the titular character with finesse and grace. Will be **STREAMING** on **ZEE5** by the 26th of Jan.

Avinash Kamat (Mohit Raina), an ex-cop turned mercenary, takes up the daunting task of rescuing Aliya, a newly married girl trapped in war-torn Syria against the backdrop of growing ISIS terrorism.

THE FREELANCER

DISNEY HOTSTAR



KADAK SINGH
ZEE 5

1 patient suffering from retrograde amnesia after an alleged suicidal attempt (or was it an attempt to murder), 4 different narratives and 1 truth. Kadak Singh is a captivating thriller that keeps you engaged from start to finish.



DHAK DHAK

NETFLIX

This captivating film follows four women embarking on a road trip to the highest motorable pass in the world, exploring self-discovery along the way. It's an enjoyable watch featuring outstanding performances by Ratna Pathak Shah, Sanjana Sanghi, and Dia Mirza. Sana Sheikh's performance is passable.

The Significance of Adopting a Purpose-Driven Mindset

We're all here for a purpose—life's quest is discovering our true selves and embracing why we exist. My mission is guiding individuals to live in sync with their purpose, a lifelong journey of uncovering and moving ahead in life with complete alignment.

Life bombards us with distractions—negative thoughts, fears, and limiting beliefs. A purpose-driven mindset is key, enabling us to peel away these distractions and focus on making a meaningful impact for a fulfilling life.

Outlined are 5 crucial reasons advocating for a Purpose-Driven Mindset:

1. **Value Creation:** It's beyond us. A purpose-driven mindset directs us to create value for others, fostering growth and making a positive impact. Enabling others to thrive leads to our growth.
2. **LEAD:** Embracing this mindset means learning from failures, exploring, and growing internally through feedback and new experiences.
3. **Authenticity:** Liberated from pleasing everyone, we embrace our true selves, recognizing our belongingness to our purpose and setting natural boundaries.
4. **Prosperity:** Money aligns with our purpose, supporting our journey and leading to benefits. Purpose-driven leaders aspire for financial success while aiming to change the world.
5. **Reason to Live:** Discovering our "purpose" eradicates worries like Monday blues. Work transcends survival, becoming about making a difference and fueling transformation.

Let your "WHY" be the driving force of your existence. Feeling stuck? Delve deeper, unlocking your path to fulfillment, and impacting others' lives as you find your "reason." **Have you discovered your "WHY" yet?**



EKAANT
Become One With Yourself



EDITOR'S NOTE

Empower. Evolve. Thrive.

Dear Readers and Subscribers, thank you for all your love and support.

Starting February 2024, I'll be launching a series titled "**A Day In The Life Of...**" showcasing interviews with purpose-driven Professionals and Entrepreneurs. Follow me on LinkedIn (@akkimasurekar) for updates and to stay tuned for this exciting LIVE series!

Do read the books I have recommended in this edition and watch my recommended movies.

I would love to hear your views on the content of this edition. Do **write to me at akshaym@samakshwellness.com** or **Message me on +91-97698 69902.**

Special THANKS to all the contributors of **SAWAAL-JAWAAB!**

