



Keep Moving Movement

SESSION 2



**SECRET TO DEFEAT
ALL DISAPPOINTMENTS!**

12TH JULY, 2020



How many of you are fascinated with superheroes?



Do you have a favourite superhero?



What do you like about them?



WHY IS THE WORLD FASCINATED BY **SUPER HEROES?**



HAPPY ENDS!



GOOD TRIUMPHS OVER EVIL!



ALTRUISTIC CHOICES!



GLADMAN



Being a superhero, do you feel sad, angry, frustrated, jealous or even betrayed?

AWWWW!!!!!!


BOOKS &
MOVIES...



OF COURSE!
Normal human
being!

Used to
wallow in
Self-Pity!





When hurt,
do you use your
superpowers for
vengeance?

NO!

I used my
super powers..
not for vengeance
but to create me.



What do you mean???????

I was in the blues... that I had no shoes...

MY MAGIC SPELL!!

" SELF-PITY GONE.
GRATITUDE ON"

CLOSED DOOR

Born within a poor family, with all responsibility on my mother.

OPEN DOOR

Faced adversity early in life!





GRATITUDE
CONVERTS
NEGATIVE to POSITIVE

MY 5 WAYS TO FEEL
GRATITUDE...

- 1
- 2
- 3
- 4
- 5

What is the other
SUPER POWER you have?

LAUGHTER!

It's the BEST medicine!



LAUGHTER AT 5 LEVELS

1. SILENTLY SMILE
2. LAUGH SILENTLY
3. LAUGH SOFTLY
4. LAUGH AUDIBLE TONE
5. LAUGH LOUDLY



LAUGHTER



W/S



STRESS

FEAR

ANGER

LOSS

Have you
failed?

How do you
deal with your
failures?



+

I deal with failures
through
AMBITION!!

+

“Life without ambition is a
bird without wings.”

- Narendra Goidani



WOAH!



When the going gets tough how can one deal with failures and remain ambitious?

Your failures are temporary. Your bouncing back will

INSPIRE

people.





In which aspect of
life will you be
AMBITIOUS?





I am greedy for more now.
Is there any other power you
have?

**OH
YES!**



The POWER to

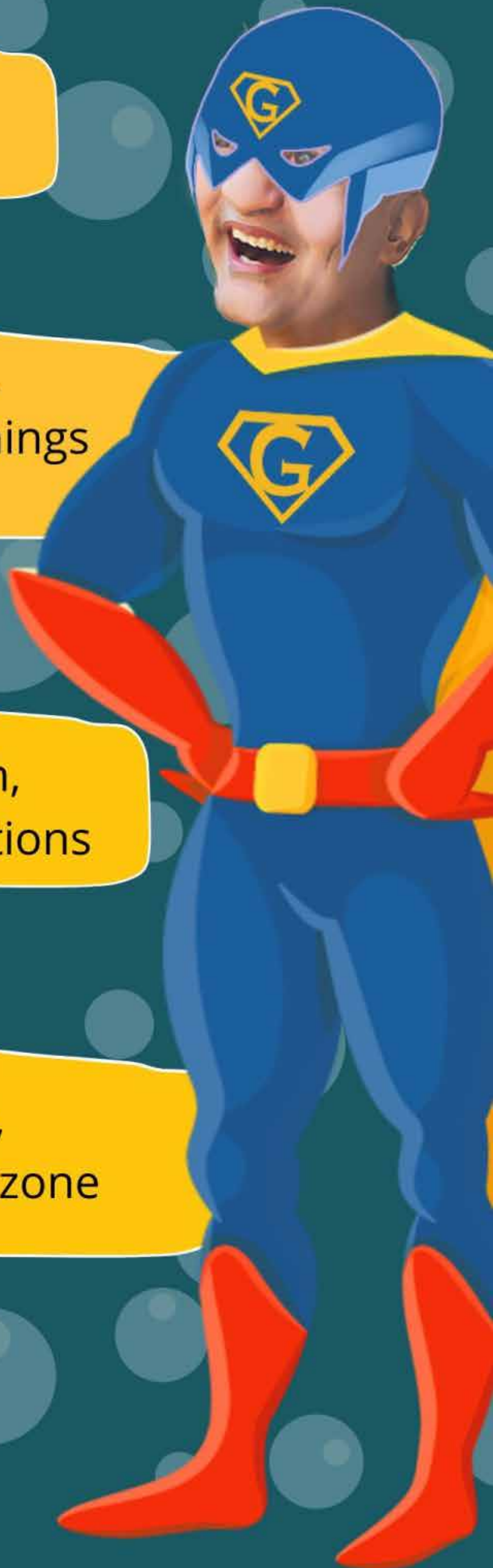
DEVELOP

Develop through,
Learning

Develop through,
Experimenting new things
in life

Develop through,
Listening to suggestions

Develop through,
Escaping my comfort zone





Well, is it easy to
develop?

You tell me?
Why should we stay without
DEVELOPMENT?



DEVELOPMENT?

EASY

MYSELF

SUPPORT

DIFFICULT

GRATITUDE

LAUGHTER

AMBITION

DEVELOPMENT

That is why I am called
GLADMAN



KMM 2020
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