



liveschool
lets inspire

KMM 2015, SESSION 4: C.R.S.E.

SESSION PLAN

PART 1 - MAHATMA & GURUDEV	(5 minutes)
PART 2 - WILL POWER DRIVE	(5 minutes)
PART 3 - C.R.S.E.	(25 minutes)
PART 4 - BRAIN TATTOOS	(5 minutes)

PART 1 - MAHATMA & GURUDEV

MG - "If you have made a promise, even at the cost of your life, fulfil it."

Gurudev - "...and you realise you are on the wrong path, abandon it."

MG reached Shanti Niketan at the invitation of Gurudev. He was not there to receive him. Hordes of students had lined up on both sides.

And they sung for him.... "jodi tor daak sunay... keu naa aashaey...."

PART 2 - WILL POWER DRIVE

Spend one night in the slums.

Face fear.

PART 3 - C.R.S.E.

Today we will give you a mantra. A mantra that will help you to achieve whatever you want in life. Do you want it?

Write down your dream goal.

In life, you don't get what you desire, you get what you deserve. The bridge between what you desire and deserve is, C.R.S.E.

EFFORT - fitness, enjoying a movie, having Wada pav, coming first in a race, learning swimming, cycling, meeting Katrina Kaif or PC, etc.

SELF-MOTIVATED - If it is not self motivated, we give up at the first obstacle. We do not give our 100%. We don't enjoy.

REFINED - Learning how to do it better with experiences. Failure is an event. Failure is NOT me. I haven't understood or I haven't done it the right way. I learn (last session).

CONSISTENT - Consistent means doing it as long as it takes. Jagdish Addappa, Helicopter, swimming, sports etc. It also tests my commitment.

Now look at the goals you have written and ask what is the C.R.S.E. required?

Are you ready?

All the best.

PART 4 - 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.
