



**Keep Moving
Movement**

SESSION 5

THE
mantra
OF SUCCESS

23RD AUGUST, 2020



If you had a magic wand, with the power to make everything 'happen',

what would your wish be?



Tell me about a desire that you have, that would delight you like no one's business.

What would happen to the world if all our desires are met 'immediately'?

Who is the hottest actress today?
What if everyone desires them?


Who is the hottest actor today?
What if everyone desires them?

What would happen to my life if all that I desire, gets completed immediately?
King Midas and his touch of gold.




The law of life says,
"In life you will NOT get what you desire..."


WHY?




You work in a company. Do you have thoughts that you 'might' lose your job?




You have your own business. Do you have thoughts that you might lose an important customer?




You are carrying a little excess cash. Do you have thoughts that someone will steal away your cash?




You are travelling by air. The aircraft hits an air pocket. Do you have thoughts what if we all crash?




You are very close to a person. Do you have thoughts that you might lose your importance in that relationship?



You are having a close relationship. Do you have thoughts that misunderstandings might break your relationship?



You are in an adventure park in that giant wheel. Do you have thoughts that you will be thrown out from your seats?



You are travelling. Do you sometimes have thoughts that you will meet with an accident? And that you might die.




How many of us can say,
we are masters to our thoughts?

How many of us can say,
unwanted thoughts do not come to us at all?"



You like someone. You wish to approach them and say,



I truly enjoy your company.

Me too.

I think what we have is more than just friendship.

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(Oh my gosh. What have I done? I shouldn't have said it. Shit...) And then,

Idiot!

Aur Pyaar Ho Gaya...



To ensure
there is balance in
the world, there is
a law.

'In Life you do not get what you desire'

Life asks this question,
"Do you truly deserve it?"

Life qualifies us by watching are we
doing what is necessary to DESERVE
what we desire.

The teacher gives us marks based on what we
deserve. Sometimes, an overworked teacher may
make a mistake. Life NEVER makes a mistake.



The magic mantra for Alibaba in the story Alibaba and the 40 thieves was,

“Khul Ja Sim Sim”

There is a magic mantra that transforms our desires into something that we DESERVE.

EFFORTS

I have to take the efforts.
No one else can do it for me.

Health

Success

Fun



SELF DRIVEN

- Kick start vs button start.
- Sustain
- Enjoy

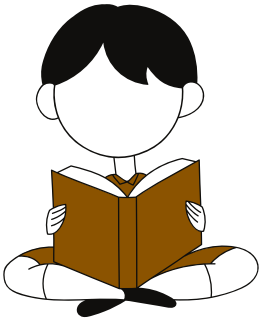
Efforts that are required not efforts that I am capable of.



Between what we DO and what we CAN DO, all our issues can be solved.

SELF DRIVEN

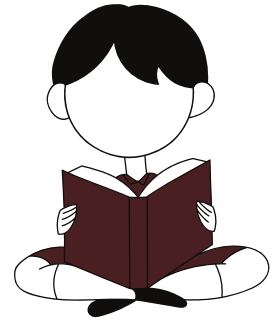
There are three kinds of students.



Will do more than
what the teacher
expects.



Will meet the
teachers
expectations.



Will do less than
the teachers
expectations.

Which category do you belong to?
(You also fall in these categories)

Picnic
The bus not starting



REFINED

1. You are not scared of failures when you are confident of learning and improving.
2. You can laugh at yourself and be immune to hurt if you are confident of improving.
3. The ladder must be on the right wall.
4. You are confident for you are one step closer to success.




CONSISTENCY

Consistency creates habit.

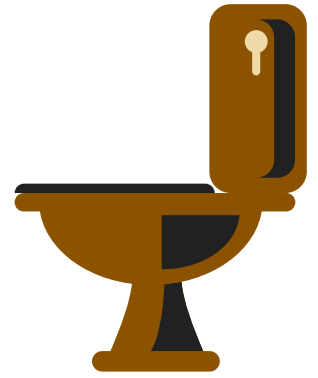
Habit become nature.

Habit is the place where we stay.

That is why the word Habitat means -
the place we stay.

- 
- Yajuvendra Singh
 - Momentum - Long distance runners
 - Goodwill is because of consistency.
Vaishali Restaurant. A2B in Bangalore.
 - Cycling
 - Heart has to beat consistently
 - Kapil Dev and Imran Khan.
 - TOP corporates would prefer candidates
who have performed consistently.

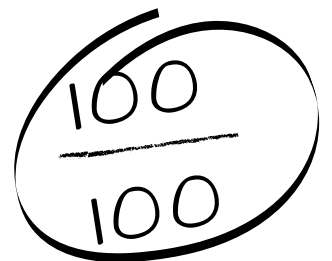
One place in life where all of us put CRSE? Toilet



Marble of the floor
vs
Marble of the idol.



Dare to cut one mark.



Write down one desire of your life where you will implement - CRSE

C - Consistent
R - Refined
S - Self Driven
E - Efforts

The Story of my Life!

Isn't our most cherished moments those where we push our boundaries? Don't the seeming pleasure of binge-watching TV, or buying a better car or getting the 7th award or a getting a picture with a celebrity fade away as quick as dew drops on a summer morning?

This is a lesson I sometimes tend to forget when facing challenging situations. If I remember them, probably, I will be unstoppable.



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