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A PRACTICAL APPROACH TO LIVING LIFE: INSIGHTS FROM WHO  
WILL CRY WHEN YOU DIE?

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ABSTRACT

Life is often fleeting, and the quest for meaning and fulfillment is a journey all humans embark on. Robin Sharma's book *Who Will Cry When You Die?* Offers timeless lessons on how to live a meaningful and impactful life. The book prompts readers to consider their legacy by encouraging reflection on how they would like to be remembered. This research paper explores the practical lessons from the book, applying them to everyday life with an emphasis on self-improvement, emotional intelligence, and mindful living. By using these principles, individuals can lead a life that balances emotional fulfillment and practicality. The study delves into topics such as setting clear priorities, developing resilience, fostering empathy, and leading a purpose-driven life. By analyzing these principles through a practical lens, the paper seeks to demonstrate how an individual can achieve personal growth while contributing positively to society.

Keywords: Robin Sharma, personal development, legacy, emotional intelligence, practical living, self- improvement, mindfulness, purpose-driven life, resilience, empathy.

1. Introduction

Life is unpredictable, and the choices we make define our existence and influence how we are remembered. Robin Sharma's *Who Will Cry When You Die?* Explores the importance of introspection and conscious living. The book serves as a guide, offering 101 practical tips for leading a more fulfilling life, from cultivating gratitude to building emotional intelligence. This paper analyzes how these concepts can serve as actionable guidelines for modern- day living with a focus on practicality.

2. Literature Review

2.1 Self-Help and Personal Growth Literature

Sharma's *Who Will Cry When You Die?* Belongs to a well-established genre of self-help literature. Prominent authors such as Stephen Covey (*The 7 Habits of Highly Effective People*) and

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Eckhart Tolle (The Power of Now) also emphasize living intentionally and developing emotional intelligence. However, Sharma's work stands out for its succinct, easily digestible life lessons that blend Eastern and Western philosophies. This section reviews comparable works and situates *Who Will Cry When You Die?* Within the broader discourse on self-improvement.

## 2.2 Emotional Intelligence and Practical Living

Daniel Goleman's work on emotional intelligence, which underscores the importance of self-awareness and empathy, aligns with Sharma's call for conscious living. Research in emotional intelligence highlights how it impacts success in both personal and professional realms. This paper integrates these findings, showing how they align with the principles found in Sharma's work.

## 3. Practical Applications of Lessons from *Who Will Cry When You Die?*

### 3.1 Setting Priorities in Life

Sharma encourages readers to evaluate their life priorities, suggesting that time is the most valuable asset. In practical terms, this means spending time on meaningful activities rather than on distractions. This section outlines strategies for setting personal priorities, including the use of time management techniques and goal-setting frameworks such as the SMART (Specific, Measurable, Achievable, Relevant, Time-bound) model.

### 3.2 Building Resilience

One of the key themes in *Who Will Cry When You Die?* Is the development of resilience in the face of life's challenges. Resilience is an essential trait for overcoming setbacks.

Sharma suggests focusing on continuous learning, embracing failure as a teacher, and cultivating a positive mindset. This section examines the psychological and emotional tools individuals can develop to enhance resilience.

### 3.3 Fostering Empathy and Emotional Intelligence

Sharma emphasizes the importance of building strong, empathetic relationships. Research shows that emotional intelligence correlates with higher levels of empathy, leading to better interpersonal connections. This section explores practical ways of fostering empathy, such as active listening and practicing mindfulness in communication.

## 4. The Role of Mindfulness in Practical Living

Mindfulness, a key concept in Sharma's work, has its roots in Buddhist philosophy but has become a cornerstone of modern psychological wellness. Mindfulness encourages living in the present moment and focusing on what truly matters. This section provides practical exercises for incorporating mindfulness into daily life, such as mindful breathing and meditation, which align with Sharma's advice on reducing stress and increasing presence.

## 5. Achieving a Purpose-Driven Life

Living with purpose is another essential element in Sharma's teachings. He urges readers to identify their personal mission and to align their actions with this purpose. This section outlines practical steps for identifying one's purpose, including introspective exercises and methods for setting long-term, meaningful goals.

## 6. Conclusion

*Who Will Cry When You Die?* Offers valuable life lessons on how to live with intention and practicality. By incorporating its lessons on emotional intelligence, mindfulness, and personal resilience, individuals can lead lives that are both fulfilling and impactful. This paper has demonstrated

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that Sharma's teachings are not only theoretical but also provide actionable guidance for personal development and practical living. The legacy we leave is shaped by the choices we make daily, and by applying these principles, one can ensure that their life is remembered for its depth, impact, and compassion.

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