

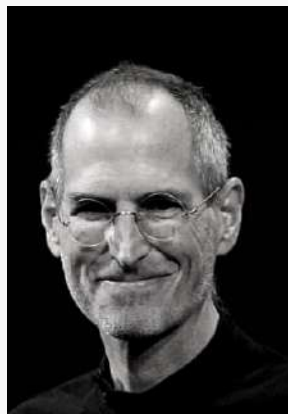
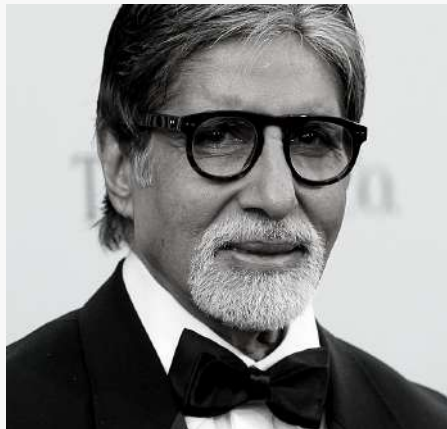
Keep Moving Movement

www.mykmm.org



BORN TO WIN

Session 1
July 4, 2021





Part: 1

A 5 min power packed intro to the world of KMM

- How many of you have ever gotten a bad grade in school, please raise your hand!
- How many of you have gotten more than one bad grade in school, please raise your hand!
- In spite of those bad grades, how many of you have done reasonably well in life, please raise your hand.

Keep your hand raised.

This is just to prove, bad or great grades in school are NOT proof that we are champions or failures.

Then, what is? There are four things that determine if we will be champions or not!

- The efforts that we put in!
- The potential we maximise!
- The bounce backs in our lives. The adversity quotient!
- The impact we wish to make in the lives of others.



Part: 2

The world's biggest and greatest philanthropist is an Indian.

Rs. 76,25,01,51,00,000/-

2021 EDEL GIVE HURUN TOP 10 PHILANTHROPISTS OF THE CENTURY

Bill & Melinda Gates
Microsoft
US\$74.6bn



Jamsetji Tata
Tata Sons
US\$102.4bn



Henry Wellcome
Wellcome
US\$56.7bn



Howard Hughes
Hughes Aircraft
US\$38.6bn

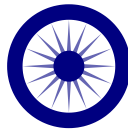


George Soros
Soros Fund
Management
US\$34.8bn



Part: 3

We are a country that knows how to give.



Your school has also given us an opportunity to be with you and we wish to make the most of this opportunity.



I want to assure you, it will be full of fun. Be open, share openly and lets have a great time together.

Oh What
FUN



Part: 4

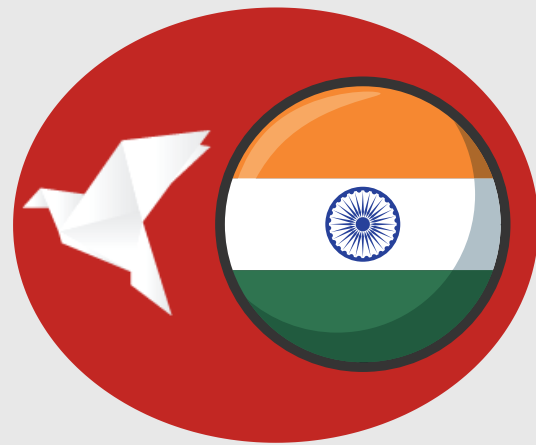
Swami Vivekananda

100 Youths to change the country.



If you dream of being world class, India can be world class.

To make your journey of greatness a reality, KMM is here to support YOU.



I know, at this point of time, you might be thinking,

**I am ordinary.
I have a few limitations.
Me? Great?**

Let me show you something.





Part: 5





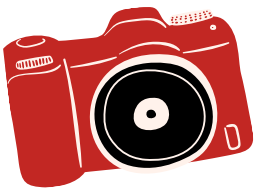
Gas Balloon Story





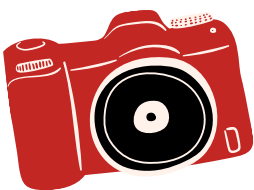
Part: 6

Camera Game

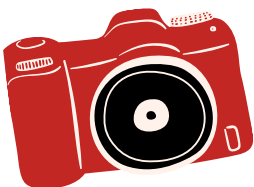


How many of you have been compared because of your behaviour?

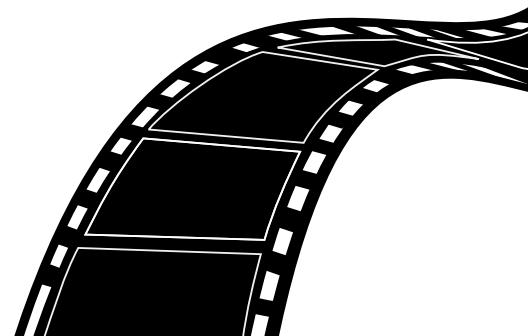
- You are slow in eating
- You are lazy
- Your things are never in place
- You are always late
- Why are on the phone whole day



How many of you have been compared because of your looks?

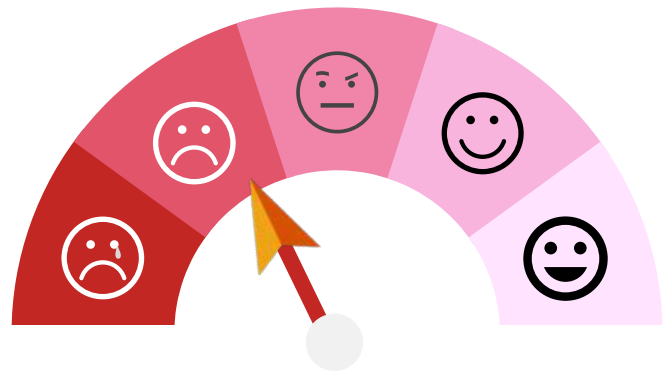


How many of you have been compared because of your marks?





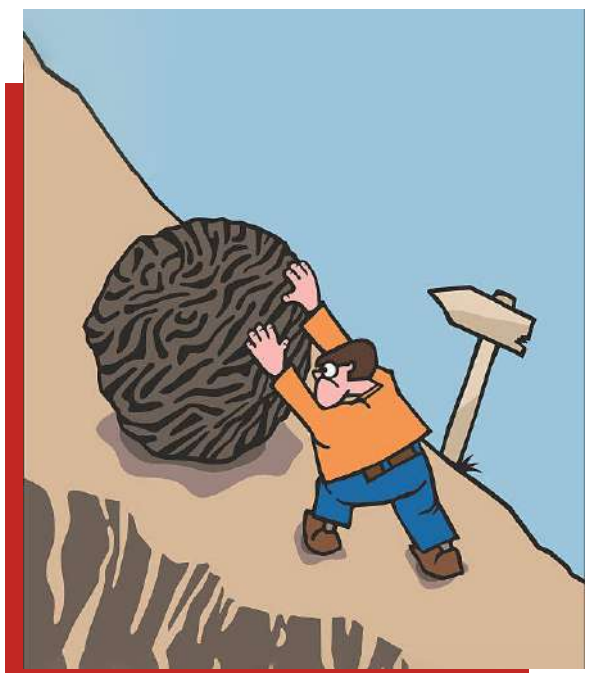
How do you feel when you are compared?



- With personal examples
 - Sad and withdraw
 - Get angry and throw tantrums
 - It does not affect you

Which comparison do you find difficult to handle?

- Share in the chat box.





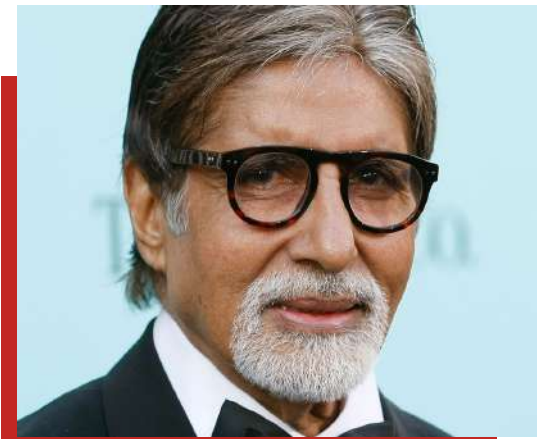
Part: 7

Let's take a few examples of people who are super successful and famous too.

- Remo D'Souza doesn't have Amitabh's personality.



- Amitabh doesn't have Mukesh Ambani's wealth



- Mukesh Ambani does not have the respect a soldier has.





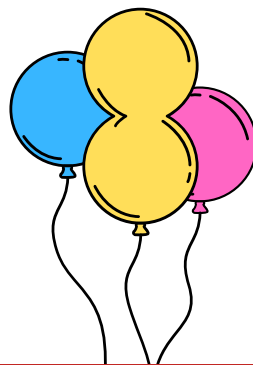
- The soldier does not have the education like Noble Prize winners and University toppers.



- The Noble Prize winners do not have the dancing ability of Remo D'Souza



However, all of them are living a great life.
Aren't they?



Every Gas Balloon **CAN** go to the top.



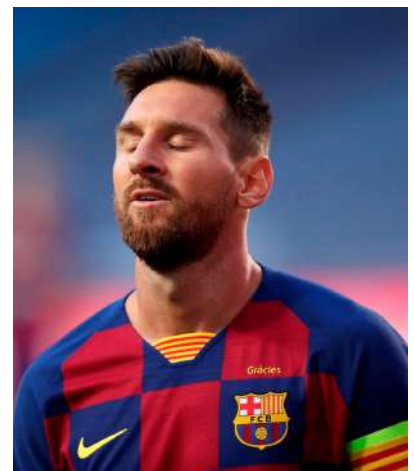
Part: 8

How to deal with comparison then?

Never compare yourself with others on matters where you have NO CONTROL

I don't need height to live a great life

- Sachin Tendulkar
- Aamir Khan
- Messi





I don't need great looks to live a great life

- Virat Kohli
- Mother Teresa



I don't need a strong financial background to live a great life

- Jeff Bezos
- Bansals of FlipKart
- Vijay Shekhar Sharma





Live by your standards and not the world's standards.

Never compare yourself with others on matters that are not important to you.

- APJ Abdul Kalam
- Steve Jobs
- Ursula Burns
- M. S. Dhoni





Use comparison to learn, to become better and to be inspired

- In areas where you want to make a mark, use comparison and make yourself better.
- The one who wants to come first has already woken up at 4.30 am. It's 6 am you are still sleeping how will you cover up the lead they already have?

- Carolina Marin is aggressive on the court. P.V Sindhu hired a coach to make her game aggressive too.
- Tiger Shroff was inspired by Hrithik. He developed himself as a dancer and not just an action hero.
- Personal example





Part: 9

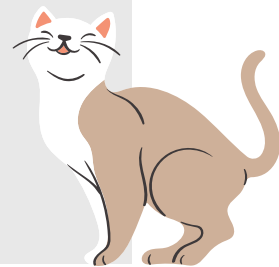
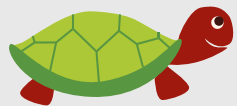
None of us will be great in all aspects of life.

- Tortoise can't run
- Elephant can't jump
- Horse cant hunt
- Lion does not have stamina.

Let's play on our strengths

What do you think is your strength?

- As faithful as a dog
- As graceful as a cat
- A memory of elephant
- As swift as a horse



Personal example...

- Write down what is a very good quality you have?
Do not compare yourself with others. Just a quality in you that you like about you.

eg - Helpful, hard working, purity at heart, good sense of humour, outgoing, focussed, well planned, etc



Part: 10

DAILY DOSE of Self Belief.

Dopamine (Rewarding yourself)

- Completing a task
- Taking good care of yourself
- Celebrating little wins



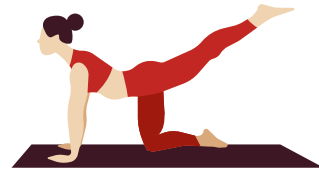
Oxytocin (Creating connections)

- Hugging
- Appreciating others
- Playing with pets



Serotonin (Mood enhancers)

- Exercising
- Playing
- Meditation



Endorphin (Removes negative emotions)

- Laughter
- Massage
- Hobbies like dancing, singing, painting)





Part: 11

Brain Tattoos

On matters where I have NO CONTROL
I will never compare myself with others.

When I do compare myself, it is only to be
inspired and to learn.

I will find ways to get my Daily DOSE of Self
Belief

Every Gas Balloon **CAN** go to the top.

