

## HEALTHY HABITS OF WEALTHY & SUCCESSFUL YOUNGSTERS – PART 1

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“Rich kid” or “wealthy kid” – seems like a label that indicates an undeserving, spoilt, pleasure-seeking, lucky child.

Money puts the spotlight on you for better or for worse. People tend to ignore other aspects of your personality. I wish people could see all the colors of the rainbow, instead of just the 'green' [the color of money].

If you have issues, then you are likely to be scoffed, called spoilt, and surrounded mostly by gold-diggers. If however you're smart, money will provide you a rock solid foundation, an advantage many may feel jealous of.

You should not feel guilty about your affluence, as you are not to be blamed for it. If you indeed feel uncomfortable about being born rich, and have some foolish romantic notions about poverty, try it. "I've been rich and I've been poor. Believe me, honey, rich is better," says Sophie Tucker.

Instead of blame, you deserve some credit for your good fortune (hopefully you too think that you are fortunate). The Karma philosophy tells that your present is the result of your past Karmas. If you happen to be lucky today, definitely you accumulated some good karmas (*punya*) through your past deeds.

Now you just need to preserve your humility, compassion and make sure that you continue to remain fortunate. How? By continuing doing good karma and by controlling your behavior throughout life.

If you fail to do so, no riches will prove enough and you will have a miserable life.

The necessity is to find that middle ground where you are able to preserve your human values and enjoy your riches without indulgence and vulgarity.

Some of you might think, “What rich, my friend Sudesh is the real rich”. If you are having this thought, you must read this article till the end, because you are already nurturing a seed of negativity that will force you to lead an unhappy and frustrated life.

### Indeed You Are Lucky

Do you know:

Out of each 100 people on earth:

- 80 live in substandard housing
- 70 are unable to read
- 50 suffer from malnutrition
- 1 (yes, only 1) has a college education
- 1 owns a computer

Yes, you are indeed rich and very lucky, perhaps better than more than 99% population of the world. If you still do not feel thankful and happy, you may actually become as miserable as you think you are.

From a worldly perspective, the credit for your good life to a large extent goes to your parents and ancestors who amassed enough wealth through their hard work.

There are many advantages of having been born in a rich family.

Wealth is a proxy for many things. You get the best facilities, exposure and company.

Research shows that rich kids often turn out to be very successful as business executives because of high level of confidence and lack of insecurity that allow them to be bold in their decision-making and protects them from making undue compromises.

Research also shows that children who grow up in highly privileged household don't just have the money advantage – they also develop the brain advantages. The differences may become apparent in problem solving and school performance. They eat more nutritious food, get the best music lessons, tennis and golf coaching and are more likely to travel widely and experience other mind-broadening events.

Lower socio-economic status often results in poor intelligence due to lack of exposure to technology and other stimulants that allow the brain to develop. When you combine this with the fact that intelligence is at least partly heritable, you can understand how much you owe to your parents and family.

This does not mean that people born to poor parents will not have sharper brains, it is just that their job will be that much more difficult and they need to work much harder because they were not given opportunities to flex certain brain muscles.

Moreover, even if the parents pass on the genetic intelligence, it's up to the next generation to unlock it. If the younger generation fails to use it, the advantage can be easily lost given the distractions that come with affluence. Remember, there are no roses without thorns.

### **The Role of the Father**

A father said to his son, "When Abraham Lincoln was your age, he walked twelve miles to get to school." The son replied, "Dad, when Abraham Lincoln was your age, he was President." Very few fathers become President, but every father has a position of power and influence in shaping the destiny of their children.

Your father may always remain very busy. But you are well taken care of and your mother is there when you need parental support.

You know a friend whose father is doing ok but he is always there to look after your friend, often drops him to school and goes to play cricket with him.

You feel bad (which you should) because your father is not able to give you time. You think your friend is luckier than you are (which you should not). Read on.

**Research says that if a father only spends his life serving his sons, reducing himself to the role of a driver, running them to cricket practice and dance classes, all to show that they are a loving father, willing to sacrifice their own advancement to give their sons an opportunity they never had, don't expect the sons to grow up to be major success. They will likely grow up to be drivers just like their fathers, driving *their* sons all over suburbia as well.**

**On the other hand, if a father does something great with his life, achieves something significant or heroic, then, even if he is absent, his son will likely follow and may even do better.**

The busy father is assisting the child with the most important thing imaginable — FINANCIAL SECURITY. Without that, the child's life is full of misery and hardship.

In any case, men are defined by their work, their hunting and gathering instinct.

They are not wired to be stay-at-homes baby-sitters diapering children and doing other domestic tasks.

Children must understand that being away for work and remaining busy in order to earn a good living for the family doesn't mean that fathers are not interested and involved with their life.

### **THINGS THAT COME WITH MONEY**

If you're born Rich, you will have many electronic gadgets like laptop, iPad, mobile phone, videogames, ipod et cetera at your disposal. On the positive side, these gadgets allow you to develop your intelligence.

On the flip side, you may find that your life has become full of clutter. You are always busy texting, e-

mailing, chatting, social networking, browsing, playing video games and watching television. You are getting tons of information from all sides on all varieties of subjects. This leaves you with very little time for thinking and being creative. While you are exposed to breadth, you start losing on depth. Your ability to pay attention decreases. You become restless if the mobile doesn't ring for 15 minutes. You waste plenty of time switching from one song to another or flipping from one channel to another. You connect and relate with other people in a very poor fashion. When you wait for a vehicle or a lift, instead of smiling or nodding at others, you pretend to be busy with your mobile.

While loneliness is bad, solitude is healthy. Every day sit quietly for minimum about 10 minutes and think about your life. This one habit will ensure a successful and happy life.

## Television

The TV has exposed children increasingly to the pressures of aggressive advertising. Those who spend lots of time in front of the TV and computer screens are more materialistic. They are brainwashed by the MORE culture – “Gimme more” or “Ye dil maange more” or “Life means more”. They use deodorants to the extent that their bodies start giving out bad odor and they increase the use even more and the foul smell increases even more, and they apply even more.....

These children argue more with their family, have a lower opinion of their parents and lower self-esteem.

Learn to switch off once in a while. Focus more on listening to music rather than watching music videos. Listening to music is unintrusive and allows you to continue with other activities while watching music videos keeps you hooked up to the television which is a sheer waste of time.

## Internet

The internet is a double edged sword. It's an invaluable tool if used for the right purpose – but a poison if misused. It's a sea of resource and

information, and has made learning much easier. Yet, with easy access to unsuitable materials, gaming and gambling, youngsters end up getting more harmed than benefitted.

Chatting and online dating are another instance of the digital world encroaching on the social arena. Yes, being able to Skype with your cousin living in another country or chatting with a friend in a different city is a boon. But does it make any sense to chat with someone who lives the next door?

Due to ready availability of material on almost every subject, teenagers are more and more taking the help of Google to do their homework. They search for the material, take the printout and just copy it on their notebooks. This way no learning is happening. Many a times, without parental and teacher guidance, they end up getting substandard answers to their queries.

## Social networking

Social networking is fast becoming an addiction amongst the youngsters. Facebook, Twitter, Orkut, etc consume most of their time. I'm not suggesting that you should stop doing social networking. They are important tools today. But learn the discipline of using them.

Your social networking habit is a reflection of your personality. Your profile picture should be decent. Choose your friends wisely, post quality material on your status, avoid personal and controversial matters, don't invite people to play games and don't tag them unless you are sure that the other person will like it. Don't post embarrassing photos.

## Mobile phone

**We know too little about the side effects of:**

- Bottled water
- Mobile phone
- Frozen food
- Microwave and
- Blue tooth

It is prudent to be cautious in using such products.

Till a few decades back, asbestos was the in thing and caught the fancy of one and all due to its heat resistant property. However, today it is banned all over the world for causing Mesothelioma, an incurable cancer of the lung. In fact, my father died of it. The doctor said that it could be caused even by exposure 20 years back while the effect surfaces much later. We don't know when some of the wonders of science may convert into a curse.

New researches are pointing out that mobile phones may cause cancer. Children and teenagers are particularly more vulnerable for having underdeveloped brains and immune system and an over obsession with technology and junk food.

When not in use keep the phone at least 6 ft. away, particularly while sleeping. Use hand-free (not blue tooth) most of the time.

Never use a mobile phone while driving and while crossing the road or a railway track.

## Ringtones/caller tune

Teenagers are very casual about selecting ring tones and caller tunes. One must remember that they speak about your personality and often about the situation that you are in. Having a very romantic song as your caller tune may create an impression that you are having some kind of serious affair. Choose to be sober in these matters.

## SMS

It stands for Short Message Service. But instead of just shortening our messages, it has distorted our language and lengthened our conversations. The number of SMS we receive in a day has become the measure of our popularity.

The trend of mindlessly forwarding messages has another repercussion. We get a joke or motivational message and feel compelled to return back the favor by sending another joke or message. How many times your reply is 'great joke' or 'great message'? Chances are, you don't even bother to read them.

We forward messages without even having comprehended the complete meaning of the message, but the other person might take it seriously. Consider the impact of a love poem taken seriously, or crude SMSs affecting the impression other people might have of you.

Another unwanted effect could be messages being sent to unintended people or falling in the hands of unexpected people. Be it Shane Warne, Rihanna-Chris Brown, Tony Parker-Eva Longoria, Ashley Cole-Cheryl Tweedy or Tiger Woods – there are numerous examples of how careless texting has destroyed relationships and even some lives.

## Shopping

The common signs of shopping addiction in youngsters are: being very brand conscious, always comparing purchases with what peers have, feeling low or temperamental in the absence of a desired brand, forcing parents to spend beyond their means, buying more out of compulsion than requirement or necessity, demanding something constantly and losing interest on the item after buying.

They become, what we call "the gimmies" - all the time relentlessly begging saying gimme this gimme that.

Retail therapy – that's the new fad, suggesting that it is an acceptable way to deal with our troubles and pressures. But, does it really work? Yes, you feel happy temporarily, having splurged on whatever it is that your heart desired. But this does not last for long. Sooner or later, the problems do catch up to you. (Shop till you drop should fit here somewhere) As Uncle Remus said, "You can't run away from trouble. There ain't no place that far."

The more you have the more you crave for. There is always a better something than what you bought. There is always a friend with a better model. There will always be someone who will have more than us. So this path will never lead us to peace or satisfaction. (Should you buy an iPhone 4 now, knowing that iPhone 5 will be released in the US soon?)

It will be a pity if your self esteem and the sense of self-worth are attached to the things that you possess. You must strive for earning respect for what you are as a person, and not for what you have.

Credit cards have been both a boon as well as a curse. Besides its obvious uses, its also made us complacent about our spending. Till a few years back, our expenses were not determined by our card limits, but by the amount of cash we had in our pockets. Not only did this enable our parents to have a supervision

over our spending, it also allowed us to exert some amount of self-control – most of us know that we find shopping hard to resist. If we hadn't taken much money to the mall in the first place, we couldn't possibly have splurged, could we? My advice – avoid a credit card.

Be happy with what you have, never with what you are. God bless you!!!

(to be continued.....)

### **About Rajesh Jain**

Rajesh Jain (FCA) is a consultant, trainer and the author of the award winning book “**Chains That Liberate: Governance of Family Firms**”, “**Family Business Essentials**” and the highly acclaimed book “**Gods Are Meeting & You Are Invited**”.

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Cost of a Car – Rs. 1000000/- (Expiry 5-10 years)  
Cost of an iphone 4 – Rs. 35000/- (Expiry 1-2 years)  
Lessons for life – Investment Rs. 20000/- (Expiry Lifetime)

Parents worry what will happen to their children when they grow up, how will they cope with affluence, survive through the turmoil of teenage life, etc., etc.

Youngsters are struggling to balance between parental expectations, peer pressure and their own quest for meaning and desire for achievement.

### **THE OPPORTUNITY**

Attend **Rajesh Jain's** 2-day seminar **HEALTHY HABITS OF WEALTHY & SUCCESSFUL YOUNGSTERS** and get answers to these and many more deep and relevant questions and issues. Be a winner without losing on the charms of life. For details and to organize institutional programs, please contact [info@fambizindia.com](mailto:info@fambizindia.com).