

# FIVE SHOTS

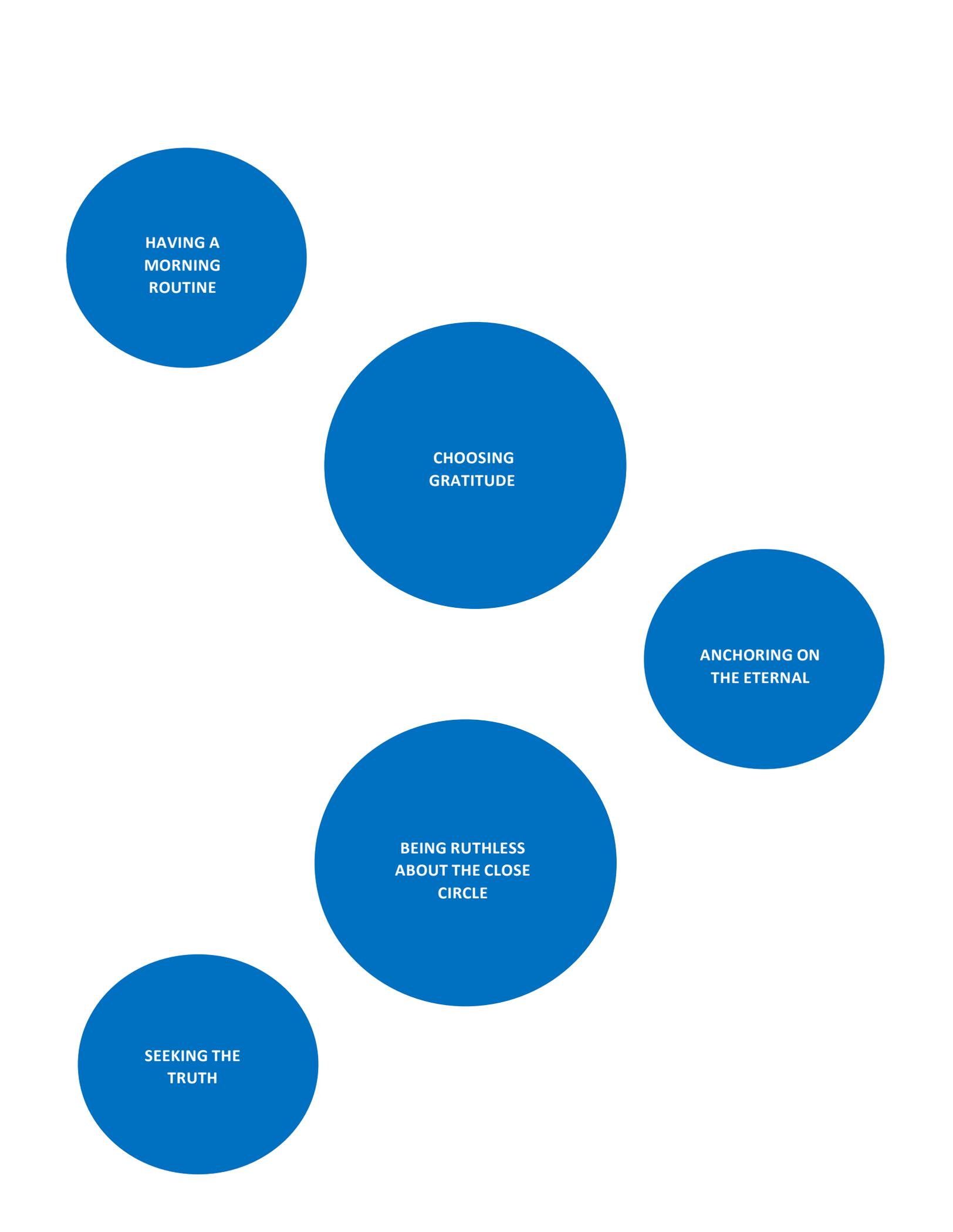
SMALL THINGS THAT MATTER...

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## PRELUDE

Everything in life adds up. More so the calories, but you know what I mean. The things we do, the work we put in, our thoughts and intent, our work and way of life. Everything adds up in the end. Surprisingly even the losses, even though it didn't make sense at the time. Since the dots only connect backwards, all we can do is to ensure the dot that we are currently etching on our page of life is something we wholeheartedly believe in, something we want to take a chance with, something we place our bets on. There are some big decisions in life, and then there are the everyday small decisions. Whether we like it or not, the small decisions eventually lead to the big decision that we can or cannot take, we can or cannot make – all because of how we have lived our everyday life.

This eBook is a gentle nudge towards fine tuning those small decisions of everyday life – of five small things that we can get right by managing simple things, by changing our habits in small ways, by fixing things when they are small rather than letting them go beyond repair - in the hope that by getting the small things right, we will eventually get the big things right as well.



HAVING A  
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## HAVING A MORNING ROUTINE

The benefits of a morning routine are no mystery, but what is the FIRST thing you should do in the morning? Something that you love, or something that you hate? :D There's really no right answer to that question! If you're a lark like me, you'd prefer to start your day with the things you find difficult – to tackle a subject you find most difficult, to take the most difficult/complex decisions early during the day, to gobble up the bigger chunks of things that need to be done for the day early on... But the owls would surely want a very different start to their mornings, for sure! As an owl, I would start my day with something light, a good breakfast, maybe some light reading, and no major decision making. Below are four things that are a part of my morning routine, and how they benefit me... because, you do what I do, not what I say – right? 😊

### A HEALTHY BREAKFAST



Photo Credit: [Alexander Mils](#) from [Pexels](#)

- The FIRST disclaimer about this morning routine is that you DON'T need to have breakfast mandatorily. I for one, alternate between very heavy and very light breakfasts.
- Studies show that your breakfast habits needs to be decided based on what you body needs. Please LISTEN to your body!
- When you've got your A game breakfast on the table- which for me translates to orange juice! - you know it will make your morning that much brighter!

## READING



Photo by [Mikey Dabro](#) from [Pexels](#)

There's something about the morning breeze that opens up the mind in a way that no other time of the day can – for me. Find that hour of the day for yourself, even if it is not the wee hours in the morning.

For those of you who are wired like me, there's nothing that can take away the sheen of your day while you operate at a DC level of 100Volts awesomeness.

## YO...GA!

(For those of you who thought it would be Yoda- though the picture is a dead giveaway.)



Photo Credit: [Samuel Silitonga](#) from [Pexels](#)

Well, for those who've never tried this first thing in the morning, when your eyes are still groggy and your mind perturbed due to remnants of a bad dream of the last night – you guys JUST HAVE NO IDEA what you're missing out on!

Yoga just kicks me out of the reality that I carefully build and preserve inside my head, and brings me BACK to the reality that exists outside – and, it can do the same to you :D You won't like it at first, but you will love the after effects, I promise!

## MEDITATION



Photo Credit: Pixabay

Something that is part of my alternate morning routine, something akin to an added bonus – that is how I find meditation to be. For a few hours after the morning mediation, I breathe differently. I breathe easy. On some days, the hours fly past and the day ends, but the after-effects of [Shambhavi](#) lingers.

Something that should totally be a part of your daily life, in whichever form that works out for you.

## CHOOSING GRATITUDE



Photo by [Marcus Wöckel](#) from [Pexels](#)

When I first came across this concept about how gratitude physically re-wires the brain, I was mind-boggled, but the thing is - it is true. The adage "If the only prayer you said was thank you, it would be enough" hasn't come from nowhere, after all. Studies have shown that gratitude makes you happier, it wires you for mental strength, and so much more. I would prefer you read the article that I found enlightening while reading up on the subject rather than saying any more about it – Check the link [here](#).

Gratitude journaling, expressing gratitude in the form of a prayer, a 30 day gratitude challenge – choose your pick from the array of options for going with gratitude. And remember, gratitude is not just about expression through words. Sometimes, words fail. And it is probably for the best, for what words can define real gratitude? May you all know a reason or two for which you are eternally grateful, and a person or two who came by your way with such reasons.

Don't get me wrong, before I found my reason or two to be grateful for, I would wonder what would make me feel eternally grateful for anything in life. It seemed like it was impossible to have anything that would amount to that big of an experience to feel anything close to "eternal gratitude". It would be gross to talk about what the reasons are, and it would be crass to talk about the persons who I'm grateful to, for words don't just cut it, but I indeed feel extremely lucky to have found both a few reasons, and a few people who bring alive a gratitude that is apparently in turn again, good for me! Since words aren't my favorite form of expression when it comes to gratitude, thank god for actions. What's your pick?

## ANCHORING ON THE ETERNAL



Whether we realize it or not, what or who we anchor on is what provides direction to our life. As children, we anchor on parents – since we learn that our survival depended on them, and we made it. Which calls for a pretty strong sense of trust to anchor on. Anchors start to change during adolescence, when either due to both internal and external circumstances, can then shift anchors to a variety of different things or people. Here in this piece, I have nothing to say, but a lot to ask. I leave you with a single question that might need a WHOLE lot of time answering, in a world that is filled with answers.

What/Who is your current anchor? What directs your life?

Is Success your anchor? If yes, what is that translating to? Do you turn wherever it appears that Success seems to stay hidden – be it at the next exit or at the corner of a road that is very well a dead end for you?

Is Happiness your anchor? If yes, what is that translating to? Again, in the quest of happiness, do you turn every nook and corner that appears to hold this so called happiness?

Is Truth your anchor? What is that translating to? In the seeking of this so called truth, is the current reality of life around you being lost on you?

Is Love your anchor? What does that even translate to? Trust? Patience? A faith in forever despite shortcomings and misgivings? A wait for perfection or a celebration of imperfections? Where is this taking you?

Is a person your anchor? Your parent, your mentor, the love of your life perhaps? And what when they need some space in life? What happens to the direction of your life?

## BEING RUTHLESS ABOUT THE CLOSE CIRCLE



Who do you spend your time with?

People who you respect and have adulation for? People who you love with gay abandon? People who you would trust your life with? People who bring the best out of you, for whom also you bring the best out of? People who push you to get better in life? People who would tell you things that you'd rather not hear, to your face but never go behind your back? People who cherish you like they've found some choicest treasures, people who celebrate you in their lives! People who laugh at your faults and yet push you to correct them, people who don't hesitate to do more than nudge when you're going off track. People who are happy for all the victories of your life, people who you are absolutely delighted to talk to and spend time with as well. People who nurse you back to health when you've lost a battle and bled, people who you would walk lengths for but would rather let your actions speak for you than words.

Aren't these the only people who ought to be in your life, in the first place?

For better or for worse, the company you keep is who you become. Choose these people, and there won't be anything left to chase.

## SEEKING THE TRUTH



This puzzle of a life that lets you live any goddamn way that you please and lets you believe that your reality is the only reality, the absolute reality – is a big trick on the eye. Do you see it? Our daily terminology is rooted in the lies that we see.

Take Sunrise and sunset for starters.

The sun never sets, the sun never rises – not around the earth at least. And yet – just because from our perspective, from our tiny little planet's point of view, the sun appears to go down every evening and come right back up every morning, somebody in some generation thought it was only right to call it sunrise and sunset. Are they wrong? No. Are they right? Debatable. It is labeled so because from our point of view, it appears right. It is just our point of view, our truth. But is that the reality? No, it isn't.

The reality is in fact, as we all know – far from our terminology. And yet we use it day in and day out – simply because we don't have to deal with beings from any other universes or worlds where they may have better terminology for the sunrise and sunset phenomena. We have just lucked out on this, there's no way anyone from any other world/universe wouldn't laugh at the ridiculous terminology we use.

On similar lines – it is quite a fad in today's world to say that we all ought to do what we believe in and stand up for what we see as the truth. What I urge, beseech, plead you all is – please take a moment to see if what you are fighting for in life is a truth that appears like the truth from your point of view, or if it is indeed a truth that would hold true, no matter from what point of view you looked at it. Just because you changed the lens, the color of the image can change, but never the content entirely... And in these moments, when you look carefully, for what the truth really is... you never know what you may end up finding. Wishing you all the luck in your endeavors of truth seeking!