



KMM 2015, SESSION 6: 90% + 10%!

SESSION PLAN

PART 1 - 10% marks	(3 minutes)
PART 2 - Create History	(7 minutes)
PART 3 - Positive thinking is...	(4 minutes)
PART 4 - 90% + 10%	(15 minutes)
PART 5 - Summary of sessions 1 to 5	(3 minutes)
PART 6 - Gratitude letter	(4 minutes)
PART 7 - BRAIN TATTOOS	(4 minutes)

PART 1 - 10% marks

Anyone in the class who scores less than 10%? Wow! This is an amazing class. You know why? Because, in life, all you have to do is score 10%.

PART 2 - Create History

The history of our life is the history of challenges overcome.

No challenges. No history.

KNOW Challenges. CREATE History.

The whole of humanity can be divided into few groups.

A) Because of problems they break. Glass.

B) Because of problems they develop. Diamonds.

C) Because of problems they inspire. Diamond Manufacturers.

Issues, Challenges, problems.

I was in the blues,

That I had no shoes.

Until upon the street, I came across a man,

Who had no feet.

When things go wrong, for some we focus on what's not there or what can't be done.

PART 3 - Positive thinking is...

You must deal with the world the way it is, not the way you wish it to be. Too many people miss the silver lining because they are searching for pure gold.

Positive thinking is NOT expecting the best to happen. Positive thinking is finding the best in whatever happened. And then....moving ahead!

PART 4 - 90% + 10%

The formula of life is "90% + 10 % = 90% + 10%"

In this 10% lies the reason for us being alive.

In this 10% lies the seeds of our future.

In this 10% lies our greatness.

Examples

1. Juvenile kids - They have no place after 18. No identity.
 2. Nikhil of Jagruti.
 3. Value of human body. Mina Bobdey.
 4. Seed.
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PART 5 - Summary of sessions 1 to 5

Lets fill our hearts with gratitude for the 90% that has been given to us.

For the 10% — determination.

Believe You can make it happen.

Believe you can solve it using 'Design Thinking'.

Believe you can learn whatever is required.

Apply C.R.S.E.

Anchor on happiness!

PART 6 - Gratitude letter

Let's create a moment of happiness. Create memories. Write a letter of gratitude for your mom / father / teacher.

Everyday can we do one SELFLESS act?

PART 7 - BRAIN TATTOOS

Ask the class to share their brain tattoos. Make them write at least one thing that they have learnt out of the session.
