



**Keep Moving  
Movement**  
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**SESSION 1**

# IT'S MY LIFE!

**OBJECTIVE : DEVELOP - CRUCIAL THINKING SKILLS**

Self Awareness, Decision Making, Responsibility

## SESSION PLAN

Sr. No.	Topics	Time
1	Ice Breakers 	04 mins
2	The Poisoned Tree 	04 mins
3	David Goggins 	10 mins
4	Certificate For All Participants 	07 mins
5	10 Day Personal Story 	05 mins
6	Brain Tattoos 	10 mins

## Part 1 – Ice Breakers - 4 mins



## Part 2 – The Poisoned Tree - 4 mins

The maturity we develop in approaching difficulties is illustrated by the traditional story of a poisoned tree. On first discovering a poisoned tree, some people immediately cry about their misfortune. They blame the tree. They curse the tree. They believe, whatever is NOT OK in their life, is because of the presence of this tree. Their approach is **SELF-PITY**.

Some people's approach is not self-pity but **ANGER** and **ARROGANCE**. They see only danger in the poisoned tree. Their immediate reaction is, "Let's cut this down before we are harmed." This resembles our initial response to the difficulties that arise in our lives, when we encounter aggression, depression, or sorrow in ourselves and others. Our initial response is to avoid them, saying, "These poisons afflict us. Let us uproot them. Let us get rid of them. Let us cut them down."

Other people, who have journeyed along the path of maturity do not meet the poisoned tree with aversion. They meet the poisoned tree with **COMPASSION**. They say, "Let us not cut it down. Instead, let's have compassion for the tree as well." So, out of kindness, they build a fence around the tree so that others may not be poisoned and the tree may also have its life. This third approach shows a profound shift in relationships from

- SELF PITY** ☐
- ANGER AND ARROGANCE** ☐
- COMPASSION TO VALUE** ☐

A fourth type of person, who has travelled yet deeper in maturity, sees this same tree. This person says, "Oh, a poisoned tree. Perfect! Just what I was looking for." This individual picks the poisoned fruit, investigates its properties, mixes with other ingredients, and uses the poison as a great medicine to heal the sick and transform the ills of the world.

Through respect which leads to understanding that is enhanced with determination, this person sees in a way opposite to most people and finds **VALUE** in the most difficult circumstances.

### Part 3 – David Goggins - 10 mins

It is people like these who become the North Star to all who know about them. This North Star lies within each one of us. Here is the story of a man who succeeded in lighting up the skies of humanity by being A North Star to millions of people. His name is **DAVID GOGGINS**.

There is only one - DAVID GOGGINS. There can never be another David Goggins. However, he was NOT ALWAYS a hero. For a long long time, he was a zero. David Goggins at 297 pounds.



For David Goggins, childhood was a nightmare—

- POVERTY
- PREJUDICE
- PHYSICAL ABUSE - he had an abusive father.

But through self-discipline, mental toughness and hard work, David transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. He used to weigh 134.7 kgs at his heaviest and dropped to 86.6 kgs very quickly.



The only man in history to complete elite training as a

- Navy SEAL,
- Army Ranger
- Air Force Tactical Air Controller

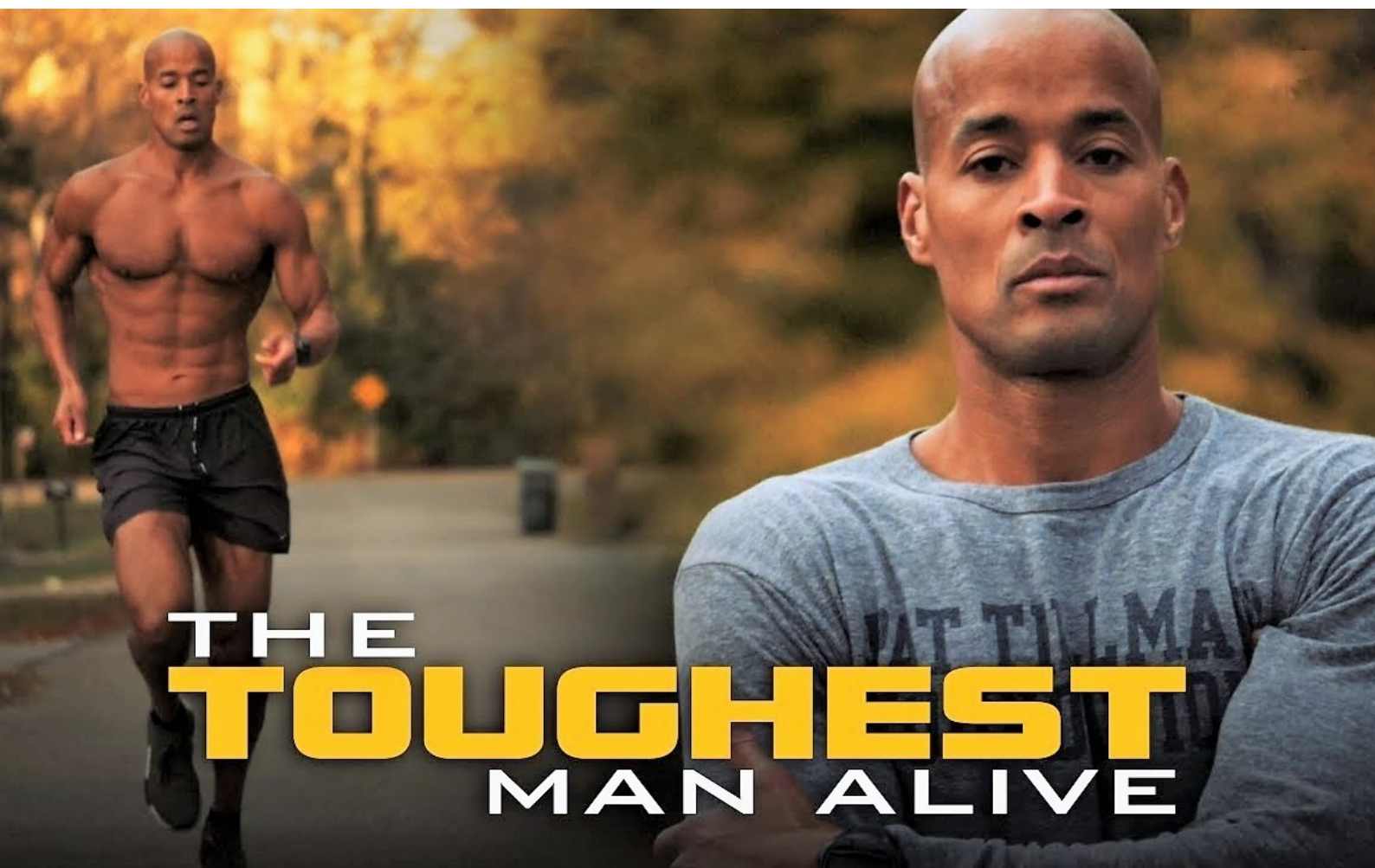
He went on to set records in numerous endurance events,

Inspiring Outside Magazine to name him

**“The Fittest (Real) Man in America.”**



- ✓ An accomplished endurance athlete, Goggins has completed over 60 ultra-marathons (He once ran 162 kms in 19 hours and 6 minutes), triathlons, and ultra-triathlons, setting new course records and regularly placing in the top five.
- ✓ He once held the Guinness World Record for pull-ups completing 4,030 in 17 hours. Current world record is 4321 in 24 hours.
- ✓ It Can't Hurt Me, he shares his astonishing life story and reveals that most of us only tap into 40% of our capabilities. Goggins calls this the 40% Rule. His story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.



### What was his life before he turned it around?

What was his life? He had a job. His job was to find cockroaches and rats in a restaurant and kill them. I have lived my life blaming everybody - my dad, my mom. One day I realised, because I am complaining, no one is going to come to help me!

### Here are some of his thoughts...

- ✚ It is easy to accept the fact that I am not good enough. Or I can say, 'I will make myself good enough'. Being good looks difficult. Can you say I want to be truly proud of myself?
- ✚ I want to feel something besides defeat. **SELF DISCIPLINE** is everything. It is **ALL ON YOU**. We count on people too much, to seek and need help. Just be **SELF ACCOUNTABLE**.
- ✚ I am not the best in anything. I have no talents. I am not gifted. I am driven. I had to invent a guy who did not exist. I had to invent a guy who can go through any suffering to thrive.
- ✚ You have to start diving into those things that make you uncomfortable. Nothing wants to stand in front of anything if you are ready to face the 'uncomfortable'.
- ✚ The pain that you are willing to endure is measured by how bad you want something. We are ready to suffer for what truly means a lot to us. **Easy is difficult. Difficult is easy.**
- ✚ We all want that 4 lane highway. We wish to just drive easy. But those 4 lane highways need to be built!

**This is David Goggins for all of you!**

**Part 4 – Certificate for all participants - 7 mins**

**ONE WARRIOR**



# I Am That ONE WARRIOR

NAME: \_\_\_\_\_

Heraclitus, a philosopher born in the Persian Empire back in the fifth century BC, had it right when he wrote about men on the battlefield. "Out of every one hundred men," he wrote, "ten shouldn't even be there, eighty are just targets, nine are the real fighters, and we are lucky to have them, for they make the battle. Ah, but the one, one is a warrior..."

From the time I take my first breath, I become eligible to die. I am also eligible to find my greatness and become the One Warrior. It is up to me to equip myself for the battle ahead. Only I can master my mind, which is what it takes to live a bold life filled with accomplishments most people consider beyond their capability.

I am not a genius like Steve Jobs or Ramanujan, but I am that **ONE WARRIOR**.

This is the origin story of a hero. The hero is YOU.



**BY COMMAND OF:**  
Team Keep Moving Movement

**SIGNED:**



Part 5 – 10 Day Personal Story - 5 mins



Part 6 – Brain Tattoos - 10 mins

