

I am Unstoppable
Unleash your Intrapreneurship Skills

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Let's read what top leaders say about this book



I AM UNSTOPPABLE is Ms. Neetu Rishi, anything short of that will not be justice to what she signifies. She has been a high-achiever in her career and life but the ability to influence others around her makes her a power-achiever. I have known her personally for some time and she lives the principles shared in this compelling and engaging story. Every single principle, every single life lesson is worth your time and transforms yourself. If you are looking for any kind of positive change in your life, throw away all excuses, grab this book, and complete it as the author is asking you.

Dr. Mridul Kalita
Ph. D | IT | Entrepreneur



Young girl Laura stepped her first foot into her career and professional journey by thankfully remembering all the mentoring she got from her mother Grace. This book is such an interesting read, as Laura progresses further in her career how she applies virtual mental rehearsal by talking to herself and further preparing for the new realities of life. I was able to co-relate every incident of my life or my wife's life in this book. I am sure through Laura, my daughter and every girl will see the evolution of the journey of life and the importance of self-talk for work-life balance.

Remasankar Sivasankaran Nair

Corporate Leader | Professional Photographer |
Winner Mr. Bharat USA | Speaker | Fashion Enthusiast



This is a well-written book with a conscious effort to help individuals to do more, achieve more, and become more. This book emphasizes a ton of life lessons packaged with a captivating storyline. Neetu has done an excellent job in highlighting the importance of getting smaller things right and celebrate them while on track to achieve bigger goals. She also offered exercises after each chapter to make sure the readers are getting benefited from the principles shared and tools discussed while enjoying the story.

If you are a growth-oriented person and willing to pick valuable nuggets to be more productive with your day-to-day life, this book is for you.

Srinivasa Reddy

Host & Founder at Passiontainment



I thoroughly enjoyed reading about Laura and her particular path to success! Not being a typical reader (*or lover I admit*) of traditional self-help literature, I wasn't expecting to become so invested in Laura's story. What a pleasant surprise! The warm, user-friendly tone of Ms. Rishi's writing makes you feel as if you're simply listening in on a conversation about the life of a dear friend. You forget the lessons in each chapter until the self-reflections and exercises at the end. I appreciate that the story is not overly "clinical" and rings with the simplicity much needed in today's self-help environment. Bravo to a job well done!

Jeline Gulley
Editor | Educator

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I am Unstoppable by Neetu Rishi

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Preface

“The best lessons I ever learned in life came from the worst experiences in my life.”

Is it necessary to have the worst experience?

Can't we have just roses without thorns?

Can't we have a smooth road throughout to walk in life?

Can't our life move in a straight graph?

Laura has been asking herself these questions today as she holds the resignation letter which she intends to give to her manager before she leaves her office.

What happened in the last year?

She was a transformed version of herself, full of positivity, groomed personally and professionally to lead a successful life.

Then what happened?

Did she get another good job opportunity?

Did she want to take a break?

Did she make the right decision?

Let's take a round trip journey to her life where we left you in the first book, *A Different Monday* available on Amazon.

Here is a brief synopsis so that you can continue reading this one with a little background information. Though this can be read independently too.

Summary of *A Different Monday*

It was the first part of this sequel, a story of a mother and daughter, Grace and Laura respectively, where Grace wanted her daughter to be ready to fight with Monday blues and be productive before she started her professional journey.

Grace decided to take a week off from work and spend time with her daughter. Together they shared lots of memorable moments and stories. Each story came with a life lesson.

In school, you are taught a lesson and given a test. In life, you are given a test that teaches you a lesson.

Grace had always learned everything a hard way and did not want her daughter to suffer, so she gave her a kind of cheat sheet.

Laura was able to develop a growth mindset with all those life lessons before she started her first job.

However, someone has correctly said, “*Not all lessons are learned in a classroom...books of life teach us many lessons at each level.*”



From the Author's Couch

This book is neither lecture-based nor a memoir, neither a biography nor an autobiography, rather it's the incidents or stories that touch our lives and you would be able to connect easily to your life.


This book will provide you with ten tools and techniques for your professional life, whatever job you are into, whatever position you are in. These are the proven secrets to live a balanced personal and professional life.

In addition, when we read a self-help book, we feel the trigger and get motivated but that motivation fades away whilst we get occupied with our own personal and professional life commitments. To solve this problem, I have shared self-assessment exercises at the end of each chapter which will help you to introspect yourself and take a call to action.


And as I said before, it's in the form of a story to keep you engaged and connect with your own life, you will be able to walk through and see what turmoils she faced in her personal and professional life and how she evolved into a successful Intrapreneur.

Let's turn some pages of Laura's book of life and see what's going on.

Before you begin, let's set up the guidelines for reading this book which make it a win-win for you.

- 
1. Read one chapter in one sitting, don't pause in-between.
 2. Read the bold sentences twice and loud.
 3. Attempt the exercise at the end of each chapter before continuing to the next chapter.
 4. Enjoy reading the way I enjoyed writing.

Now that you have read the guidelines, please check mark the statement below to indicate your agreement.



I promise myself that I will follow all the above-mentioned guidelines because only I can change my life, no one else can do it for me and I am **READY.**

We are all set now.

Fasten your seat belts and enjoy the ride!

Dedication

This book is dedicated to all the people out there who are go-getters, who wake up every day with new excitement, who hustle every moment, who nurture their passions despite all the negative criticism and use that as motivation to fulfill their purpose in life.

This book is also dedicated to the ones who are willing to transform their lives and become the better version of themselves.

Acknowledgment

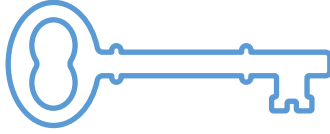
- I would like to thank the Almighty and the Universe who manifests all that I desire and work for.
- I would also like to thank my parents and in-laws who have always encouraged me and believed in my dreams more than me.
- Thanks to my husband, Himanshu Rishi, my better half, and my life advisor.
- Thanks to my children, Vansh Rishi and Nupur Rishi who became my shadow throughout.
- And special thanks to my daughter who helped me throughout my journey of writing this book from designing the book cover to doing the illustrations.
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- Thanks to leaders who spared their time and effort to share their reviews in the form of blurbs.
- Thanks to Jeline Gulley for being my editor and putting her heart into this.
- Thanks to the contributors who shared their corporate stories which are included.
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- Thanks to all my family and friends who stood by me.
- Last but not least, heartiest thanks to my readers and followers on social media platforms who trigger me to do more, achieve more and share more.

Humble Gratitude for all

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Chapter-1



“Do not be embarrassed by your failures, learn from them and start again.”

Richard Branson

I was Embarrassed

Let's go back to the day when Laura started her first job. Upon reaching the office she found her childhood friend named Elsa was her manager. She was very excited and enthusiastic about her first job. Elsa briefed her about her roles and work profile and she was ready to rock. Although there was not much discussion of Laura's childhood school days in the first book, as a child she was a great communicator.

She was active in extracurricular activities, whether it was giving a speech, hosting an event, or being a volunteer. Laura was always ready to take the lead. This does not take away from the fact that she was also good in her academics. She was always in the top 5% of the students.

Considering that she is a people person with good communication skills, Elsa gave her the role of salesperson. Laura exhibited all the qualities that she had inherited from her mom Grace and worked very hard. And she developed a beautiful relationship with her. With time she became very compatible with her work and team.

Time kept flying and she completed one year on her job. Everyone congratulated her and she decided to take home a cake to celebrate the day with her family. When she reached her home, there was an additional surprise awaiting her! Some of her family's friends whom they had known from her childhood was visiting them. She had a blurred recollection of playing with their kids and having fun.

Of course, these kids had also grown up and she was so glad to see Justin and Serena again. Serena was almost her age but Justin was three years older. They all celebrated her success by cutting the cake, but the celebration took a different shape when she overheard her parents talking about her wedding.

Yes, they were planning to marry Laura and Justin! Because both the families knew each other so well and had been great friends since childhood this union was a no-brainer. Laura had been dreaming of taking her career to a new level, buying her dream car (red and black convertible Porsche), and buying all the things she had been peeping while window shopping. It felt like that jar of dreams just broke into a million pieces. She could not stop herself from crying.

The next day they discussed at the dinner table and Grace was able to convince Laura to get ready for marriage. Grace assured Laura that her urge to study further, her ambitions, and dreams would not be compromised and that Justin would be the perfect partner to support her in achieving all her goals. Laura decided not to worry much about what the future holds. She had to leave her job and she got married.

She realized one fact: **In every woman's lifetime, she must take a break from her career and her professional life to balance her personal life.**

She took a 6-month break from her career to adjust to her new family. The most important adjustment was the new responsibilities of taking care of the home, cooking,

cleaning, etc., which she was not much bothered about before she got married. Once she became comfortable with the family, her new schedule, and taking ownership of her additional responsibilities, Laura headed over to a new job. On the very first day when she walked into the new office, two of her colleagues started gossiping about her. They talked about her dressing and her hairstyle. This could shatter anyone's belief in themselves.

Laura ignored the gossip because her excitement of starting her career again was overpowering the other thoughts. In just a few days, she was back on track and started enjoying her job. Laura's habit of winning sales each time did not stop. But her colleagues were far more determined and never stopped gossiping about her. They went out of their way to embarrass her more. They "whispered" in a way that Laura would always hear.

It was not only Laura who faced this, I guess **each one of us in our life has to face such challenges as we grow. People will always try to pull us down; they will always try to make us doubt ourselves.** But should we give up and accept the myths of others or do what Laura did?

She was a fighter because she was raised by a mother for whom the sky was the limit, always!

Laura kept working hard even after all those embarrassing moments touched her life. It had been almost two months that Laura had been working at this organization, and by this time she had taken some steps to work on her appearance. Because when she looked into the mirror, she

also felt that she looked a little outdated. It was time for a change.

So today she dressed up in a black business suit, wore high heels, put blush on her face and gloss on her lips, and walked with confidence. But alas, life had something else planned for her. Life wanted her to be strong on the inside, not just superficially.

While she was walking down the lobby of the office, one heel broke and she stumbled. Thankfully she was able to re-balance and tried to walk. She looked at the watch which was giving a signal that she might reach work late, but then she reminded herself - "Don't watch the clock; do what it does. Keep going." And she kept walking.

It was not the watch, however, rather it was the mind which had been hard-wired with the importance of time since childhood. Yes, her dad was a very ethical person who always taught her to value time. So, if her family was invited to a wedding say at 7:00 pm, they would arrive at 6:30 pm. They were so punctual that once they reached a venue and the venue preparations, and decorating were still in progress...

So, time management was never a challenge for her. But still in her entrepreneurship journey, when she took multiple roles, she had to struggle with time management. We shall talk about this struggle later.

Coming back to the broken heel--she was quite daring, so she took off the heels, held them in her hands, and started walking. You must be thinking that she could have kept her

heels in her bag. But alas she was never used to carrying big bags—just a small wallet was her companion. Don't think too much about where she would keep her makeup. She was a tomboy and usually wore no makeup at all. Today was the first time she applied a little. Now imagine this girl all dressed up walking through the lobby with heels in hand. And it's a luxury hotel's lobby (yes, her office was inside the hotel). Lots of guests and arrivals were spread all over the lobby and she could not make eye contact with anyone, she just kept walking.

As soon as she entered her office, there was a blast of laughter as if everyone just finished watching a comedy movie. Everyone was laughing at her, firstly because they have never seen her dressed up so well. She did her makeup for the first time; it was just bad. And without footwear and the heels in hand. So it was, overall, a very embarrassing situation.

Now, when you are embarrassed, and when the audience doesn't give you any positive gestures, it's very obvious that you feel broken from the inside, and you lose confidence. That was a tough day for her because she had to complete her target of the week. She started with her calls. The first call happened, no positive response. The second call, she kept on and she did not get a good response from any of the calls. It was almost half a day over, and she had zero sales. She has a target to achieve but she was nowhere close to it even and she felt like crying. She went to the restroom and let her tears flow. She had no one's shoulder on which she could cry. But then she looked into the mirror and started talking to herself.

That day she developed the best relationship with the best person in the world who was more concerned about her than anybody else. And that was the person in the mirror. I guess we humans try to find our best friends, somebody who can always be with us in the outer world, and we forget our best companion is ourselves. We are our best companions, our best friends.

She did this **Virtual Mental Rehearsal (VMR)**, started talking to herself looking into the mirror scolding herself. “Did your mom prepare you for this journey? You cannot shatter her efforts. Forget about how you look, forget about what happened today, forget about whatever happened in the past. Don't ruin your present, by thinking about what will happen in the future. You still have four hours to go and you still can give your best shot.”

Trying to grab all the confidence, all the positive vibes, she went back to her seat with a positive note and started visualizing that the next call she made would be positive, and it is going to be converted into a sale.

So, what do you think? What happened? Yes, of course! She did it, it was a positive response, it was a sale. And then started one after the other, and the day ended with, again, her exceeding the target, and she was announced as the best salesperson for the week.

Isn't it amazing that simple self-talk with herself was her miracle despite a bad day? And we all can connect to this so easily because when we start our day and if one thing goes wrong or does not go our way, we start feeling and saying the day is not good. Whom did I see in the morning?

We determine how we shape the day ahead by being positive.

It's not important how the day goes, what's important is, how we respond to it. It is not the stress that comes with the situations, or the challenges or the circumstances, but it is the stress that we develop by reacting to it by imagining a future, which we don't know. So, in life, whenever we are stressed, the best way is to talk to ourselves. Positive self-talk is very powerful. It gives you a reason to believe in yourself, it gives you a reason to get up despite having all those embarrassing moments in life.



Exercise Time



Hey readers, I know you are enjoying the flow, but it's time to pause and attempt this activity.

I promise it won't take much time

1. What has been the most embarrassing moment in your life? Write in brief.

.....
.....

2. Did you ever discuss that moment with anyone?

.....
.....

3. If yes wonderful. If no, find one person whom you trust and share the story. Find that courage and just do it because it could be that it's been a long time that you are holding the weight of that in your mind and heart. So, let it get out of the way.

4. Think of a day when you felt nothing was falling in place. What did you do?

.....
.....

5. Now you know what to do when such a day comes as an unexpected guest, VMR- Virtual Mental Rehearsal. Don't look for someone who can motivate you or recharge you, do it yourself, take charge of your own life.

Outcome expected by this activity.

1. You will relieve the buried stress of the embarrassing incidents of your life and make space for new learning coming in the next chapter.
2. You won't need anyone to uplift you because now you have yourself, the most trustworthy person in your life who wants you to grow more than anyone else.

Message from the Author

Thank you for reading this book

I hope this book helps you to transform your life, if so drop a line to neetu.rishi@thesuccessdoor.com and let me know how it's going. I look forward to hearing from you.

You can also share your review on amazon.

About the Author

Ms. Neetu Rishi is the CEO and Founder of “The Success Door”, a Personal and Professional Coaching Academy for Youth and Adults. She is a Passionpreneur, a term aptly coined by her as she started this revolution to impart her 20-year long experience, lifelong learnings, and listened to her calling. She is also the Director of the Youth Education for Dale Carnegie Programs and an accomplished motivational speaker with impressive accolades, an Influencer, a Pageant Coach, a Published Author, and a Leadership Executive Coach. She is an avid volunteer and strives to improve society wherever she is. She has been on various podcasts and live shows both as a guest and a host along with media publications for her ongoing progress towards her goal.

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