



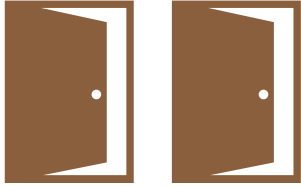
Keep Moving
Movement

www.mykmm.org

KMM 2018 Session 3

SOMETIMES VERY

— small —

D  RS

OPEN INTO

HUGE

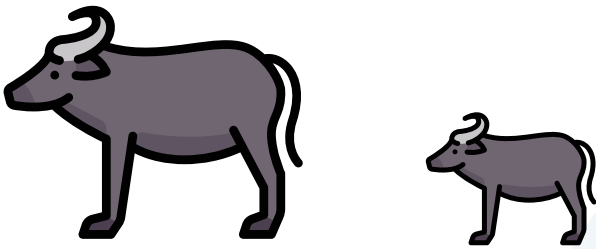
ROOMS



1 Review

3 minutes

2 How many of you can lift a buffalo? It normally weighs 410 kgs. How many of you can lift a buffalo's newly born calf that weighs 28.4 kgs.



3 minutes

3 The Podium Principles

7 minutes

When Sir Dave Brailsford became head of British Cycling in 2002, the team had almost no record of success: British cycling had only won a single gold medal in its 76-year history. That quickly changed under Sir Dave's leadership. At the 2008 Beijing Olympics, his squad won seven out of 10 gold medals available in track cycling, and they matched the achievement at the London Olympics four years later. He says, "when we first started out, the top of the Olympic podium seemed like a very long way away. Aiming for gold was too daunting."



He had a few pillars to his approach, which he called “the podium principles.”

- a. The first was the ‘frame of mind’ for optimum performance. First two sessions of KMM 2018 have been on ‘frame of mind’.
- b. The second one was strategy.
 - i. Sir Dave never talks about his influence.
 - ii. He always credits the team and MOSTLY the riders.
 - iii. His focus was continuous improvement. He says, “We forget about perfection. We focussed on progression. We compounded the improvements.” Perhaps the most powerful benefit of improvement is that it creates a contagious enthusiasm. Everyone starts looking for ways to improve. There’s something inherently rewarding about identifying marginal gains - the bonhomie is similar to a scavenger hunt.

4 Any area in life where you improved by choice? *(Personal Story)*

 **3 minutes**

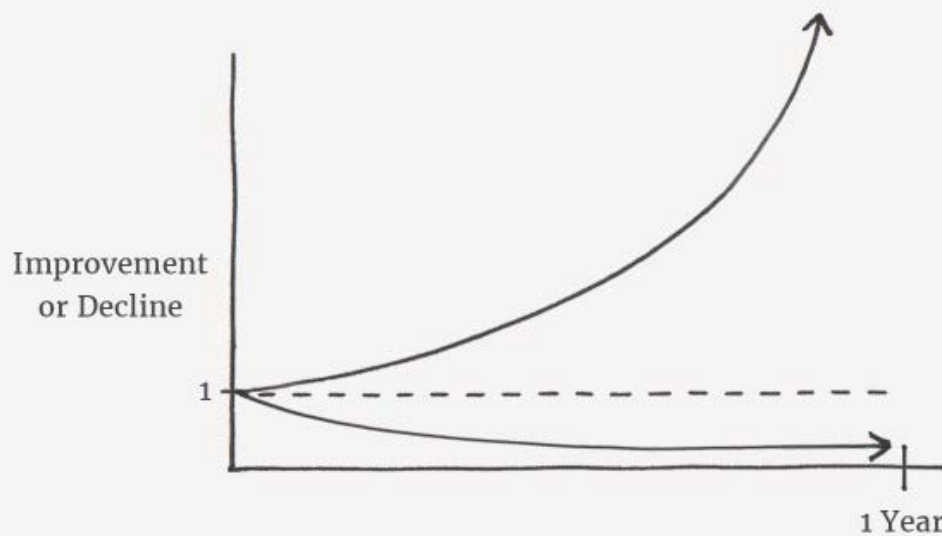


5

The Power of Tiny Gains

$$1\% \text{ better every day } 1.01^{365} = 37.78$$

$$1\% \text{ worse every day } 0.99^{365} = 0.03$$



 **10 minutes**

If you improve yourself by 1% each day, you will have improved 37.78% in a year.

It's what Life School would refer to as “iCANE
“Improvement that is Continuous And Never ending.””



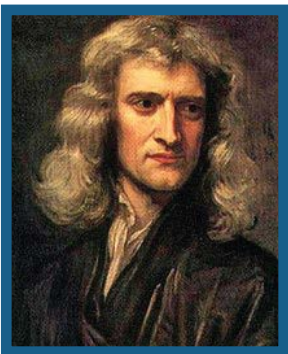
Improve a little each day. It compounds. When 1% compounds every day, it doubles every 72 days, not every 100 days. Compounding tiny excellence is what creates big excellence. Compounding creates fast results.

Nothing is going to change for you tomorrow. We don't have the strength to change our life in one day.

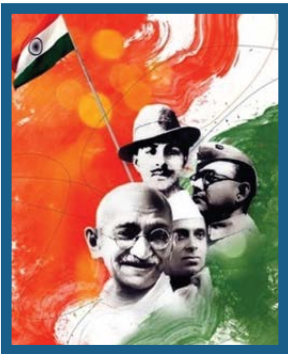
- i. Diets don't work tomorrow. But every diet works.
- ii. Habits don't change in a day. But 1% a day makes every habit work. Every habit can be built using this technique.
- iii. 1% is permission to improve. It's also permission to fail. Because when you first start something, you're on day one. If you want to succeed at anything, you have to give yourself permission to fail twice as much as you thought you would.
- iv. If you insist, I should see results RIGHT NOW, then it won't work. If you insist the habit changes tomorrow, then sooner or later the habit will certainly fail.



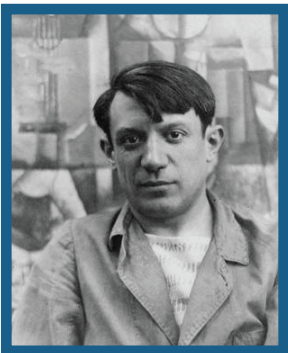
- a. Even Mozart, despite being a prodigy, wrote music for 10 years every day before becoming a true master.



- b. Newton researched for 22 years before he found 'Law of Gravity'. He did not give up for 22 incredible years. Amazing isn't it?



- c. 90 years of efforts before India became independent. Mangal Pandey revolted in 1857. India got freedom in 1947.



- d. You can't be a master in one day. You have to improve a little every day. Picasso created 2 works of art a day. That's 50,000 in a lifetime. It adds up.



6 Be Persistent

🕒 5 minutes

If I read 5 pages a day from non-fiction books, then in a year I will have read 1830 pages of knowledge. And each page I read will build upon the pages I've read before. And it's 1830 pages 99% of people won't read.

If I write 1000 words a day, then in one day that's nothing. In one year that's the equivalent of 6-8 novels.

Also you can also decrease 1% a day. We can say, "aww, it's only one day. Don't pressure me!" Such an easy choice. It seems trivial. 1% up or 1% down. But it sneaks up. The 1% Rule can be applied to everything. If I spend 1 less minute feeling regret and use that to feel gratitude, how much better for my stress levels will that be in one year's time.



When J.K. Rowling was scribbling Harry Potter on a napkin, she was dependent on government welfare schemes to survive. It seemed an impossibility that one day she would be richer than the Queen of England.



Arianna Huffington was rejected 36 times before her first book was published. This was well before she was told The Huffington Post would be a complete and utter failure.

The Huffington Post is the most powerful news blog in the world today.



Every year, thousands participate in Marathons. Lot of them don't complete the run. Does that mean they failed? Yeah. That is one way of looking at it. Another way to look at it

is, did they run longer than they have ever done? If yes, then, even if they did not complete, shall we say, they 'succeeded'?

7 Small Doors Open Into Huge Rooms.

6 minutes

There is a large time in everyone's life when they do ordinary, they look ordinary, they live ordinary, they think ordinary, they believe THEY are ordinary. They believe, as an individual, they are insignificant. They believe, David cannot do much against the Goliath.



- a. As Mohandas Karamchand Gandhi, they helplessly ask, ‘what can they do alone against the mighty British empire?’ And then, something changes.
- b. As TN Seshan, they helplessly ask, ‘what can they do alone against the might of all the politicians combined?’. And then, something changes.
- c. As Kiran Bedi, they helplessly ask, ‘what can they do alone against the criminals of Tihar?’. And then, something changes.
- d. As a Abhinav Bindra, they helplessly ask, ‘what can they do alone against the mindset of mediocrity in sports in India?’. And then something changes.
- e. As A R Rahman, without a father to guide, without money as backup, as a 11 year old child, they helplessly ask, ‘what will I be able to achieve at all?’. And then something changes.

None of the above people were born great. None of them were told by people around them that they are going to be great. None of them had support systems that believed they will be great. And yet, they did live great.



Think about this. What if, today you have self doubts, but actually, you are the next MS Dhoni? What if, today you are lazing but actually, you are the next Gandhi? What if, today you are struggling for your first success but actually, you are the next JK Rowlings? What if, today you very poor but actually, you are the next JRD Tata? What if, you have no friends and feel lonely but actually, you are the next Michael Phelps?

Come on my darlings...allow yourself to flirt with greatness. Our vision for ourselves are set by our own self imposed limits, and nothing else. How would you know, your walk to greatness began at the last turn? What do you think will happen if you believed in yourself a little more and just focused on iCANE

- ✓ Gandhi did.
- ✓ Kiran Bedi did.
- ✓ TN Sheshan did.
- ✓ JK Rowling did.
- ✓ AR Rahman did.
- ✓ Abhinav Bindra did.
- ✓ Arianna Huffington did.
- ✓ The marathon participant did.

**What will
happen if you
too did?**



Sometimes, very small doors open into HUGE rooms. Think about it this way a room is much bigger than a door. A door is much bigger than the lock. A lock is much bigger than the key. Yet the key opens space to a huge room.

Brain Tattoos



3 minutes



Keep Moving Movement



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