



Keep Moving Movement

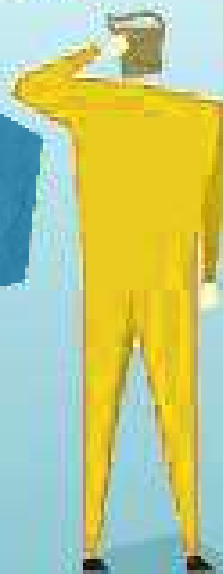
www.mykmm.org

SESSION 6



**WHAT IF
ALL YOUR
SELF DOUBTS
ARE FAKE?**

11th Sept, 2022



'IDNMHMIH'



- Refugee Nadia Nadim from Afghanistan.
- Father was murdered by the Taliban when she was 10.
- Family fled to Denmark on the back of a truck.
- Has scored almost 200 goals in professional football.
- Represented the Danish national team 99 times.
- She speaks 9 languages fluently.
- She is on the Forbes list of Most Powerful Women in Sports.
- First Danish female football player to represent Nike.
- Studying to become a reconstructive surgeon.

ACTIVITY



What are the dreams you have?





What are the doubts you have?





Different people respond differently to problems.

Different people respond differently to problems. On a closer look, there is a pattern by which we respond to problems. Have a look at a few possible mental responses and find out who are you!

It is a very interesting and reflective exercise. Who are you like?



WE HAVE A PROBLEM.

BLAMER It is because of YOU. (not me)



CRITIC Someone should solve it. (not me)



CRY BABY

My life should be without problems.



CYNIC

No one wants to solve it.



PESSIMIST

No one can solve it.



OPTIMIST We can solve it.



RESPONSIBLE I would love to solve it.



SOLUTIONIST Here's how we can solve it.



“When we believe problems cannot be solved it is often because of self doubts.”

What if all your self doubts are fake?

No one wants to fail.

No one wants to be abused.

No one wants to create a mess..

No one wants to get heartbroken.

No one wants to take bad decisions.

No one wants to be taken for granted.

No one wants to get passed over for promotion.





The Voice in your Head!

But, guess what? These things happen.



For a horse rider, falling off the horse is always a possibility.



For a writer, the writers block is a part of the process.



For being outspoken, controversies will dog you.



For a sportsperson, injuries are a way of life.



For an inventor, failures are routine.

These hurdles invariably create doubts.

Doubts hijack the future history we are about to make!

I used to worry about what if 'this' person doesn't like me, why 'that' person didn't support me, why my business partnership 'broke up', am I thinking too 'big', etc. Not any more.

The truth is, **'Doubts are a part of every dream'**. Doubts and doubters will always be directly proportional to the quality of dreams we have.

Your doubts are not there to stop you. They are there for you to double up your efforts.



Step 1

When in doubt, remember...

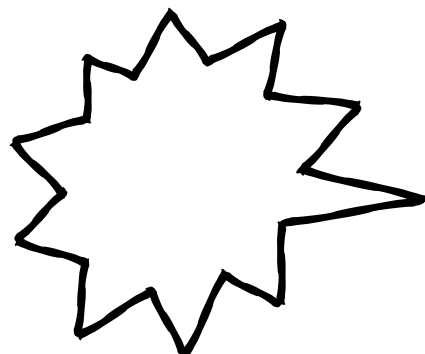
- All the obstacles you have overcome
- All the sacrifices you have made along the way
- The faces of people who would be proud of your future success

Step 2

To defeat all the doubts ask yourself two questions

Q What if each and every one of my doubts is a fake?

Q What if, each and every one of my dream is the real stuff?



Zoom out the doubts, wish them RIP, zoom in to your dreams, laugh at the silliness of the mirages doubts makes us see and merrily move on.

Remember the nursery poetry, 'Row, row, row your boat.....merrily merrily, merrily, merrily, life is but a dream.'

The poet did not say, "Life is but a doubt." He said, 'Life is but a dream'. Let us live that dream.



ACTIVITY



**I WILL NOT ALLOW DOUBTS TO HIJACK
THE HISTORY I CREATE BECAUSE...**



(send it to 77410 85000)

BRAIN TATTOOS

