



# Keep Moving Movement

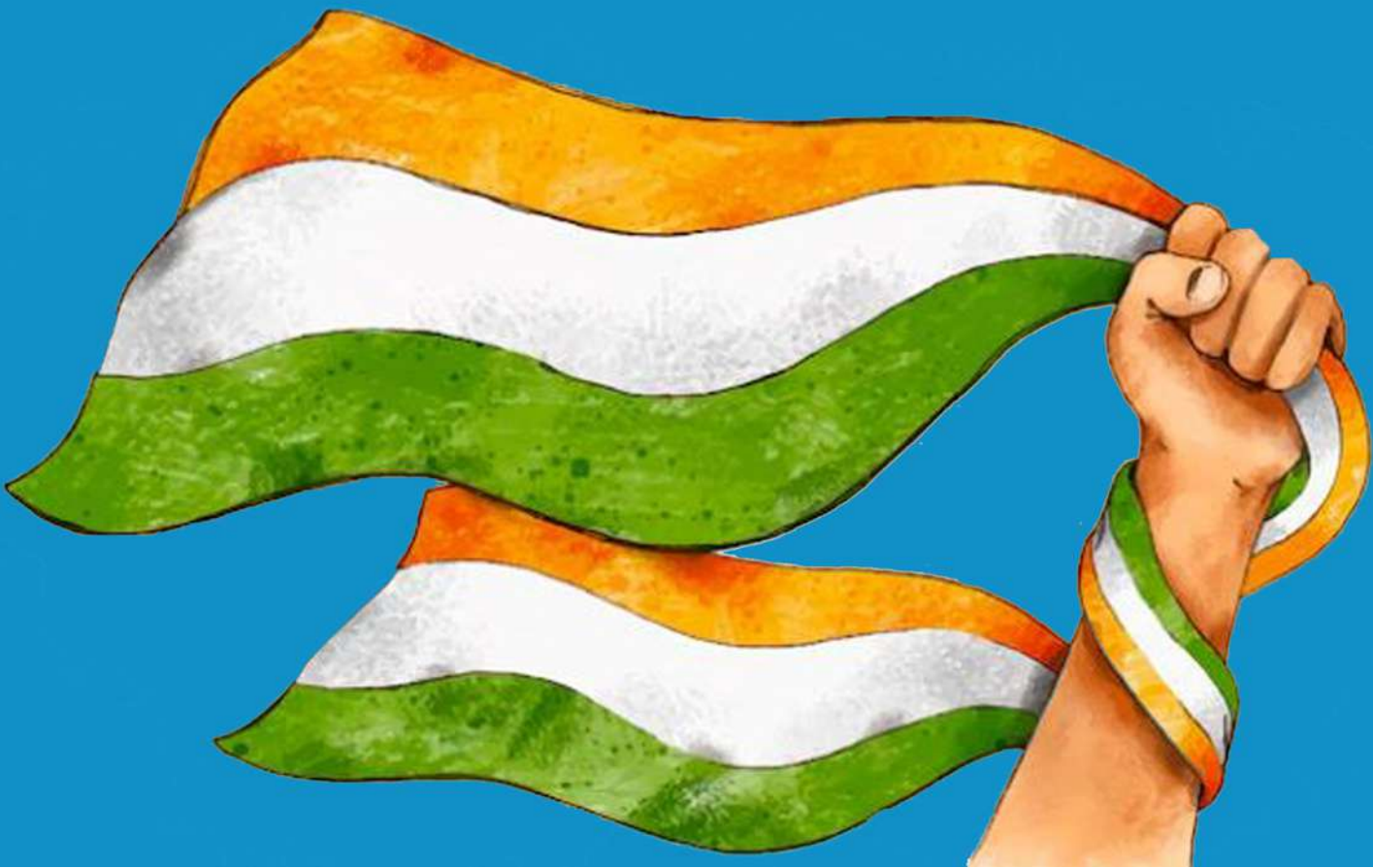
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**SESSION 4**

**A WARRIOR'S SECRET TO A**

**GREAT LIFE !**



## ONE OF A KIND

You have to develop a warrior mindset and learn to grow from pain, setbacks, failures, obstacles, challenges, losses, and all the hard times in your life”.



“

**“If you’re a true warrior,  
competition won’t scare  
you. It makes you better.”  
– Andrew Whitworth**



”

“

**“We chose whether to be  
warriors or to be  
ordinary.”  
– Carlos Castaneda**



”

“

**“The successful warrior  
is the average man with  
laser like focus.”  
— Bruce Lee**



”

“

**“You never know how strong you are, until being strong is your only choice.”**

**— Bob Marley**



”

“

**“We don't rise to the level of our expectations, we fall to the level of our training.”**

**– Archilochus**



”

After 23 years of experiences with 1000s of students, I realised I must have these following qualities to live the life of a warrior, to live a great life.

**Surprisingly, the acronym of these qualities form  
the words**

**GREAT LIFE**

**GREAT COMMUNICATION**

- **Listen without interrupting**
- **Speak with positive tone**
- **Have powerful body language**



# GREAT LIFE

## RELATIONSHIPS BUILDING

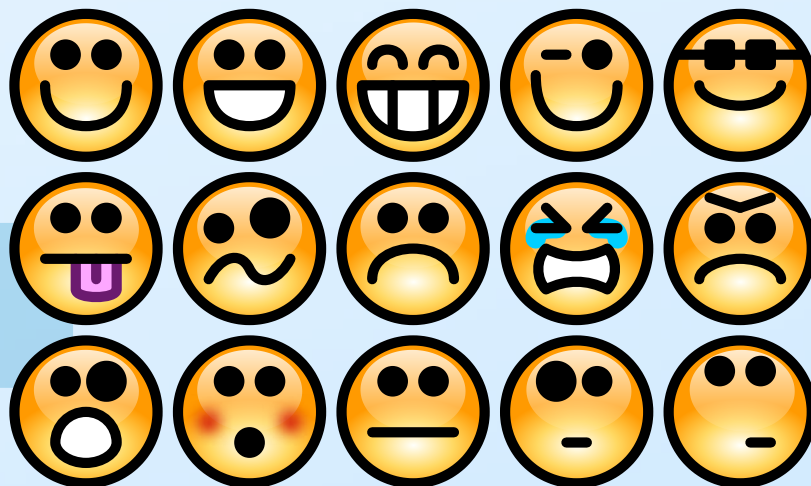
- **Help unconditionally (Law of reciprocity)**
- **Be a contributor and not a consumer**
- **Respect the differences**



# GREAT LIFE

## EQ

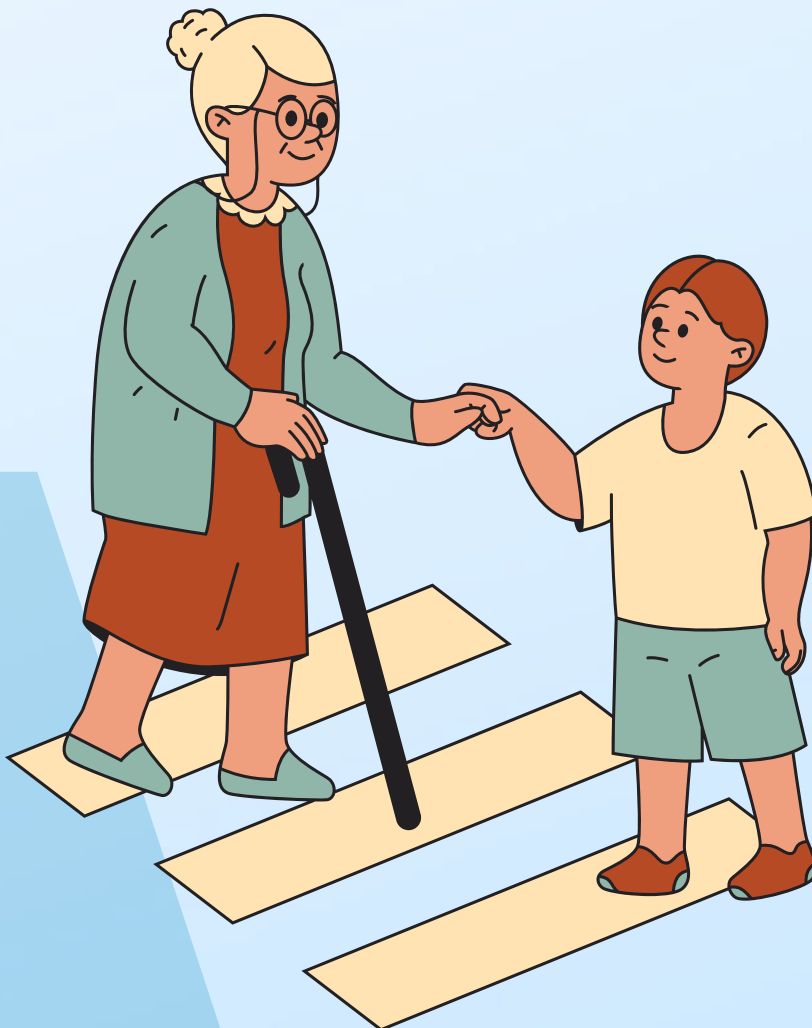
- Handle rejections boldly
- Trust your greatness
- This too shall pass



# GREAT LIFE

## ATTITUDES

- **No blame, no complaints, no excuses**
- **Never gossip**
- **I can**

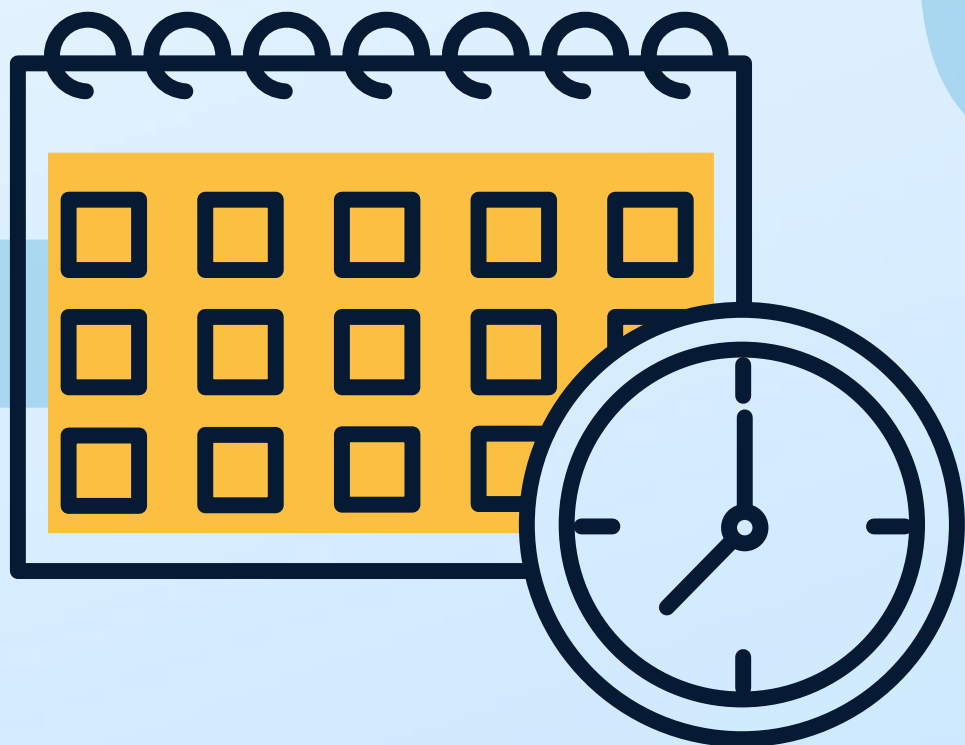




# GREAT LIFE

## TIME MANAGEMENT

- **Balance is of essence**
- **Take support**
- **Prioritize**



# GREAT LIFE

## LAUGH A LOT

- **Everyday make at least one person laugh**
- **Laugh at your troubles**
- **Laugh loud and often**



# GREAT LIFE

## INFLUENCER

- **Identify what other people care about**
- **Always propose win-win solutions**
- **w3ifm**



# GREAT LIFE

## FRICITION MANAGEMENT

- **Apologise unconditionally and emphatically when you are wrong**
- **Never insist on proving you are right**
- **Expert in understanding POV**

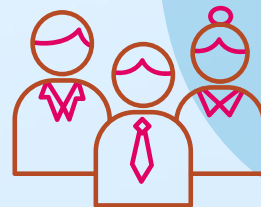
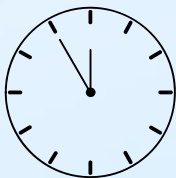
**SORRY**



# GREAT LIFE

## ETHICS

- **Take 100% responsibility for your actions**
- **Always show up + on time**
- **Be trustworthy**





# YOU ARE A MIRACLE

**Dear Warrior,**

**"You are a miracle". - In the history of the world....there has been no one like me. In the infinite of time to come, there will be no one like me. I am unique, original, the only one of its kind. I am born to win. I am born to conquer all my challenges. I am born for greatness.**



# BRAIN TATTOO'S

