

life:khoo
lets inspire

KMM 2016: SESSION 1 - WHO AM I?

SESSION PLAN

PART 1	- INTRO	(02 minutes)
PART 2	- EDUCATION IS ONE OF THE TOOLS	(12 minutes)
PART 3	- WE CHOOSE OUR OWN REALITY	(12 minutes)
PART 4	- SIGNS OF A GENIUS	(04 minutes)
PART 5	- FURTHER PROOF	(03 minutes)
PART 6	- HOME WORK	(03 minutes)
PART 7	- BRAIN TATTOOS	(04 minutes)

PART 1 - Intro

Who is the naughtiest?

Who are the most studious?

Who is the most sporty?

Who is the most filmy?

Your name and 3 sentences about KMM.

PART 2 - Education is one of the TOOLS

2 questions -

Is the name of your school - _____?

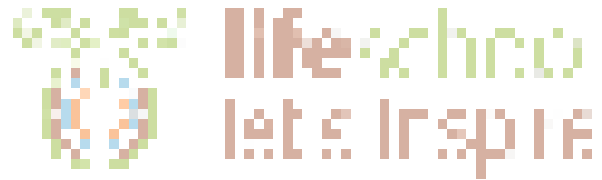
Is this the ____ standard? Fantastic! I am in the right place!

Let's play Dumb Charades

- Drums
- Tabla
- Guitar
- Violin

The way different musicians use different instruments to create music, similarly, each one of us is different and can create superb music. Each one of you is a genius.

Jal, Paani, Neer, Tanni, Water, different languages yet the meaning is the same. Each



one of is like a different language yet the fact we have taken birth...its meaning is we are special.

How to reveal the genius/specialty and greatness within YOU? It's very simple.

For some of you, it will be through studies. You will create a brilliant future by virtue of academics. Can anyone give me a few examples of people who made it big by virtue of studies...? Eg. - APJ Abdul Kalam.

For some of you, it will be through art/painting – Eg. M. F. Husain. Each painting is sold in crores.

For some of you, it will be through dancing...Michael Jackson / Shiamak

For some of you through sports...Sachin Tendulkar, Virat Kohli, Messi, Saina Nehwal

No tree is ever BORN. A villager was asked if any BIG MAN was born in their village.

Similarly, only seeds are born. A tree is nurtured. Inside each one of us, there is this SEED of genius, greatness and specialty. How to bring out the tree from the seed within? Here is the answer.

Inspiration - Michael Jordan - Story - Add Value. (Prop - Everyone carries old newspapers to the school).

We too can ADD value to our life. The trick is, we understand it BUT we don't believe in it. Here is the explanation! Here is the solution.

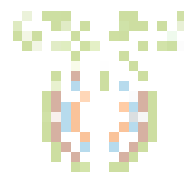
PART 3 - We Choose Our own Reality

Human beings are creatures of selective focus, we don't usually register everything that exists and occurs in our environment but rather we register only that which we focus on.

Activity - Remember everything that is blue. Now recollect everything that is round.

When we understand how our mind works selectively, we understand how exactly the same set of circumstances can be good for one person and bad for another, as it is not the circumstances, but rather how we choose to look at the circumstances that determines their positive or negative nature.

Aporesh's used to conduct public speaking competitions. Once, at the end of the



Life x hru
lets inspire

competition, he wrote the names of the winners in the chart paper and then rolled it up and put the same on auction. The bid used to go from Rs. 500 to up to Rs. 15000. After this Aporesh said, “The money collected out of this auction will feed 50 under privileged children” and after that the auction went right up to Rs. 2.5 lakhs.

The paper remained the same, yet one extra information changed the perception of everybody.

The knowledge that we have the direct ability to change the nature of a situation by simply changing how we choose to view the situation is incredibly powerful.

Add value by thinking of possibilities...

ACTIVITY - HAND - KERCHIEF

Activity: Create something out of an old newspaper.

PART 4 – SIGNS of a GENIUS

A genius WANTS to solve. They don't freeze. They don't give up.

I want to tie a bandage. I do not have a bandage. What to do now?

A woman wants to increase her height? She wears heels.

I block a seat in the bus by keeping my kerchief there.

I lose hair. I wear a wig.

Chalk on sports shoes.

You want to play cricket. Bat is not there. What will you do?

PART 5 - Further PROOF

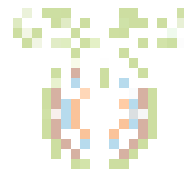
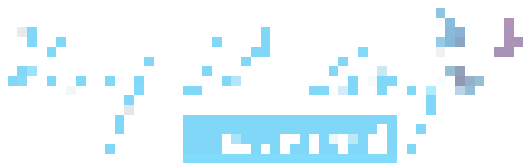
Every child learning to walk is a genius.

Every mind that learns to read and reproduce is a genius.

Every time you are creative, you are a genius.

When do we give up ownership of our gifts? When do we deny we are a genius?

We have been brought into the belief that genius is a job for someone else and our capabilities are limited.



life:chro
lets inspire

MOREOVER...

So, if you can think of possibilities, you are a genius.

If you can think of solutions, you are a genius.

When you were sad and someone makes you laugh, aren't they a genius.

Call them BOSS, Bhai, Hero, Champion, Raje, etc.

PART 6 - HOME-WORK

Saying NO to everything that is WRONG.

Saying YES to everything that is RIGHT

The golden touch - make someone smile.

PART 7 - BRAIN TATTOOS