**Principle** 1

Seven Toxic Viruses

**Principle one is about these seven toxic viruses.**

**Virus number 1 - I hate goals.**

This virus signifies a mindset where you are encouraged to set no goals. Sometimes, some people deceive themselves by having goals, but their goals are either non-existent or completely blurred. A cure for this virus is to write down every goal you have in your life.

**Virus number two - I love mess.**

People suffering from this syndrome are in love with the mess. They have a tendency to create and appreciate mess, accumulate mess and live with it. But this virus nullifies your ability to think clearly. Your untidy workstation and cluttered environment make it impossible for you to urgently find documents when you need them.

**Virus number three - I enjoy living with a crisis.** This virus commonly spreads when you leave important things until the last minute.

**Virus number four - I find it difficult to say no.** Imagine you are overloaded with work and your colleague asks, ‘Would you please help me with my quarterly sales review report?” You say, ‘Of course, yes, why not!” While in the back of your mind, you are trying to convince yourself that if you say no to someone’s request, three things will happen to you. A. They would think that you are incompetent. B. A “no” would damage your reputation. C. They would think that you are incapable of multitasking. Remember, when you say “Yes” to every unreasonable request, you risk undesirable results and attacks. Your level of work pressure increases, and you end up feeling frustrated, worried and stressed. So, next time before you say ”Yes”, think about whether it’s the best use of your time or not.

**Virus number five - I adore interruptions.**

People infected with this virus love to waste their and other people’s time. For the sake of interruption, they will either take the help of technological gadgets or set up long meetings without any clear objectives. I call this virus - ***meetingitis***. To stop this virus from infecting you, simply ask before committing to any meeting, ‘Is it really dispensable?’

**Virus number six - I hate planning.**

This virus exists in people who never write down their ideas. They prefer to store it in their memories which remain out of sight forever. Instead of thinking of your memory as an unbeatable storage area, whatever is in your mind, put it on paper if you want to achieve anything in life.

**Virus number 7 - I am happy to be lazy.**

Instead of succumbing to the laziness virus, start acting on your plans if you want to save yourself from being infected.

Now, it’s time for you to sit down to reflect and ask these three questions to yourself.

|  |  |
| --- | --- |
| 1 | Know where you are. |
| 2 | What is working and what is not working? |
| 3 | Identify which viruses are blocking your way to a more fabulous life |

.