



# Keep Moving Movement

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## SESSION 2



**WHY YOU  
WON'T GET  
WHAT YOU  
WANT ?**

17th July, 2022



# ACTIVITY

**SMART**

**Vs**

**BOLD**

The biggest factor behind why we don't get what we want is fear.

**F E A R o f . . .**

**FAILURE**



**R E J E C T I O N**



**NOT BEING  
GOOD ENOUGH**



All of these have  
something common.  
**SELF DOUBTS.**

**Self doubts is why...  
We resist change  
Why we don't start**



This is why some smart people fail. Because they are smart, they know everything that can go wrong. That fills them with self doubt. Hence, they don't start.

On the other hand, bold people keep thinking about what can go right and take initiatives relentlessly, they often take leaps of faith.



“

Boldness is the secret sauce of achievements. It is not BRILLIANCE. It Is BOLDNESS.



”

“

Lack of confidence kills more dreams than lack of ability.



”

Rarely, boldness and brilliance are found in ONE person. Good news is that boldness is a skill that needs to be practiced and harnessed. No-one is born with boldness. Knowingly or unknowingly, boldness got nurtured.

Between smartness and boldness, what would you chose?

***SMART***

***Vs***

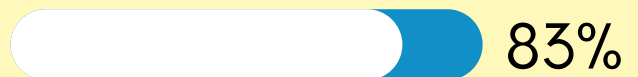
***BOLD***

***FAILING DOES NOT MAKE YOU A FAILURE.***

***GIVING UP MAKES YOU A FAILURE.***

***REJECTION IS ALWAYS BETTER THAN REGRETS.***

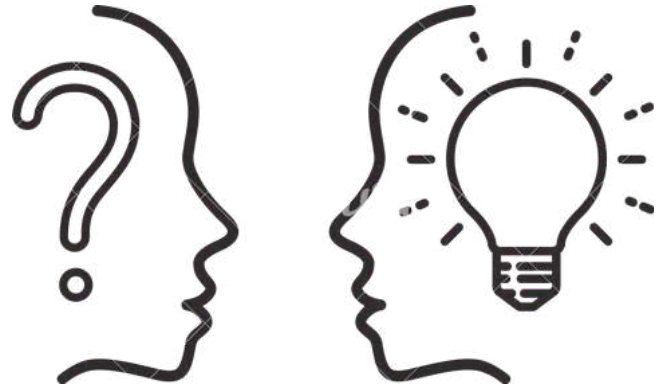
In a survey of over 1,60,000 employees, 83% believed they deserved more money. But over 68% never asked for a raise. Of the people who asked, a little over 70% got it.



# TWO STEPS TO DEVELOP BOLDNESS

## STEP 1: JUST ASK

Just Ask – When you develop the ability to ask ( even small things in life), you develop the ability to go for the big things in life.



*Now the question is what should one ask?*

## TYPE 1: ASK FOR PERMISSION

- I asked Bharathi, may I become a trainer and she said a 'yes'.
- My dad was dead against love marriages. My brother asked for permission and he got it.





## **TYPE 2: ASK FOR HELP**

- To distribute the work sheets to the speakers, we asked Swapnil and Mukulika for their car with a driver. They sent two.
- For the KMM launch party, we asked for Milind's help for the sound system and he sent the best.
- For KMM we needed superb jackets, we asked Sumit for his help and he immediately offered it.



## **TYPE 3: ASK FOR KNOWLEDGE AND CLARITY**

- If you are not sure about an answer or a topic or a problem, ask for clarity.
- Arjun – Krishna
- If we are planning a holiday, ask people who have been there.
- You want to go abroad and study, ask people who have already been there about their experiences.
- You want to join a gym, ask
- You want to watch a movie, ask.



## ***TYPE 4: ASK FOR VALIDATION***

- You believe engineering is the right course for you. Get that belief validated.
- You believe you want to go abroad and study. Interact with people who have gone there and confirm your beliefs.
- You believe you should have a start-up. Meet people who have one and validate your thoughts.



## ***TYPE 5: OPPORTUNITIES AND RESPONSIBILITIES***

This is the best way to develop yourself and take huge strides towards your goals.



- I was made the school head boy. Loved it. After that, I have always gone ahead and ASKED for opportunities to lead and nurture.
- We announced sports convention. My desire was we should organize a 21 km run. When I asked in Life Lessons how many of you would love to run 21 kms, out of 150 people present, 2 of them raised their hands. They believed they cannot. I believed they can. I just needed to make them believe in themselves. In two weeks time, I ran a 14 kms right in front of their eyes. I assumed the responsibility to be a role model. In 3 months time, out of 260 people who had registered for the sports convention, 216 of them completed 21 kms. Post that, fitness has become a life style for many of them.
- First convention of Alma Mater. I asked for the biggest responsibility available.
- MJC
- SVP and Jagruti







When you do not ask, the answer is anyways a NO.

? When you ask there is no guarantee you will get a YES.

? There are chances you will get a YES, isn't it?

“

***‘When you develop the ability to ask, you develop the ability to go for the big things in life.***



”

## ***STEP 2: JUST DO IT***

*When you chase a dream there are a few possibilities.*

You will get what you want

You DO NOT GET what you want.

However, you will still get a few things that you did not know was available for taking.

Example:

- You get a offer to sing in the school choir.
- Wish to get selected for the school football team



I was never the smartest, the handsomest, or the most likeable. However, I have grown tremendously in life. How? I have always nurtured boldness in myself and my people.

**TO DEVELOP BOLDNESS, I FOLLOW TWO SIMPLE RULES.**

**RULE 1**

***Whatever I want, I give it at least 10 attempts.***

So I made a rule for myself. Whatever you want in life, make 10 attempts. Now most people do not make 10 attempts. In fact, most people do not make even 1 attempt whole heartedly.



***Write down what you really want and promise that you will give it 10 attempts.***

Can you imagine what you can get even if you are failing 90% of the times?

## **RULE 2**

I ask myself what story do you want to tell my children? I tell myself - 'Go and write that story'.

### **WHY STORIES?**

During the Second World War, America had a list of Japanese cities that wanted to bomb. Kyoto was on that list. But that city was removed from that list. Why do you think America removed Kyoto from that list? Well, Kyoto was removed from that list by America's Secretary of War, Henry Stimson because he had gone there for honey moon. He had seen the beauty and culture of Kyoto and did not want it to be destroyed. Hence, they chose Nagasaki.



Kyoto

When you like something, it is difficult for you to destroy it.



That is the impact stories can make. That is why it is important to craft our stories and shape them actively.

As you craft your story, you are bound to fail many times. Do you have a capacity to fail? If no, then going for your dreams will be impossible.

“

***Without going for your dreams, dull survival may be possible but not exciting success.***



”





# ORBITAL SHIFT

The purpose of gravity is to keep us grounded as well as to ensure we do not fly off. At a personal level we have many levels of gravity.



## 1. PERSONAL GRAVITY

- What I cannot do!
- Self doubts
- Limitations that the mind sets on me.
- Want things easy.
- Fear of failure, rejections, and that I am not good enough



## 2. SOCIAL GRAVITY

- The opinion people will have about me
- Peer pressure
- Family pressure
- Comparison



### 3. PEER GRAVITY

- Sarcasm
- Distractions
- FOMO
- Wrong company

Imagine all of these gravities working on you. We give up before we start. We start saying to ourselves, 'Be practical. You cannot go against the norms. Innovation and breakthrough ideas go for a toss.

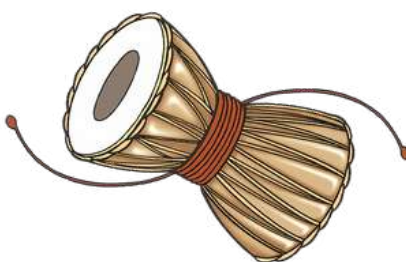
#### KINDS OF PEOPLE



**BUDDHU**



**DABANGG**



**DAMRU**



**FATTU**

## **UGLY DUCKLING**

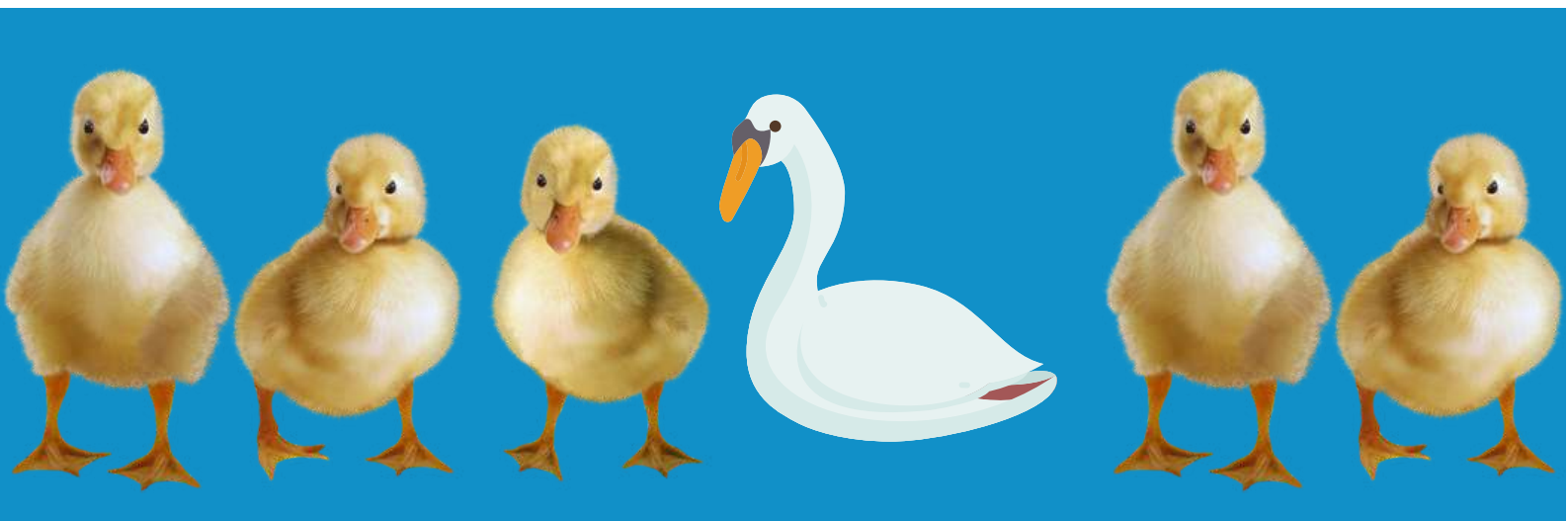
A duck lays some eggs and they hatch. All ducks look similar except for one. It is bigger, very awkward, had no webbing in its feet. In other words, ugly. Till one day, it sees a swan and realises, I am a swan and not a duck. The egg got mixed and it was raised along with ducks. It realises it is beautiful and flies away.

I find this story powerful. It talks to me.

At some points of our lives, we all have felt like the ugly duckling, under tremendous pressure to fit in. We were beating ourselves for not being good enough and not able to fit it. Till we realise we are the swans – beautiful, strong to fly and fly away.

These stories shape us.

If you are not looking towards the future, you will be left behind.



## ACTIVITY

Share a story with us that speaks to you, that stirs you. Here are the guidelines.

- Your story must be less than 100 words
- Why does this story stir you?

**Whatsapp your story @7741085000 or Mail us on [contact@mykmm.org](mailto:contact@mykmm.org)**

When we complete KMM 2022, we will create a eBook called 'Stories that Stir'

One day, in a few years times, people will be sharing stories that has YOU as the hero.

## BRAIN TATTOOS

