



A UNIQUE CHALLENGE

Part 1: Recap (3 minutes)

- It's My Life
- David Goggins
- ME – Myself, Others & Future



Part 2: Meditation (5 minutes)

**P E A C E
B E G I N S
W I T H M E**



Part 3: Activity (20 minutes)

A unique activity today! Imagine I am the best movie director's best friend in the world - You know of any name? Rohit Shetty? Simba movie wala? The director of Gully Boy is Zoya Akhtar. We are about to create a movie and we want your help. She is a little confused and she knew I am going to this smart bunch of people. She has asked for your help. What help does she need? There is a scenario and she wants to know how to take this ahead. I will give you those scenarios and in response to those scenarios, you will give me one sentence dialogues. These dialogues will be either positive or they will be negative. This depends on the color of paper you have. All the teams will have green paper and grey paper. Now make groups of 4.

Explain the scenario - 3 minutes for each scenario

Write the positive and negative thoughts associated with the scenario.

- My (I thought so) best friend was speaking badly about me and making fun of me behind my back.



- My parent is not good to me.



➤ I am not as good looking as others are.



➤ I met with an accident and my right leg will be cut off below the knee.



➤ People have expectations of me. I do perform but feel a lot of pressure and fear.



➤ I failed.



Part 4: Conclusion (5 minutes)

A. ANT vs APT



B. Bird in Hand

Its life is in your hand. You want a good life. It begins in your mind. Let us set the context right.



Part 5: Brain Tattoos (4 minutes)

