

Keep Moving Movement 2021

www.mykmm.org

Session 6



90% + 10%



Keep Moving
Movement

www.mykmm.org
contact@mykmm.org

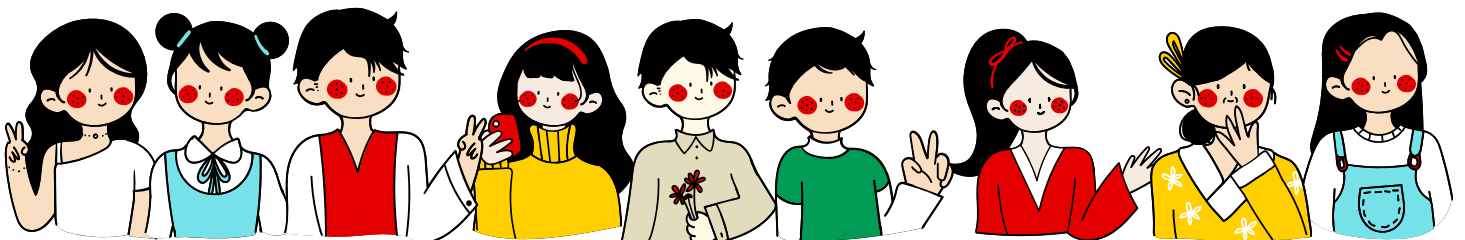


3 mins

Part 1: 10% marks

Anyone in the class
who scores less than

10%





7 mins

Part 2: Create History

No challenges.
No history.

OVERCOME Challenges.
CREATE History.





The whole of humanity can be grouped into two kinds of people

1. **Glass** - Because of
pressure, they break.



2. **Diamonds** -
Because of pressure,
they develop.





Issues, Challenges, Problems



I was in the blues, 🎸
That I had no shoes. 📺
Until upon the street,
I came across a man,
Who had no feet. 🦶🦶



15 mins

Part 3: Normally, what do you complain about?

Covid restrictions

Over parenting

Online classes are boring

Not meeting friends

Packed schedule

When things go wrong, do not focus on what's not there or what can't be done.

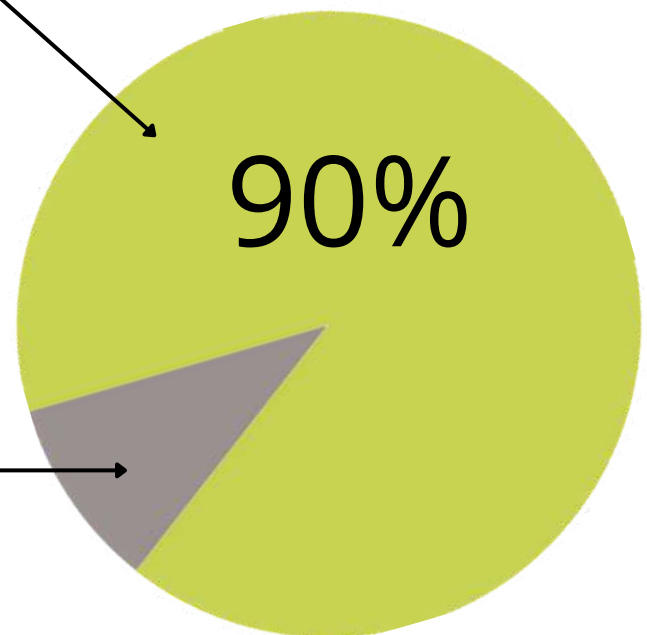
Focus on what is possible and what can be done.



15 mins

Part 4: The formula of life is $90\% + 10\% = 90\% + 10\%$

90% is right in our lives.



10% is 'not right yet'.



In this 10%

- lies the reason for us being alive.
- lies the seeds of our future.
- lies our greatness.

**This 10% will ALWAYS
be present.**

**Life is all about
overcoming the 10%**



3 mins

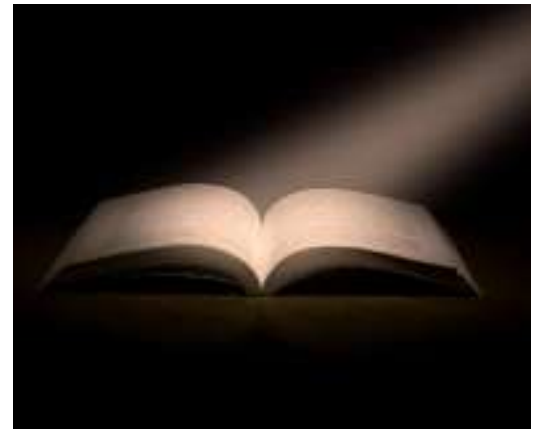
Part 5: Take a Pledge

**"No matter what,
I will anchor
myself on
GRATITUDE
and overcome
ALL the obstacles
that life
showers on me".**



**To overcome the 10%,
these will be helpful.**

1. Education increases
your chances of
success by 75%



2. Get things done
increases your chances
of success by 20%



3. Talent increases
your chances of
success by 5%





4 mins

Part 6: Celebrate the 90%

1. Write a letter of gratitude for your mother / father / teacher.



2. Do one SELFLESS act everyday.





7 mins

Part 7: Brain Tattoos

