



An Institute for Civil Services

IAS MAINS 2023

MAINS SAMP^{OO}RNA

PHILOSOPHICAL ESSAY

in Easy Steps



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RECALL SERIES

ABOUT

With the UPSC CSE mains 2023 just weeks away, the significance of last minute revision cannot be overstated. In this critical juncture, the GSSCORE Mains Recall Series 2023 offers a well-rounded approach to ensure students are adequately prepared and supported. This helps aspirants to quickly cover important issues in a short time, correct you and fill gaps.

HOW TO USE THIS BOOKLET?

This booklet follows the idea of “Think, Collate & Write”. It’s meant for a fast review before CSE Mains 2023 exams. The booklet provides you easy steps for writing a philosophical essay through practicing different topics. In order to give you a headstart, an example for essay writing is given in the booklet. The example follows five point strategy to think, collate and write your essay. The example is followed by few other topics for brainstorming and outline. This self-assessment practice booklet will help you practice essay and this technique will enhance your recall power and will be beneficial during the main examination.

Philosophical ESSAY

in Easy Steps...

A good essay is one that effectively communicates its intended message or argument to the reader in a clear, coherent, and engaging manner. It is characterized by several key attributes:

1. CLARITY

A good essay is easy to understand. It presents its ideas and arguments in a clear and concise manner, avoiding unnecessary jargon or overly complex language. The reader should not have to struggle to grasp the essay's main points.

2. STRONG THESIS

A good essay begins with a clear and compelling thesis statement that provides a roadmap for the reader, outlining the main argument or purpose of the essay.

3. WELL-STRUCTURED

It follows a logical and organized structure. Typically, essays have an introduction, body paragraphs that develop and support the thesis, and a conclusion that summarizes the main points and provides a sense of closure.

4. COHERENCE

A good essay maintains a sense of flow and coherence throughout. Sentences and paragraphs are logically connected, and transitions are used effectively to guide the reader from one idea to the next.

5. EVIDENCE & SUPPORT

It provides relevant evidence, examples, or arguments to support its claims. This might include data, quotations, expert opinions, or real-life examples.

6. ORIGINALITY

While it may draw on existing knowledge and sources, a good essay offers a unique perspective or analysis. It demonstrates critical thinking and intellectual engagement.

7. ENGAGEMENT:

It captivates the reader's interest and maintains their engagement throughout. This can be achieved through engaging writing style, compelling storytelling, or thought-provoking questions.

8. RELEVANCE

It stays focused on the topic and avoids unnecessary tangents or unrelated information.

9. CONCISENESS

It conveys its message efficiently without unnecessary wordiness or repetition.

Now we will get into various steps that leads to an effective, relevant and good writing.

TOPIC

We Will Develop This Topic In Easy Steps

“A Champion is afraid of losing. Everyone else is afraid of winning.”



First try to get the close meaning of the key words of a topic.

Understanding the key words of a topic is essential for several reasons:

1. Clarity of Understanding:

Key words help define the scope and boundaries of a topic. They provide clarity about what the topic is specifically about, ensuring that you are on the right track in your research or discussion.

2. Precision in Communication:

When discussing a topic, using the key words correctly ensures that you are communicating your ideas precisely. This helps others understand your point of view and minimizes the chance of misinterpretation.

3. Avoiding Misdirection:

Without a clear understanding of key words, you might veer off-topic or include irrelevant information in your work. Understanding key words helps you stay on course.

4. Identifying Main Concepts:

Key words often represent the main concepts or themes within a topic. Understanding them allows you to dissect the subject into its fundamental components.

5. Critical Thinking:

Analysing key words requires critical thinking. It encourages you to question and

explore the nuances and various dimensions of a topic.

In essence, understanding key words is the cornerstone of effective communication, research, and critical thinking. It helps you engage with a topic more deeply and produce higher-quality work.

Let's understand how you can do it ?

A champion is afraid of losing. Everyone else is afraid of winning. What are important key words in this topic:

1. Champion:

This term implies someone who excels and competes at the highest level in a given field or endeavour. It signifies a person who strives for excellence.

2. Afraid:

Indicates fear or apprehension, which is an emotional state of being scared or anxious about something.

3. Losing:

In this context, it means failing to achieve success, particularly in a competitive situation. It signifies the opposite of winning.

4. Everyone else:

Refers to all other individuals who are not champions, implying a contrast between champions and the general population.

5. Winning:

The act of achieving success, especially in a competitive context. It signifies accomplishing one's goals or being victorious.

6. Fear of Success:

Implies a psychological concept where individuals may fear the consequences, expectations, or responsibilities associated with achieving success.

Other similar keywords related to the topic "*A champion is afraid of losing. Everyone else is afraid of winning*" may include:

- 1. Victory:** Signifies success or winning in a competition, often used interchangeably with "winning."
- 2. Achievement:** Denotes the act of accomplishing a goal or reaching a desired outcome, which can be related to winning.

3. **Excellence:** Refers to the quality of being outstanding or exceptionally good in a particular field or activity.
4. **Competition:** Involves a rivalry or contest between individuals or groups with the aim of winning.
5. **Ambition:** Indicates a strong desire or determination to achieve success, which can be linked to a champion's mindset.
6. **Confidence:** Relates to self-assurance and belief in one's abilities, which champions often possess.
7. **Motivation:** Refers to the driving force or reasons behind one's actions, which can include the desire to win.
8. **Mentality:** Denotes one's mindset or mental attitude, which can influence how they approach success and failure.
9. **Resilience:** Signifies the ability to bounce back from setbacks or failures, a characteristic often associated with champions.
10. **Aspiration:** Refers to one's goals, ambitions, or hopes for the future, particularly in the context of achieving success.

These keywords provide a broader understanding of the concepts and themes related to champions, success, and the fear of both winning and losing.

B

Brainstorming

Brainstorming a topic means generating a wide range of ideas, concepts, questions, and associations related to a specific subject. It is a creative and unstructured process aimed at exploring various aspects and dimensions of the topic, without the immediate need for evaluation or organization. The goal of brainstorming is to stimulate creative thinking, uncover new perspectives, and generate a pool of ideas.

Here are some brainstorming questions related to the topic "*A champion is afraid of losing. Everyone else is afraid of winning*":

1. What defines a true "champion" in various aspects of life, such as sports, business, or personal achievements?
2. How does the fear of losing impact the mindset and performance of individuals aiming for success?
3. Can the fear of losing be a motivating factor for champions, driving them to

continuously improve and excel?

4. What psychological factors contribute to the fear of losing in champions, and how does this fear affect their decision-making and behavior?
5. Why might individuals, who are not considered champions, fear the idea of winning or achieving a high level of success?
6. Are societal expectations and pressures responsible for the fear of winning in many individuals?
7. How does the fear of winning or achieving a high level of success relate to the concept of imposter syndrome?
8. Can the fear of winning be seen as a form of self-sabotage, and what are the underlying causes?
9. What role does self-confidence play in overcoming the fear of winning, and how can it be cultivated?
10. Are there any common strategies or techniques that champions use to cope with their fear of losing and to maintain their winning mindset?
11. How can individuals who fear success shift their perspective and embrace opportunities for personal growth and achievement?
12. What are the long-term consequences of succumbing to the fear of winning or the fear of losing, both in personal and professional life?
13. Can examples from history and popular culture shed light on how champions and non-champions have dealt with these fears?
14. Are there any cultural or societal differences in how these fears are perceived and addressed?
15. What advice can be offered to individuals to strike a balance between the fear of losing and the fear of winning, leading to a healthier approach to success?



After brainstorming capture the essence of the essay topic

In essence, the topic highlights the complex relationship that people have with success and failure. It suggests that champions are driven by the fear of losing what they've achieved, while others may hold themselves back due to a fear of the unknown or the challenges that come with winning.

Here's a breakdown of the meaning:

1. **“A champion is afraid of losing”:** This part suggests that those who are already at the top of their game, often referred to as champions, may have a deep fear of losing their coveted position or reputation. This fear can be a driving force for them to continuously work hard, improve, and maintain their excellence.
2. **“Everyone else is afraid of winning”:** In contrast, this part suggests that many individuals who are not champions, or who haven't achieved a high level of success, might have a fear of winning or reaching their full potential. This fear could stem from various factors, including self-doubt, fear of change, or the responsibilities that come with success.

This topic can be explored in various contexts, such as sports, business, personal development, and psychology, to understand how these fears impact individuals and their pursuit of success. It also encourages reflection on how individuals can overcome these fears to reach their full potential.

D Outline

Making an outline of an essay topic means creating a structured framework that outlines the main points, arguments, and organization of your essay before you start writing it. It's like creating a roadmap that guides you through the essay-writing process. An outline serves as the skeleton of your essay, allowing you to see how different ideas and arguments fit together logically. Here's what making an outline typically involves:

1. Introduction:

In your outline, you'll specify how you plan to introduce your topic. This might include a hook or attention-grabbing statement, background information, and your thesis statement (the main point or argument of your essay).

2. Main Body:

This section of the outline breaks down the main points or arguments you'll present in your essay. Each main point is usually accompanied by supporting details, evidence, examples, or sub-arguments. You can use headings or bullet points to organize these main points.

3. Supporting Evidence:

Under each main point, you can outline the specific evidence or examples you'll use to support your arguments. This helps you ensure that you have enough evidence for each point.

4. Counterarguments:

If your essay requires you to address counterarguments or opposing viewpoints, you can outline how you'll do this within your main body. This might include a separate section or subsections.

5. Conclusion:

Your outline should indicate how you plan to wrap up your essay. This often includes restating your thesis, summarizing your main points, and providing a concluding thought or call to action.

6. Transitions:

While not always included in an outline, you can note where you intend to use transitional words or phrases to ensure a smooth flow between paragraphs and sections.

Outlines can take various forms, from a simple list of headings and subheadings to a more detailed structure with bullet points and notes. The level of detail in your outline depends on your preferences and the complexity of your essay. Regardless of the format, creating an outline is a valuable step in the essay-writing process as it helps you organize your thoughts, stay focused, and maintain a logical flow in your writing.

Lets understand it through an example of this topic: *A champion is afraid of losing. Everyone else is afraid of winning.*

1. Mindset & Attitudes:

- ❑ Analyse the mindset of a champion and how their fear of losing drives them towards excellence.
- ❑ Explore the attitudes of individuals who may be afraid of winning and the psychological barriers that hold them back.

2. Success & Achievement:

- ❑ Discuss what success means in different contexts (e.g., sports, career, personal life) and why individuals aspire to achieve it.
- ❑ Examine the factors that contribute to someone becoming a champion in their field.

3. Fear & Motivation:

- ❑ Explore the role of fear in motivating champions to continue pushing their limits and maintaining their status.
- ❑ Investigate how the fear of success can hinder individuals from reaching their full potential.

4. Self-Doubt and Confidence:

- ❑ Discuss how self-doubt can impact an individual's ability to pursue and attain success.
- ❑ Consider the importance of confidence and self-belief in achieving one's goals.

5. Competition & Rivalry:

- ❑ Analyze the competitive nature of champions and how they view their competitors.
- ❑ Explore how competition can either motivate or discourage individuals from striving for success.

6. Overcoming Barriers:

- ❑ Provide strategies and examples of how individuals can overcome the fear of losing or the fear of success.
- ❑ Highlight stories of individuals who have successfully navigated these fears to achieve greatness.

7. Psychological Factors:

- ❑ Examine the psychological aspects of fear, including fear of failure (attribution theory) and fear of success (self-sabotage).
- ❑ Discuss how these psychological factors can be addressed and managed.

8. Impact on Society:

- ❑ Consider the broader societal implications of individuals' attitudes toward success and failure.
- ❑ Reflect on how a culture that embraces both winning and losing can foster personal and collective growth.

E

**...Finally, Now express yourself
for this topic**

A champion is afraid of losing. Everyone else is afraid of winning.

1. Introduction:

Success is a pursuit that intrigues and motivates individuals across the globe. The desire to win, to be recognized as a champion, is a powerful driving force. Yet, in the pursuit of success, a fascinating paradox emerges: "A champion is afraid of

losing. Everyone else is afraid of winning.” This paradox highlights the complex relationship between fear, success, and human psychology.

2. Champion’s Fear of Losing:

Champions are individuals who have reached the pinnacle of their chosen field. They are celebrated for their exceptional skills, determination, and resilience. However, behind their triumphs lies a profound fear - the fear of losing. This fear fuels their relentless pursuit of excellence. Champions are acutely aware of how fragile success can be, and this awareness drives them to work harder, practice longer, and push their limits further. They understand that the price of staying on top is a perpetual battle against complacency.

3. The Reluctance of Others to Win:

On the other end of the spectrum, there are those who seem reluctant to win, or rather, afraid of the responsibilities and expectations that come with success. This reluctance often stems from a fear of the unknown. Winning may mean stepping out of one’s comfort zone, facing higher expectations, or dealing with increased scrutiny. People may fear that success will change them or disrupt their existing lives. This fear of winning can lead to self-sabotage, where individuals unconsciously hinder their own progress.

4. Psychological Factors at Play:

The paradox of success is deeply rooted in psychological factors. Fear of losing, known as “attribution theory,” can drive champions to attribute their success to internal factors like skill and effort, while attributing failures to external factors. This mindset reinforces their determination to keep winning. Conversely, the fear of success often arises from imposter syndrome, where individuals doubt their abilities and believe that their achievements are undeserved. This fear can lead to procrastination or underachievement, preventing them from reaching their full potential.

5. Overcoming the Paradox:

- ❑ Understanding the paradox of success is the first step toward harnessing its power. Champions can acknowledge their fear of losing and use it as a source of motivation without letting it paralyze them. Others can confront their fear of winning by recognizing that success doesn’t fundamentally change who they are; it simply opens new opportunities for growth. Techniques such as goal setting, self-compassion, and seeking support from mentors or therapists can help individuals navigate these fears.
- ❑ Champions, whether in sports, business, or any field, are driven by an intense fear of losing. This fear is not debilitating; instead, it serves as a powerful motivator. Consider athletes like Michael Jordan, who famously said, “I’ve missed more than 9,000 shots in my career. I’ve lost almost 300 games. Twenty-six times, I’ve been trusted to take the game-winning shot

and missed. I've failed over and over and over again in my life. And that is why I succeed." Jordan's fear of failure drove him to practice harder, take more shots, and ultimately become one of the greatest basketball players of all time.

6. Conclusion:

In the complex journey of life, success is a multifaceted concept, often accompanied by intricate emotions and fears. The paradoxical nature of success, where champions fear losing, and others fear winning, reflects the intricate interplay between human psychology and achievement. Embracing these fears and using them as catalysts for personal and collective growth can help individuals transcend the paradox, making the pursuit of success a more fulfilling and transformative journey. Ultimately, it reminds us that success is not solely about the destination but the lessons we learn along the way.

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Essay Worksheet

Q. We must free ourselves of the hope that the sea will ever rest; We must learn to sail in high winds.

Keywords

Brainstorming

Outline

Q. If one does not know to which port one is sailing, no wind is favorable.

Keywords

Brainstorming

Outline

Q. In a great nation people are neither judged by their birth nor by their wealth and power but by their character and contribution.

Keywords

Brainstorming

Outline

Q. Hate cannot drive out hate; only love can do that.

Keywords

Brainstorming

Outline

Q. Weakness of attitude becomes weakness of character.

Keywords

Brainstorming

Outline

Q. A champion is afraid of losing. Everyone else is afraid of winning.

Keywords

Brainstorming

Outline

Q. Our patience will achieve more than our force.

Keywords

Brainstorming

Outline

Q. Patience is not the ability to wait, but the ability to keep a good attitude while waiting.

Keywords

Brainstorming

Outline

Q. It is no measure of health to be well adjusted to a profoundly sick Society

Keywords

Brainstorming

Outline

Q. It's not hard to make decisions when you know what your values are.

Keywords

Brainstorming

Outline

Q. The truth is not for all men but only for those who seek it.

Keywords

Brainstorming

Outline

Q. A creative man is motivated by the desire to achieve, not by the desire to beat others.

Keywords

Brainstorming

Outline

Q. Never think of pain or danger or enemies a moment longer than is necessary to fight them.

Keywords

Brainstorming

Outline

Q. Lessons of present day dating, love, deceit and dehumanisation.

Keywords

Brainstorming

Outline

Q. Present threats to the institution of marriage- a product of liberty or permissiveness?

Keywords

Brainstorming

Outline

Q. Race for global power is the biggest threat to global peace and prosperity.

Keywords

Brainstorming

Outline

Q. Buddhism and Yoga- the biggest baits for India's soft power.

Keywords

Brainstorming

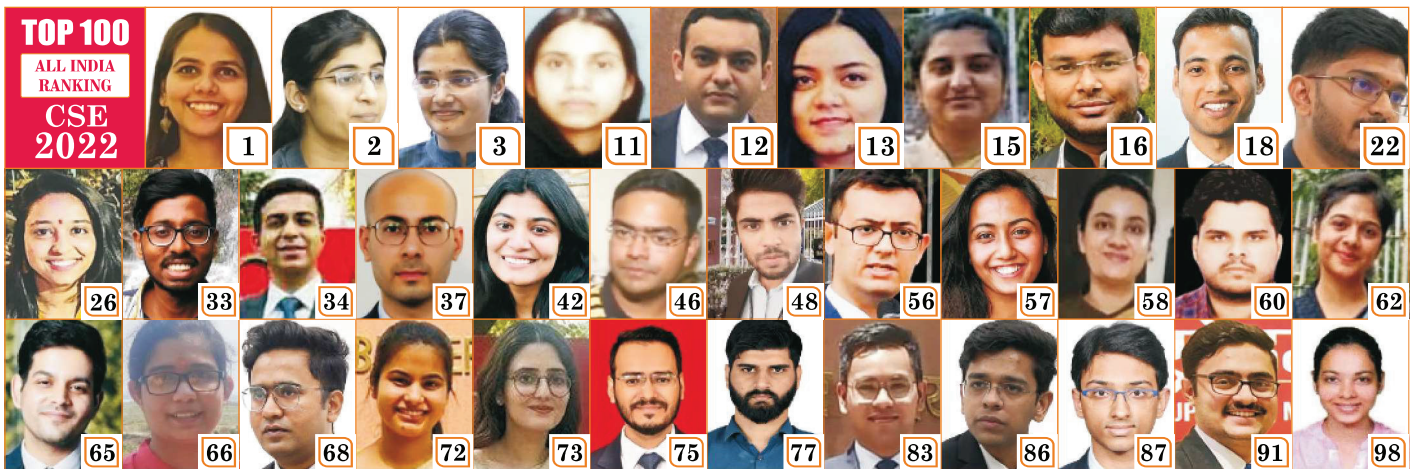
Outline

Q. G-20, an incompatible partnership for unrealisable goals.

Keywords

Brainstorming

Outline



SUCCESS IS A PRACTICE WE DO!

