



**Keep Moving  
Movement**  
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**SESSION 6**  
2019

***DARR KE  
AAGE  
JEET HAI!***

**Part 1: Meditation (5 mins)**



**Part 2: Recap (2 mins)**



### Part 3: Name any three people you truly Respect / Admire and you are Inspired by (10 mins)

In my life is has been...

- ✓ Amitabh Bachhan - How he has bounced back after a loss of 200 crores



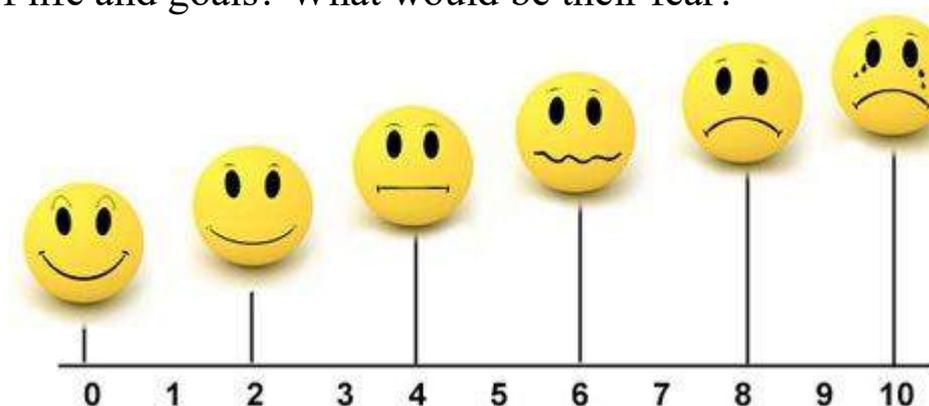
- ✓ Netaji Subhash Chandra Bose - I have a difference of opinion with you. However, you will ALWAYS remain, my leader. Focus on intention and difference was in action.



- ✓ AR Rahman - In 2009 - After winning the Oscars - His purpose of music and existence is LOVE



If we have to scale their fears on the scale of 1 - 10, how scared they were of life and goals? What would be their fear?

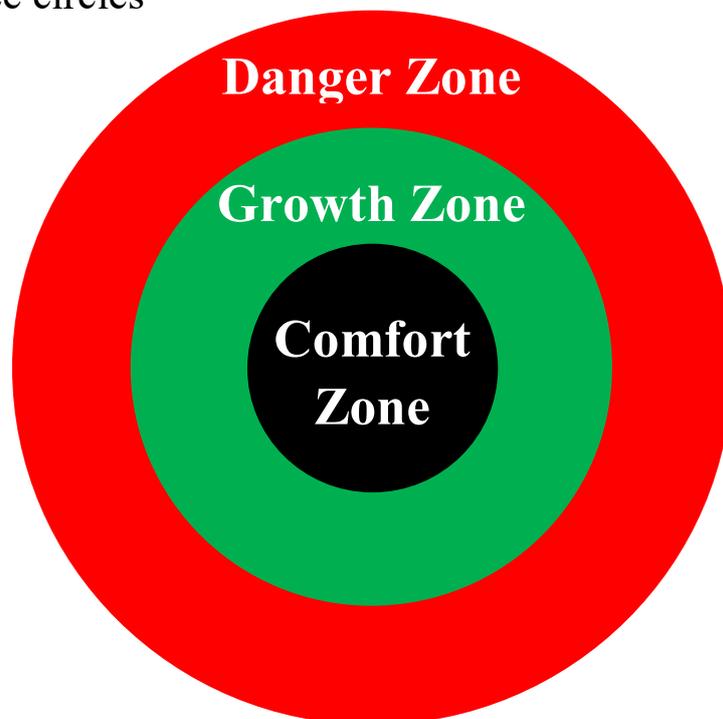


I remember my Book Keeping teacher Mr Ghosh telling me this - Think about rising to the highest levels in your field. Study by imagining you will one day be right at the top. I decided to be a CA and go on to the Govt. or RBI or the Finance Minister. (3 minutes)

Now imagine, the person you really respect has deep fear. They have come to you for counselling. Imagine you have SEEN / UNDERSTOOD / BELIEF in their potential. Now, how will you counsel them? Write down - you have three minutes (4 minutes)

### **Part 4: The Three Circles (3 mins)**

Draw the three circles



What stops me from moving from Comfort Zone to Growth Zone are just two things 2 minutes

- Laziness - NO Goals - Think big and solve it. There are no lazy people, only people with lazy goals
- Fear - In the future, if you ever have fear, how will you solve it?

## Part 5: Face Fear (5 mins)

FACE THE FEAR + Homework - Overcome one fear that you have in life before the next session.



## Part 6: Brain Tattoos (4 mins)

