

Shrimad Rajchandra Mission

a Spiritual Revolutionary Movement - SRM

**YOU<sup>th</sup>** Study Club

Session - 2

The

**Science of LIFE**

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## Excercise 1 | Warm-Up through Riddles

On the basis of our Intellectual Personality, we judge the situations we confront in different manner. Our ability to judge the situation depends on our intellectual maturity that grows with mental churning and contemplation. Let us find out the answers to following riddles and analyse our Intellectual personality.

*1. I have four fingers and a thumb... yet, flesh and bone I have none... I can protect you from cold and you need me often when you are old..  
What am I ?*

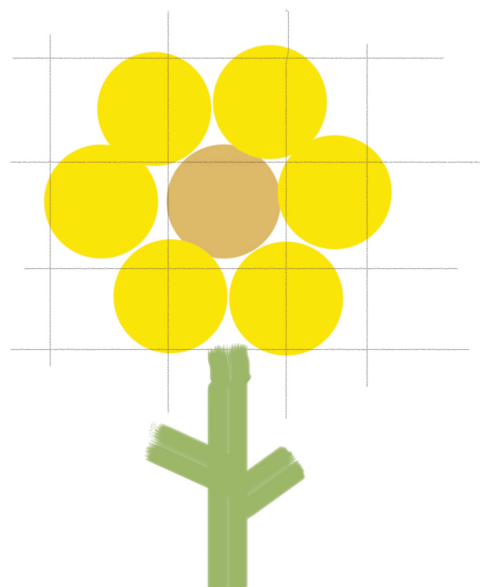
*2. I am a box that holds keys without locks yet my keys can unlock your deepest senses... sometimes, I am big, sometimes I am small but I hold the same keys everytime I am out on stroll.  
What am I ?*

*3. A man wanted to enter an exclusive club but did not know the password that was required to enter. He waited by the door and listened to the members for clue. A club member knocked the door and the door man said "Twelve". The member replied "Six" and doorman let him in. A second member came to the door and the doorman said "Six", member replied "Three". And was also let in the club. The man waiting at the door thought that he had heard enough and got the clue, so walked up the door. The doorman said "Ten" and the man replied "Five". But he was not let in. What was the actual password that man should have said ?*

4. A boy buys a fishing pole that is 2m long. As he goes to get on the bus, the bus driver tells him that he can't take anything on the bus longer than 1.5m. The boy goes back to the town market, buys one more thing, and bus driver allows him on the bus. What did he buy and what did he do with it ?

5. You walk into a very unusual clothing store. The owner charges \$3 for a tie, \$7 for a trouser, \$5 for a shirt and \$3 for a hat. How much would a jacket cost ?

6. Joe and Tom were exchanging old war stories. Joe offered one about his old grandfather who lead a battalion against a German division during World War I. Joe said, "Through brilliant manoeuvres, he defeated them and captured valuable territory. After the battle he was awarded a medal that was inscribed with - FOR BRAVERY, DARING AND LEADERSHIP. WORLD WAR -I. FROM THE MAN OF BATTALION 8". Tom laughed and looked at Joe and said, "Don't expect me to believe your tale". Can you guess what's wrong with the story ?





*Understanding - The Science of Life*

*What is SCIENCE?*

*The Law of CAUSATION :*

## Exercise 2

### Judgement based on the SCIENTIFIC ENQUIRY

On the basis of law of causation - Can you judge the cause of following instances happening on-and-off in your life ?

	<b>SITUATION</b> (EFFECT)	<b>I-THINK-SO</b> CAUSE	<b>ACTUAL</b> CAUSE
1.	Reaching late at work place	Traffic Situations	
2.	Arguments with Parents	Generation Gap	
3.	Frequent Misunderstanding among friends	They are not in right set of moods	
4.	Poor performance in examinations	Lack of time for preparations	
5.	Projects not completed in time	Slow internet speed	
6.	Unable to get success in any work field	My luck is bad  God is partial	
7.	Feel demotivated at times when things do not work out according to our plan		

# Principle of **S.M.A.R.T. Goals**



Life awaits the Infinite Possibilities... If we have S.M.A.R.T. Goals  
Life unfolds the magical experiences... If we have S.M.A.R.T. Goals  
Life reveals the hidden treasure... If we have S.M.A.R.T. Goals  
Life merges with the Higher... If we have S.M.A.R.T. Goals

## What is a S.M.A.R.T. Goal?

## Conversion of **Goal to S.M.A.R.T. Goal**

**Q** Have you envisioned any goal in your life like Learning a musical instrument, Getting the top score in your academics, Expecting the promotion in your job, Expanding the business in various dimensions, Settle down the chaos of some important relationship, etc.. Be assured that any goal is achievable if it is worked on the Principle of S.M.A.R.T. Goals. So, brief up any of your important goal that needs the attention and accuracy of this Principle.