



**Keep Moving
Movement**

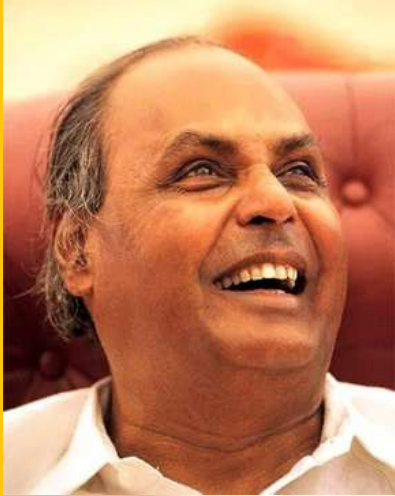
www.mymmm.org

SESSION 4

MA MU MEIN DUM HAI



INTRODUCTION



**DHIRUBHAI
AMBANI**

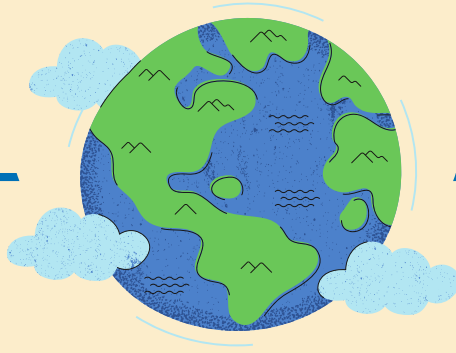
The founder of Reliance
that owns Jio



**Why do we need to
Study / Perform Academically?**



- Follow a career of my choice...
- I will be independent in life...
- I will look up to myself...
- More I perform, more I value myself...
- I am not dependent on people's opinion of me...



When I perform what happens in my relationship with the world?

- I am accepted, admired, respected.
- Given as an example.
- My suggestions are valued.
- I inspire people by my work.
- Have the freedom to choose career and marriage.
- Sportsman fallback option.
- Star attracts stars.




How to study to perform?



**MA MU MEIN
HAI DUM**



MIND

 **ma** - eind



Mazaa Aayega

Relax & Interesting studies.



FTF - FTR

Focused, Composure and Auto Suggestion.



Say 'NO'

Say 'no' to all distractions like TV, mobile, etc. Put up a poster with the word 'Distractions' written on it. Keep looking at it and saying 'Nooooooo'.

MOOD

 *mu* - ud

Bright Light

Study in bright light.



Eat Healthy

Avoid sweet and heavy food before study / exams.



The Good Things

Smile and think about all the good that will happen to you after you have studied well...

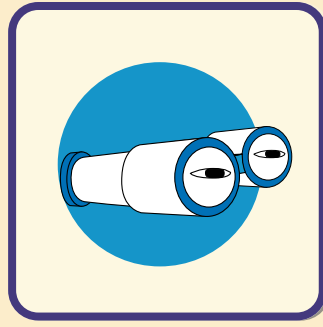


METHOD

 *mei* - thud



Audio



Visual

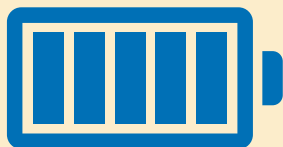


Kinesthetic

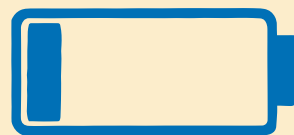
50 Mins Hour



Peak Hour

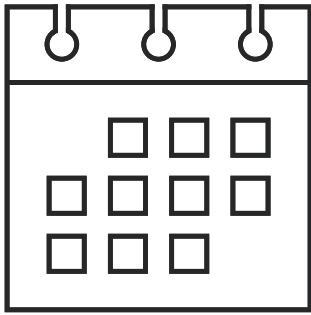


Dull Hour

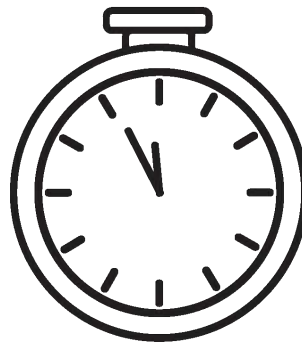


METHOD

 ***mei*** - thud



**Weekly
Goals**



**Daily
Goals**



Preview



Study - Class



Review

METHOD

 **mei** - thud

Key Points



One unit at a time



Quiz



Passion for Excellence:

Jo Bhi Karega Kamaal Ka Karega / Dhamaal Ka Karega



**SERGEI
BUBKA**



BRAIN TATTOOS

