



**Keep Moving
Movement**

SESSION 1

WHAT'S YOUR STORY?

LIFE

is all about the

STORIES

we tell ourselves.



28th June, 2020



TERRIBLE
INDICATOR

There are many talented people who
went on to be a disaster.



SREESANTH



On the other hand, there are many ordinary people who go on to surpass all
EXPECTATIONS



**AKSHAY
KUMAR**



RAJNIKANTH



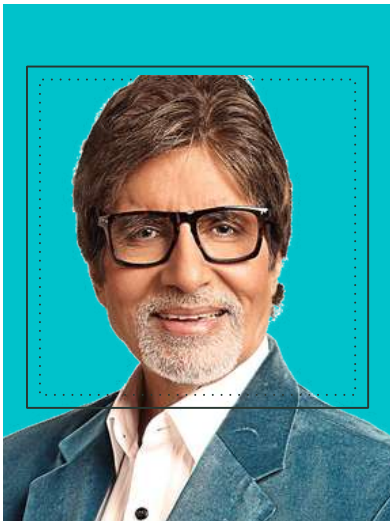
**M S
DHONI**

WHAT IS THE SECRET HERE?
WHAT IS HAPPENING?

Some folks met with huge tragedies and yet

BOUNCED BACK

tremendously



AMITABH BACHCHAN

Amitabh Bachchan met with a life threatening injury. He acted in a few disastrous movies. Everyone wrote him off. Today, he is the busiest of all actors in Bollywood.



YUVRAJ SINGH

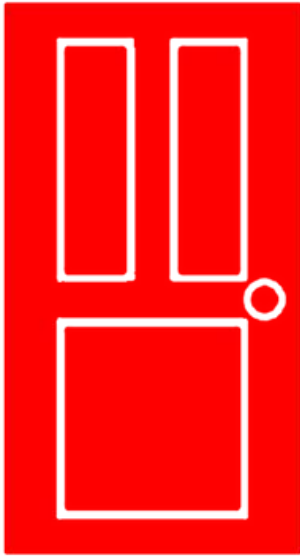
Survived cancer.
Came back to play competitive cricket.
And scored a 100 against England.

WHAT IS THE SECRET HERE?
WHAT IS HAPPENING?

ACTIVITY

CLOSED DOOR

Tragedy / Rejection / Accident
Set-back / Failure

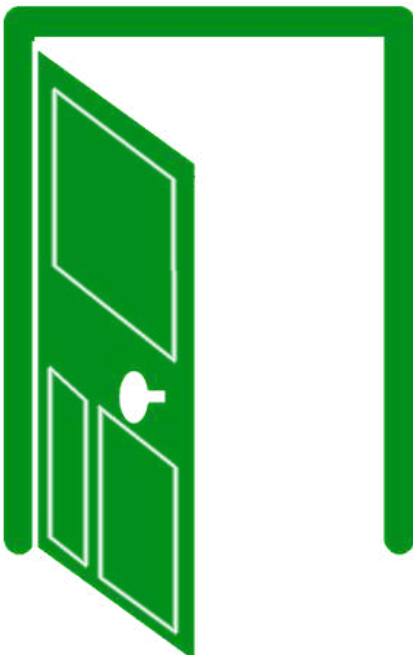


BURNING POINTS

- 1.
- 2.
- 3.
- 4.
- 5.

OPEN DOORS

Opportunities / Break-through



TURNING POINTS

- 1.
- 2.
- 3.
- 4.
- 5.

Think about these scenarios and tell me about the stories that you tell yourself.



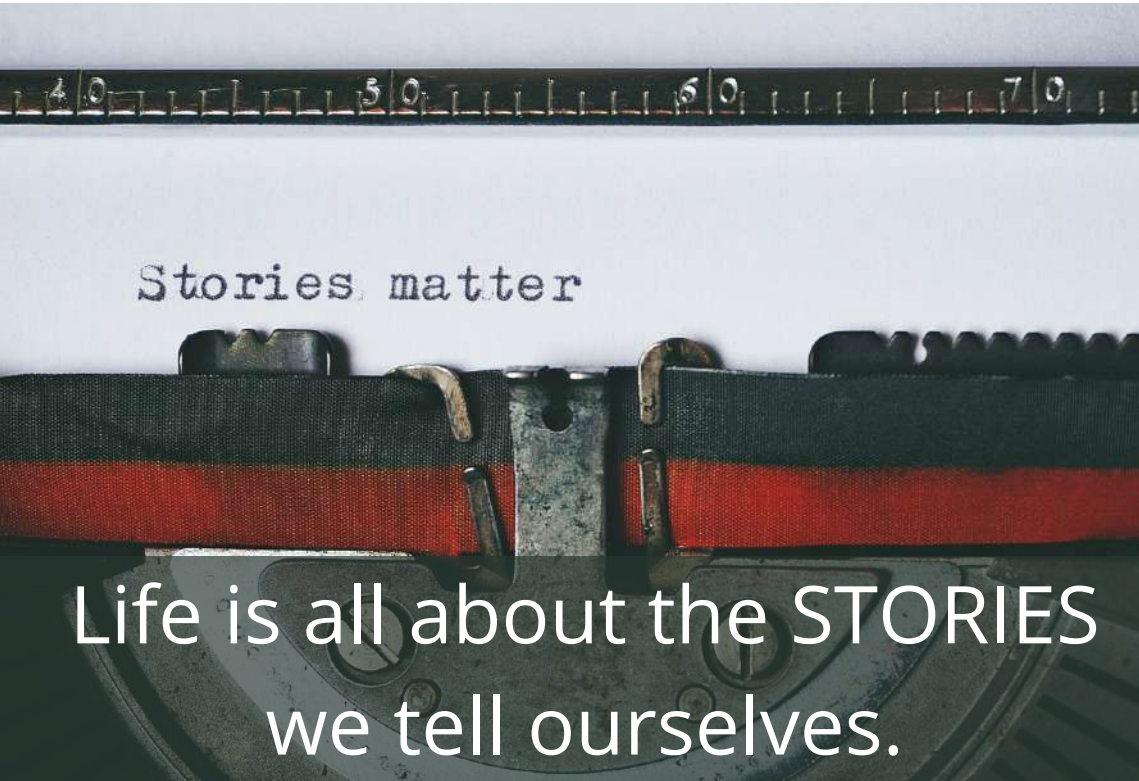
You were disrespected. What are the stories you tell yourself?



The night after seeing a horror movie, what are the stories you tell yourself?



If you have fever, what is the story you tell yourself?



If you see someone on the road without a mask, what is the story you tell yourself?



If someone does not return your message after the two blue ticks on WA, what is the story you tell yourself?



When someone tells you a NO when you wanted a YES, what is the story that you tell yourself?



Someone blamed you without your fault. What is the story that you tell yourself?



If your neighbor has COVID-19, what is the story that you tell yourself?

The stories that we tell ourselves can be either
NEGATIVE or POSITIVE

Most of the times the stories we tell ourselves is
NEGATIVE.

If you listen to what your thoughts about yourself are, if someone else had said the same things about you to you, you would have boxed them.



BAD DRIVER



IDIOT



NOT GOOD
LOOKING



PANIC MACHINE



Unlucky

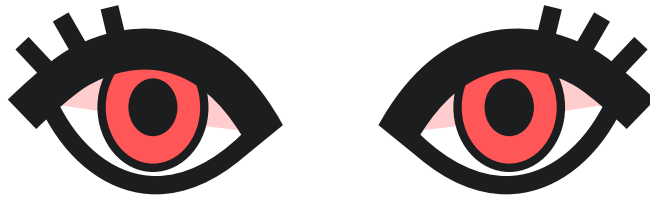


NOT GOOD / SMART
ENOUGH



LIMITING BELIEFS





R E T I C U L A R ACTIVATING SYSTEM

Look around and see everything RED. Now tell me...



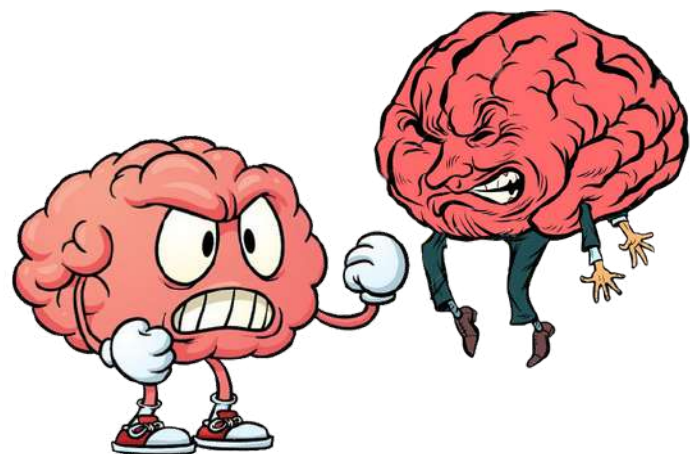
Activity

We are taking in so much information. The conscious mind decides to FOCUS on what matters to it. We can change our story by changing what we focus on. When we decide to focus on something, you WILL ignore the other things around.

HOWEVER THIS NEGATIVITY IS NOT YOUR FAULT



- Habitually interpreting life events negatively is our survival mechanism. It is better to focus on the hungry tiger than on the juicy fruit.
- Prefrontal cortex vs amygdala
- We are unreliable narrators of our own life.
- What we say is true in a partial context



IT HARMS US BECAUSE...

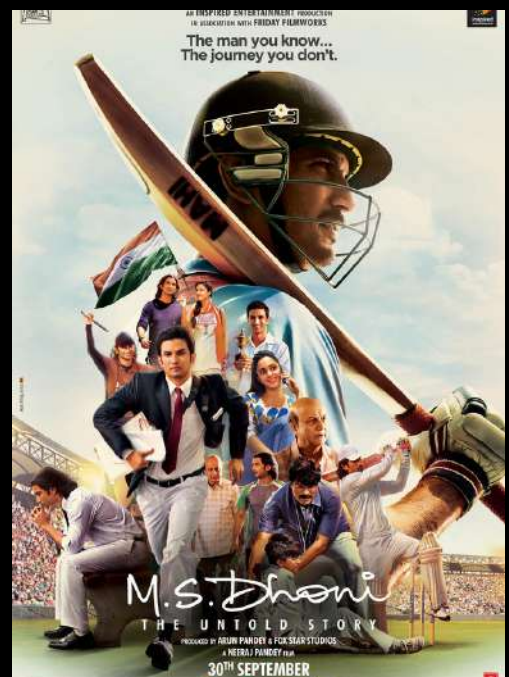


- Negative emotions disturbs our perspectives in a very narrow way.
- We become our own fake news broadcasters.

What if the story you are saying to yourself is misleading?



SUSHANT SINGH RAJPUT



GOD - *Your ways are your ways.*

The stories we tell ourselves is very powerful. This means if we say powerful stories to ourselves, our life will be very powerful.



ARE YOU WILLING TO EDIT THE STORY YOU ARE TELLING YOURSELF?



In your stories, do not be the victim, be the hero. Anupam Kher's father said - 'Jo bheeg gaya hai, usko barish se dar nahi lagta.'

What can be the positive version of YOUR story - There is always a positive version.

In Israel they found that judges give parole easily to people if they see the application after lunch.



CONCLUSION

Tell ourselves GOOD stories and unleash the potential and courage to give life your best shot.

2 ENGAGEMENT ACTIVITIES

- What is that ONE negative story that you have been telling yourself for some time that will be stopped from NOW?
- What will be your anchor for 'powerful positive stories'?

POSITIVE



KMM 2020 - Session 1

WHAT'S YOUR STORY?



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