

This Too Shall Pass, Oct 19 (monthly update from Saurabh Garg)

Hello!

You are getting this email because you know me, Saurabh Garg, from one of our previous interactions. I believe you wish to see me do well and thus I have taken the liberty to add you to a 'board of directors' that I report to each month. If you do NOT want to receive this once-a-month email, please do tell me and I will remove you from the list.

So, October is here!

This means that we are in the last quarter of the year. And 2020 that we all heard about when we were kids, is almost here. The future is almost here, ladies and gents! And we have zero time to waste (thanks to [this tweet](#) by Tim Cook for reminding us)...



Lemme get started with the update.

In one line, September was not the best of the months, to be honest. For some reason, I just could not work. Almost zero action! Agreed that I was on the road for a couple of weeks but that should not affect work. Right? *And if I want a location independent life, I need to learn this.*

So, anyway, here's a list of **noteworthy things that happened in Sep...**

1. Mustered the courage to finally get some photos clicked that were to be published on a public medium. In case you wish to see those, [here](#). To me, this was a big deal. *The next step on this is to get a professional photograph done that I can use on my website and various SM handles. Let's see when.*

2. Initiated a new podcasting project where [Akshay](#) and I talk to entrepreneurs about their journeys and stories of struggle, courage and success (and failure at times). We call it [ThePodium.in](#) and we have recorded two episodes already. Plan is to record about 10 episodes (and then release it by Nov 2019).

If you know any entrepreneurs that you wish to listen to, please do connect us. We are looking at first-generation entrepreneurs that have reached a certain scale (have raised a series A or have 30+ employees).

3. Green-lit the next short film for [Red Carbon](#). Like the [previous short](#), I am a co-producer on this with some other people.

I don't know if you can spot the pattern, but I am trying to make [C4E](#) into a media company, step by step. We already have content destinations for films and books. This foray into short films is a move towards content creation. Let's see what else do I cook up.

4. Starting the 23rd of Sep, I have been on time restricted diet (not to be confused with Intermittent Fasting) and I eat in a 4-hour window between 3 PM and 7 PM. I plan to do this for a month and see the impact. If all goes well, I will move to OMAD. *If you have some time, I'd recommend you to please see [this video](#) (90-mins) where [Dr. Satchin Panda](#) (he is a leading authority on Circadian Rhythm) talks about TRD. You may also want to read [this](#) where this guy talks about his experience with Keto and OMAD.*

So, yeah.

Did manage to do these 4 things.

None of these were really per the plans that I had for myself.

They do however align to long-term goals. So that helps.

In terms of a report card, **I had planned to do a lot in Sep 19**. Here's a list of those things and how I fared on those...

a. Work on the Second Book

This has been an agenda since Aug.

When I planned to get the draft ready in Sep, I knew that it would take more than 30 days to work on it. It was a stretch goal. But honestly, I did not even open the pages of the notepad where I write my ideas for Book2.

So, fail.

b. Start running

In Sep I decided that if I don't start running, I will start doing weights.

I could do neither.

Fail. 2.

c. Get saurabhgarg.com up and running

My website. Where I aggregate things that I do.

Nope. This too did not happen either.

Fail. 3.

d. Do a one-month reading deep-dive into one specific topic

Again, nothing. I did read a lot about food and diet but to be honest not the kind of deep-dive that I had expected to do.

Fail. 4.

e. Work towards creating a business that takes me beyond India

I don't have an answer right now but I have taken some steps.

So, 1 on 5.

Oh, I am still looking for ideas and opportunities to get away from India. Do share if you have any.

So yeah. That's the dismal report card from September. 5 goals, all 5 were left far from completion. I can come up with a million excuses about why and how but all they'd be is excuses. So, no point.

I'll buckle up in Oct.

So, what do I plan to do in Oct?

Of course continue with the goals that I had set for myself in Sep. I am not adding any new goals in October. I'd just consider that someone wiped the month of Sep from my calendar and continue where I left things in August.

Thing is, between work and all these things, I am pretty packed. And for a change, I don't want to say yes. [Naveen Jain](#) may not agree with me though - if my interpretation is correct, he is of the opinion that the life of abundance needs to have just yes's and no no's.

The things for Oct thus are, Book 2 Bible, Running / Weights, saurabhgarg.com, deep dive into something interesting and seed business beyond India.

So yeah. That's about it. Not the best of the months. But as they taught me in Vipassana, **this too shall pass**.

Thanks again for your patience. And all the help.

Hope you have a good day and a good month ahead.

Please do let me know if I can be of any help in any way.

-

Gratitude and Respect,

Saurabh Garg

+91-9819981337

saurabhgarg.com, [@saurabh](https://twitter.com/saurabh)
[send me anonymous feedback](#)

Updates from previous months - [0819](#), [0919](#)

Wish to UNSUBSCRIBE? I understand that you may not want me to clog your mailbox. *Heck, you may not even remember me!* So, should you want me to stop sending this once-a-month email, please do tell me. I promise to not get offended.

FEEDBACK. Should you want to give me anonymous feedback on this email or anything else under the sun, please use this form - <https://forms.gle/28bVP8DYz2WGdHdp8>. And yes I do get not-so-kind inputs. Brutal and honest feedback is the best feedback.

PS: This one got delayed because I did not have a lot to talk about this month - there was hardly a single hit in September. And I did not know how to send this. But I had to. And here I am. I just hope October is better. Thanks for reading!