



Your Desired Quality of Life: The Genie Test

What does success look like to you?

There are no right or wrong answers here. You are simply trying to see where your thoughts take you when you think impulsively, and then, intentionally.

- I. If you could seriously have any three wishes for your life, besides world peace, what would they be? Write the first three things that come to mind, quickly!

1. _____
2. _____
3. _____

- II. If you could have just one wish, what would it be?

Take a look at what you wrote. Did you take the exercise seriously? If not, why not?

- III. Now go back and take your time. Think about your answers more deeply. If you could have any three wishes after some thought, what would they be and why?

1. _____
2. _____
3. _____

- IV. If you could have just one wish, what would it be and why?



Did you perhaps write something to do with getting a great job, making a lot of money, having fame, or essentially extrinsic things? Some examples of answers you may not have considered are:

- A fulfilling life, full of joy, happiness, and great relationships
- A passion for learning
- Great health for life
- Financial independence to allow for philanthropic giving
- The flexibility to allow volunteering for my favorite cause
- A life full of adventure

Real Life 101:

“My wish? To have a loving family and friends.” - Krishna Nadella, Americas Head of Sales for Portfolio Valuations, New Content, and Regulatory Solutions for Bloomberg L.P.

When I first met Krishna he had just completed an MBA and was a Vice President at Citigroup based out of New York City. He was on the fast track in the global financial world. Life was good. Then the Great Recession of 2008 hit and he was one of thousands on Wall Street whose jobs were suddenly eliminated. Krishna never lost his faith and by leaning on his healthy relationships with family and friends, he not only persevered, he thrived. He is working for Bloomberg LP and is the creator, producer, and host of the web and TV-based discussion program, *STATE OF MIND with Krishna C. Nadella*.

What matters most to Krishna? “That I am honest with myself and my wife and engaged with my children and to have healthy societal relationships. If I have that, I can do anything.”

“While we are obsessed with the pursuit of personal happiness, it is the understanding of your meaning in life that is the secret to your resilience and success.” - Emily Esfahani Smith, Psychology Instructor, University of Pennsylvania

