

JUST TOO SWEET

15 Nov 2019.

'You are just too sweet, Mukul.'

The doctor said, as she shared the results of my annual medical exam.

Of course she didn't say it quite so eloquently. (Doctors, you know. Most of them need training in the art of being subtle. And sweet.)

She just flatly told me my blood sugar is too high. (Sigh! And so crass.)

I am tempted to share with her the fate that had befallen the previous doctor who'd had the temerity to convey such ill-tidings to me - I had changed him. (I guess, like most of us, I too equate the bad news with the bearer.)

But the impulse is momentary. On reflection. I decide that in this case, prudence would be the better part of valour.

I exit the doctor's den in sombre mood.

The drive home is marked by a poignant, broody silence. However, by the time I reach home I am certain the time for action is at hand.

No point belabouring it. Or cursing fate.

After all. In each life some rain must fall. And I'm a firm believer that when we are born, we are given a birth certificate, not a warranty card. Shit happens. And it needs to be dealt with ... stiff upper lip and all that sort of thing, you know.

Anyway. A few days of intense research with Mummy Google and I am combat ready.

Then. I start 16-18 hour intermittent fasting. And cut back on sweet things ... as much as is possible for a guy who loves ice cream and chocolates more than his kids.

The result:

In 34 days.

Weight down by 5.1 kilos.

Sleep up by an hour a day.

Sugar as normal as normal can be.

Though people tell me I am still as sweet as ever...)

Most importantly. This has been the ideal opportunity to test my A-R-C; ie. Attitude, Resilience and Confidence.

I am supremely confident of all three. But it is always good to put them through their paces every now and then. And ensure that no matter what Life throws at us, one is demonstrating the Right A-R-C.

Mukul Deva

I am a Singapore-based keynote speaker, executive coach, mentor, facilitator and internationally bestselling author.

My passion is empowering and inspiring people and organisations to achieve peak performance and transformational results by helping them ACTIVATE THE RIGHT A.R.C. – *Attitude, Resilience and Confidence*.

To enable this I deliver keynotes, coach, mentor and facilitate sessions - so far, to over 250,000 people from 500+ of the biggest and best MNCs and government organisations across the world.

An ex-Indian Army officer and an accredited coach from the Henley Business School, I have co-founded two companies (MSD SECURITY PVT LTD, based in India and INFLUENCE SOLUTIONS PTE LTD, headquartered in Singapore) and written 18 books in 5 different genres. Some have done fairly well. And some are even being made into movies.

I would love to stay connected, to learn from you, and share your insights with others, so that they too may LIVE LIMITLESS.

If you have a story to share, or would like to benefit from the experiences and insights of others, please connect with me at:

My Virtual Home: www.mukuldeva.com

More such insights: www.mukuldeva.com/blog

My Books: <https://www.amazon.com/Mukul-Deva/e/B001IGJVQ>

My Company site: www.influence-solutions.com

More about me: https://en.wikipedia.org/wiki/Mukul_Deva

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