

FUNSHEET



EPISODE 76

WHY CONSTRAINTS ARE GOOD FOR YOU?

**ABSOLUTELY
WRITE**

WITH ADITI SURANA



IVM PODCASTS

WHY CONSTRAINTS ARE GOOD FOR YOU?

In today's short friday episode let's talk about:

- Why are constraints not always roadblocks?
- How do I use the constraints of a blank paper to actually understand personality?
- 4 ways to deal with constraints & solve problems.

Obstacles boost _____. You need constraints to inspire better_____.

When I analyze handwritings, I ask people to write a paragraph about any topic on a blank unruled sheet of paper. Graphologically speaking your mind considers a blank page like a day. Each one of us approaches our 24 hours differently.

Life in general is full of constraints. If you do not challenge yourself to think of a solution keeping some limitations in mind, then you will find yourself giving up on almost all desires and dreams.

**If need is the mother of invention then
constraint is the mother of innovation.**

Let's look at 4 ways to deal with constraints & think inside the box.

1. Embrace limitation instead of questioning it.

Google's Vice President of Search Products & User Experience, Marissa Mayer, believes that a certain amount of constraint – whether in file size, pixels, or speed – fosters a lot of innovation



"Limitations may be the most unlikely of places to harness creativity, but perhaps one of the best ways to get ourselves out of a rut, rethink categories and challenge accepted norms. And instead of telling each other to seize the day, maybe we can remind ourselves every day to seize the limitation."

Artist Phil Hansen

What will change for you if you seize your limitations?

2. Be willing to roll with the punches

If you resist or even fear the punches then sorry but you cannot think of solving the problem. Your mind will come up with 1500 ways to escape. Ask - what am I unwilling to do here?

3. Step out of your shoes

We keep living through the lens of our own conclusions, references, even past experiences. It just magnifies the actual problem. Not because the problem is really tough but mainly because we are stuck in our own preferences. Step out and think of the situation objectively.

For a change ask yourself - what do I require to do here? Not what I desire, prefer, love to but require to.

4. What will you do next time?

Think of any situation where you couldn't fight your limitation and ask - What will you do next time? Or what else was possible?

Happy writing!

CALMSUTRA WITH ADITI SURANA

A graphotherapy practice to induce calmness

Join us every Monday for a Calmness based handwriting meditation called, 'Calmsutra with Aditi Surana'. Aditi will be doing a handwriting based meditation process, live on Instagram for 12 minutes,. All the details are mentioned on www.aditisurana.com/calmsutra



Graphology Masterclass for beginners

We are keen to know what were your takeaways? What small action will you be taking today to improve something in your life? Do share your experience and send your questions on our instagram handle @Aditisurana.

To learn graphology or know more about how Aditi can personally coach you, visit our website www.aditisurana.com