

## **Talent in Medicine**

### **Creative Thinking for Successful Living**

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The aim of every man is happiness. Happiness lies not just in material comfort but in success achieved in all endeavours. If bread is the only aim of life, beast and human being would be equal. Intellect, experience and awareness that separate man from other species, are powerful ingredients in fulfilling the objective of success.

There cannot be any argument or opposition to one's own desire to achieve success. It is important to ponder over what skills we require to achieve this, especially in an environment with growing turbulence and resistance.

Scientific analysis of success is a prerequisite before we start looking for the pathways. Success in its true sense, is the achievement of ones 'goals'. "Until recently, people tend to identify with their work to define success; using titles, size of pay cheque and the things that the pay cheque could purchase, as their measurement of success" – Diana Headley. But undoubtedly this kind of view leads more to misery than success. It is not only uni-dimensional but detrimental to intellectual growth and therefore success.

"Mans' evaluation is not just biological but intellectual. In the light of our present knowledge, man's most comprehensive aim is seen not as mere survival, not as numerical increase, not as increased complexity or organization or increased control over his environment, but as greater fulfillment" – J Huxley. "What is the psycho-social evolution? In a self-centered man, as in animals, psyche or the mind is limited and confined to the physical organism. In a normal man, it expands to social melieu. 'Quality must be a dominant concept of our new belief system - Quality and richness as against quantity and uniformity. This evolutionary vision shows our destiny and our duty. It shows us mind enthroned above matter, quantity subordinates to quality" – J Huxley. Success lies, therefore, in identifying the multidimensional role of man's personal, professional and social obligations. Then success achieved will be comprehensive and fulfilling, person becoming irrelevant rarely arises. Therefore, one must develop ideas that are perpetually interesting, define goals that continue to inspire and do things with all earnestness.

Confidence is one's own ability to do and confidence in skills are two essential instruments for success. Unless we believe in ourselves, tasks remain impossible. Therefore, success eludes disbelievers of one's own abilities. When we speak of potentials and strength, these are other names of confidence. People who remain in recognition possess qualities of confidence. "The difficult we do right away, the impossible takes little longer" – Napoleon. These words are nothing but statements of confidence. Sincere introspection often tells us, the success or failure, first begins in the mind and if that beginning is not proper, success is a mirage. 'I think I can' is the

first step towards any intellectual goal. True emancipation is liberation from the thoughts of poor self-assessment.

Any task, once identified, demands planned action. “Once the direction is determined and the will to success is unimpeded; act, seek new challenges, try new activities, learn a new skill – in short, take a risk” – D Headley. Self destructive measurements such as procrastination, indecisiveness, gossip, finding faults of others and finding excuses for one’s own deficiencies, should be resisted as success shall not go with these wasteful qualities. Successful completion of aspired jobs and realising the goals set would inspire and the cycle of ‘Success begets Success’ starts running at a great speed giving new meaning to life and new dimensions to living.

Biology differs from mathematical sciences in the remarkable quality of adaptability. Changing environs naturally demand changing temperaments, changing skills and changing style of action. This adaptability of human organism occurs at a higher intellectual level and this alone makes the world worth living. Sincere seekers of success are the perfect models of adaptability, as a sailor wrote, “I cannot command winds, but I can adjust my sails”. Adaptability, in its true sense, encompasses interpersonal relations, temperament, to accept good acquisition of current and relevant thoughts and skills of the time. Amoeba is also adaptive for protection but man adapts for perfection and success. Adaptability is not weakness but strength.

A successful man is a role model in society. Recognising successful people and separating them from popular men is not difficult. But avoiding temptations to be popular is essential. Popularity blinds people from recognising real success. This pseudo-success encourages egoism, self centredness. Believing in divinity or Almighty is not visiting temples, churches or mosques but recognising one’s own skills for societal benefits.