

# INSPIRATION

SEPTEMBER 2023

**SWASTIKA KHAREL**

*About making her dreams come true*

**MANNESI AGRAWAL**

*Accepting Nepal as her home*

**MELISSA COHEN**

*About creating her own business*

**ABOUT LAW OF ATTRACTION**

[WWW.EVERYDAYSINSPIRATION.COM](http://WWW.EVERYDAYSINSPIRATION.COM)



Life is Beautiful



**MELISSA COHEN**

**FOUNDER | BOARD MEMBER | FOUNDING MEMBER OF CHIEF | PANEL AND PODCAST GUEST |  
MINDFUL FASHIONISTA**

**[HTTPS://DIYINFLUENCE.COM/BOOTCAMP](https://diyinfluence.com/bootcamp)  
NEW YORK, UNITED STATES**

For many years, I did what I was always told to do. Work hard, play by the rules, keep your head down. It's pretty standard advice for many of us of a certain age. And, for many years, it worked.

I always knew that I wanted to work in fashion, from the earliest days of making outfits for my Barbie dolls out of scrap cloth, to eagerly turning the pages of my favorite magazines - Seventeen, Harper's Bazaar, Vogue. When representatives from a school for fashion careers in NYC came to my high school, the plan was solidified in my brain. I would work in this fast paced, creative industry.

I rose through the ranks, from my first role as an entry level assistant (heavily focused on data entry) up to a division Vice President. I worked for some of the most iconic American brands - Tommy Hilfiger, Nautica, Ralph Lauren. I traveled extensively to visit factories, check production, and to meet my global colleagues. I was on top of the world, and believed I was living the dream career that I had envisioned as a teenager.

An then one day it was gone. It was 2020, and I was living in the heart of the Covid 19 pandemic in the US - New York City. Every industry was hit hard by the pandemic, but perhaps none more so than fashion. No one was buying clothes - no one was even leaving their homes. I had lost my job, and with it, I had lost a huge piece of who I was. It is a very strange feeling to realize how much of your sense of self, your identity, your self worth - is tied up in your job. It was such a huge part of me that when it was gone, I felt an emptiness that I never could have anticipated. But from that feeling, two things happened.

The first is that I started to work on figuring out who I am, what I stand for, and how I want to show up for people. Believe it or not, the biggest tool in helping me to do this was LinkedIn. Living in New York City with the pandemic still raging, I had few opportunities to socialize or to connect with people outside of my immediate family. I started to spend more and more time on LinkedIn. Originally, it was with the intention of laying the groundwork for finding my next role. But it soon also became the conduit for me to make meaningful connections with people, across all industries and sectors.

Geography became a non-issue as zoom calls and virtual coffees became the norm. I was soon meeting people from all over the country, and even globally, thanks to the magic of engaging on LinkedIn. I soon realized how much I enjoyed forming a community, introducing people to one another, and being a force for positivity and connection. I began spending more time creating content and meeting people who wanted to share and enjoy that same power of connection.

The second thing that I did was decide to launch my own consultancy. I had grown tired of the very broken job search process; one that dragged on for weeks, making candidates jump through hoops. No one should have to go through multiple rounds of interviews, and all the preparation that goes with them, only to be ghosted without so much as a courtesy email. I decided that I wanted (and deserved) something better.

Launching my own business taught me so many things. It also gave me many gifts. It allowed me to collaborate with a variety of people, on a variety of products and projects. It gave me more flexibility and control of my own schedule, and it allowed me to decide if a project wasn't the right fit for me. Above all else, it gave me the confidence to see that I could do something outside of my comfort zone. I had never viewed myself as an entrepreneur, or as someone who would be happy working outside of that strict definition of the traditional corporate world. I am happy to say that I did something new - for my own well-being and success.

Today, I know who I am. I am a business owner, a fashion executive, and a champion of sustainability. I am a LinkedIn top voice for personal branding, personal development and interpersonal communication. I enjoy connecting people, building community, and lifting up others. I am 100% me.

# M A N N S I A G R A W A L



Born and brought up in the vibrant city of Kolkata, India, my life took a significant turn when I was 21. I left my familiar surroundings and headed to Nepal to embark on a new chapter in my life - marriage. The journey to a new country was filled with both excitement and trepidation. Settling into this new place was no easy feat. The unfamiliar culture, language, and customs presented many challenges. Finding work and establishing a social circle were not without their difficulties, but I was determined to make this new chapter in my life meaningful. Amidst the struggles of adapting to my new life, I stumbled upon a beacon of hope - the Toastmasters Club. This remarkable group became my sanctuary, a place where I could find my voice and build my confidence. Through Toastmasters, I discovered the power of effective communication and gradually began to overcome my initial hesitations. As I started participating in Toastmasters meetings, I was surprised by the invitations that followed. People wanted to hear my voice, to hear what I had to say. Slowly but surely, I started taking up these opportunities to speak. Each experience pushed me further out of my comfort zone, helping me grow as an individual. Today, life is much more comfortable than those early days in Nepal, but the journey is far from over.

I continue to work hard and strive for personal growth. Each challenge I faced in the past has made me stronger and more resilient. I've learned that with determination and the right support, we can overcome even the most daunting of obstacles. My story is a testament to the power of perseverance and self-discovery. From a young person navigating a foreign land to a confident speaker who is invited to share her thoughts, my journey is a reflection of the transformative power of resilience and the willingness to embrace new experiences. And as I continue to work hard to achieve my goals, I am reminded that the story of our lives is an ever-evolving narrative, and I look forward to the chapters yet to be written.

# EVERYONE OF US HAS DREAMT OF BEING SOMEONE AS A CHILD

DR. SWASTIKA KHAREL

Everyone of us have dreamt of being someone as a child. Haven't we? How often have we answered this question, What do you want to be in future? My answer was always the same „ A Doctor “ . Some people told me that I was too ambitious and some told me that I was being unrealistic. But this desire never faded away as my family always supported me.

After 10+2 I wanted to pursue my dream of becoming a doctor. I took part in a Medical entrance exam where I got entrance for self payment but not for a scholarship. which was quite disappointing.

Lika a signal from the Universe after few days I got a call from an education consultancy and they informed me about scholarship in Germany. Scholarship in Germany was something I had never heard of. My curiosity was triggered to find out more. There were other students as well who were as curious as I was. They then informed us that everything will be in German language.





At first I thought to myself, I am not mad to study Medicine in German language, a language which was unknown to me. They held a small Presentation where they showed the similarities between English and German language and was eventually convinced to give it a try. And so thus my journey began, after studying the language till B1 and applying to the Universities in Germany, I got an invitation letter from Ludwig Maximilians University. I was so excited and so were my parents. Couldn't believe that this was happening. I have never left my country and never travelled alone. So it was a bit scary but filled with excitement. When I landed in Germany I couldn't really understand the people.

The next day was my entrance exam, which was a language exam. I was quite sure that I wouldn't pass it, but I decided to take the exam anyways, so that I can know how the exams are done here in Germany. After a failed attempt I was sure that I must invest all of my energy in language as it was a mean for me to achieve my dream. After Intensive Language Classes and Part time job, finally passed my entrance exam. Then a year of dedication to Studienkolleg (which is comparable to a school) finally paid off and I got an entrance in the Universität Klinikum Jena to study Human Medicine (MBBS). Throughout my University period there were time I couldn't understand everything. It was quite challenging to do part time Job and study. In school I had never failed any subjects but here pass mark is 60% and at first when I failed my exam was really devastated and saw that I wasn't only one. Even some Germans could pass it with one attempt, so I tried harder and with further dedication eventually I completed my study in 2019. Since then I have been working as a doctor in Germany.

Through my experience I know it is not always easy to stay motivated but sometimes we really have to remind ourselves of our aim and what we have already been through and keep moving forward, so that we do not regret it in future. I know it is not always possible to get what we want but in my opinion we should always make sure that we have tried everything before we give up, so that there is no room for regret in future.

# Unleashing the Power of the Law of Attraction: Manifesting Your Dreams into Reality

## LAW OF ATTRACTION

### Like attracts like

This means that the thoughts and emotions you set out to the universe will attract similar thoughts, emotions, and experiences back to you. Positive thoughts attract positive experience, while negative thoughts attract negativity.

### The Power of Visualization:

Visualization is a powerful tool to make use of the Law of Attraction. By vividly imagining your goals and desires as if they have already been achieved, you send a strong signal to the universe, aligning your energy with your aspirations which helps manifest your dreams into reality.

### Positive Affirmations

Positive affirmations are statements that you repeat to yourself to create positive beliefs. By using affirmations regularly, you can reprogram your subconscious mind and replace negative beliefs with the positive ones. And this can attract more positive experiences into your life.

### Emotional Alignment:

It's not just about thinking positively; it's about feeling positive emotions as well. When you align your thoughts and emotions with your desires, you create a powerful magnetic force that draws your goals closer to you.

### Taking Inspired Action

It's not about simply wishing for something and waiting for it to materialize. You must also take inspired action toward your goals. When you act accordingly with your desires, you set the stage for the universe to bring opportunities and possibilities your way.



LOVE  
LIGHT  
PEACE

## TRAVEL

when it comes to faith I am completely a spiritual person and believe in one higher power that is a God for me. I am not promoting any religion here, but am so proud to be presenting the Buddhist temple, Swayambhunath Stupa from Nepal, the country I come from.

This is also listed as one of the UNESCO world heritage sites. So if you visit Nepal, then it will be one of the place to visit.



# Quote of the year 2023

“Don't be pushed  
around by the fears in  
your mind. Be led by  
the dreams in your  
heart.”

Roy T. Bennett

