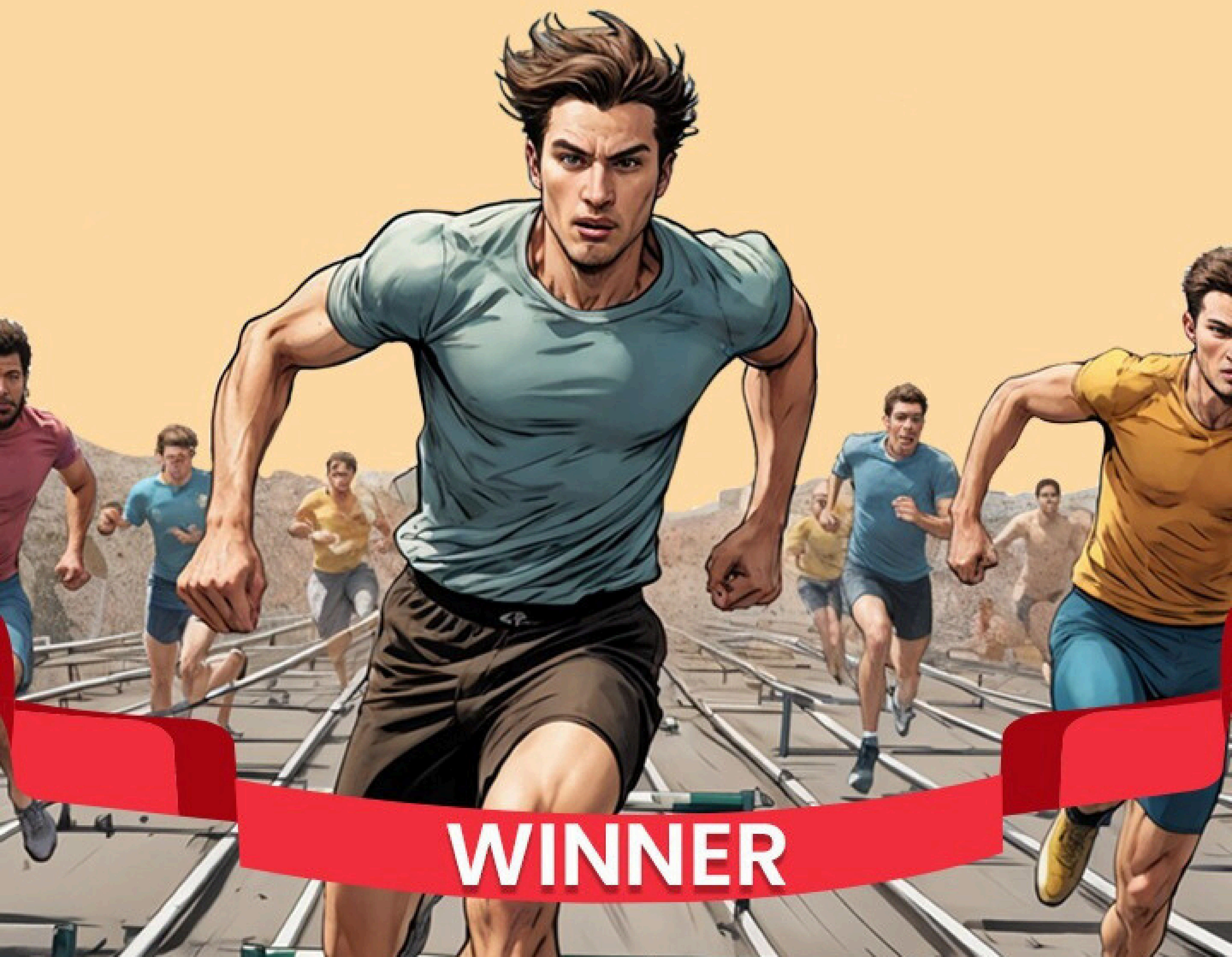




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SESSION 4

A few possible Hurdles to GREATNESS



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[keep_moving_movement](https://www.instagram.com/keep_moving_movement)

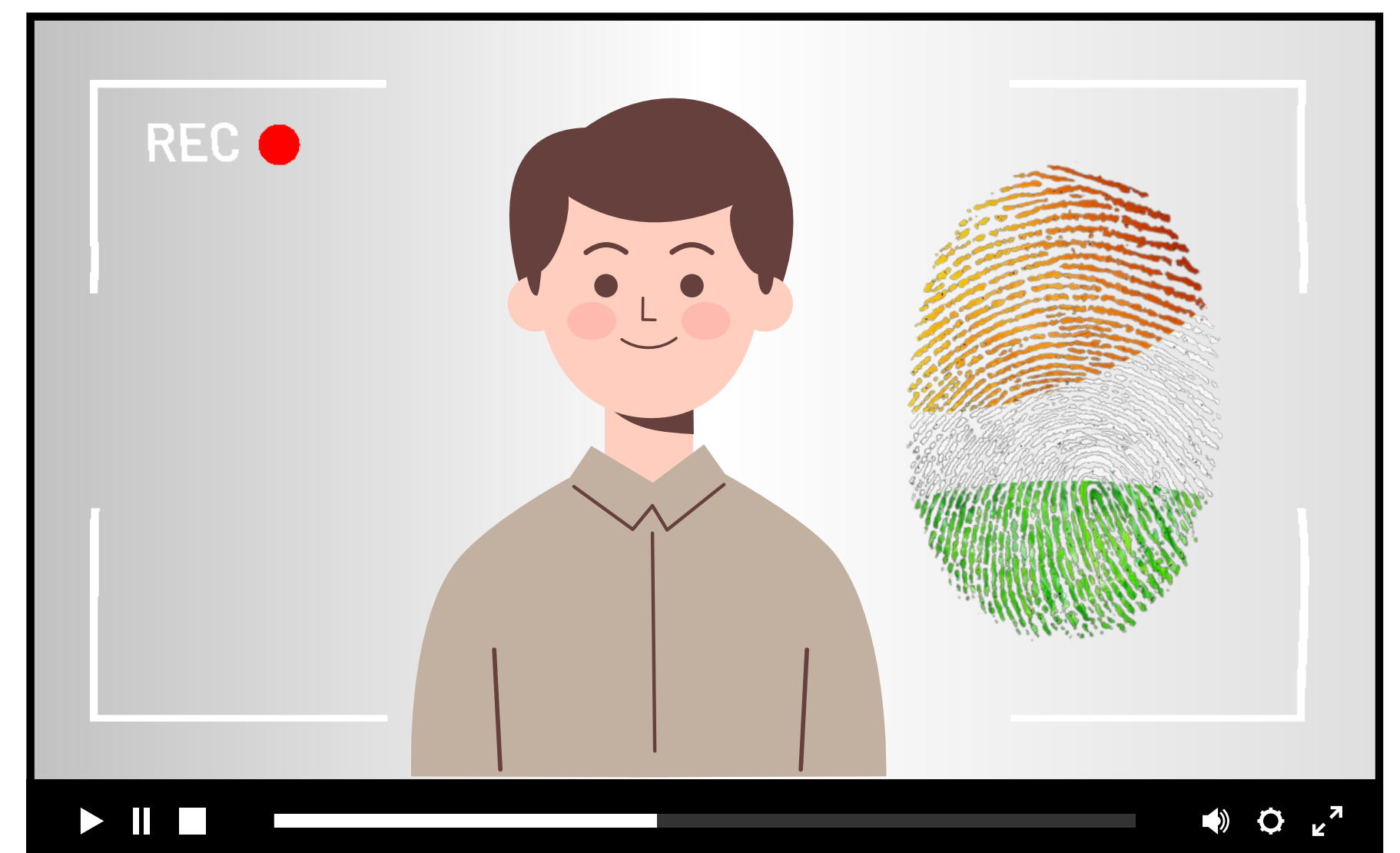


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Part 1: Congrats - 5 mins

Congrats to those who created the video. You have taken a great first step.

Anything you can remember from the previous sessions?



Part 2: No one wants - 15 mins

Sometimes what you want happens. Sometimes, it doesn't.
The fact it...

- ▶ 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 unhealthy competition.
- ▶ No one wants to be taken for granted.
- ▶ No one wants to get caught up in ego wars.
- ▶ No one wants to get passed over for promotion.
- ▶ No one wants their rights to be snatched away from them.
- ▶ No one wants to be disturbed when they are completely focussed.

But, guess what? Like we discussed in the last session, “These things happen”. Lets call these things as **“HURDLES TO GREATNESS”**.

When these happen, “Voice of Despair” becomes loud. These hurdles creates doubts in the mind. Doubts hijack the future history we are born to make! It makes us ‘worry’.

Part 3: I used to worry about - 5 mins

I used to worry about what if...

'This' person doesn't like me? Then I realised, it is not my job to make the world like me. It is my job to like myself.

Why 'that' person didn't support me? I realised, it is not the obligation for the world to support me. It is my job to be a person whom others WANT to support.

Developed sense of humour - Why is Chennai called Chennai? Why is angoothi called angoothi when it is worn on ungli and not the angootha.

Am I thinking too 'big', etc. - Have people started where I am and went on to do bigger things? If yes, then, I am NOT thinking too big at all. I can think big than bigger.

With time I realised, my doubts are not there to stop me. They are there for me to SOLVE them.



Part 4: Different people respond differently to problems. - 15 mins

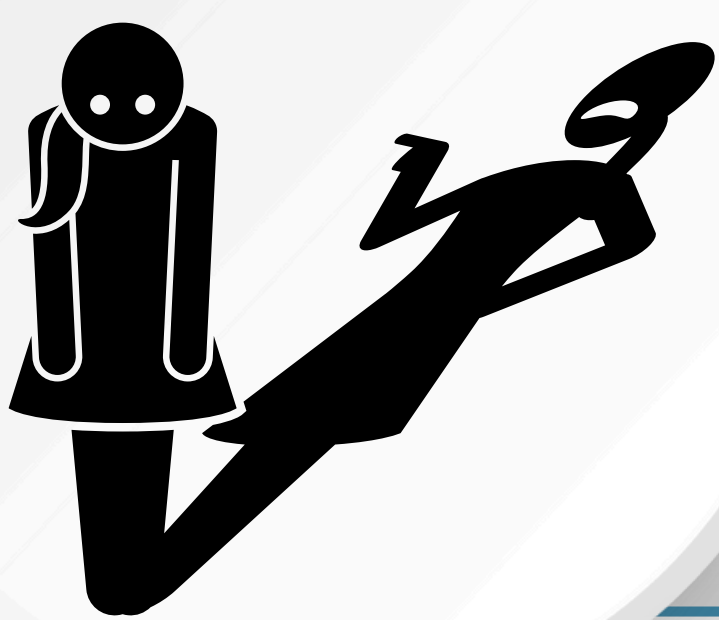
Have a look at a few possible mental responses and find out who are you! It is a very interesting and reflective exercise. Here we go...

As I explain each personality, think about a person you know who fits the bill. Also wonder, if someone will write your name against any of these personalities.



BLAMER

We have a problem. It is because of YOU.
(not me)



CRITIC

We have a problem. Someone should solve it.
(not me)



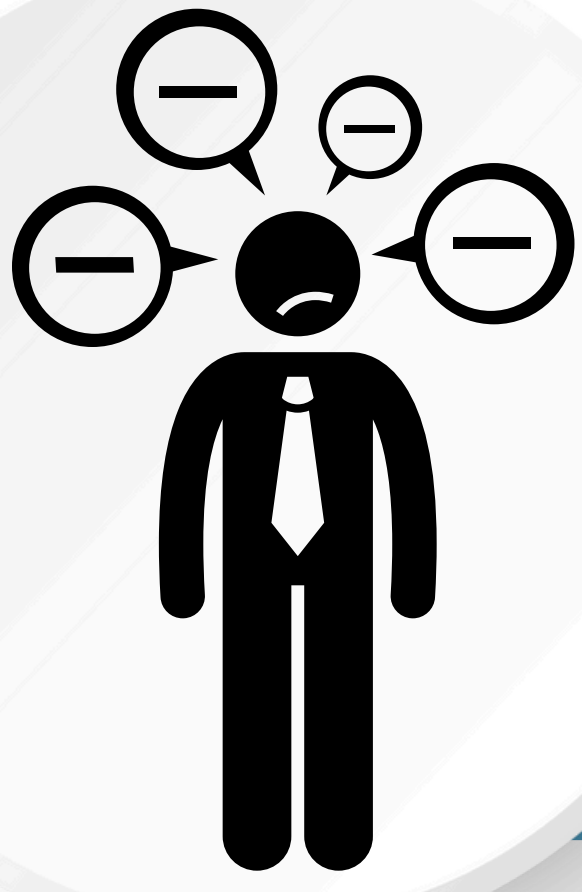
CRY BABY

We have a problem. It's not fair. My life should be without problems.



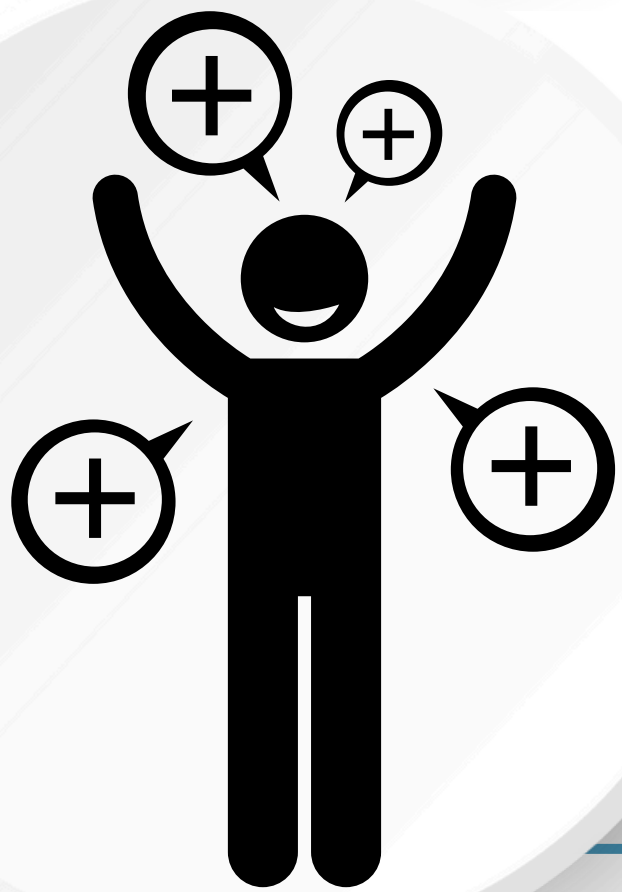
CYNIC

We have a problem. No one wants to solve it



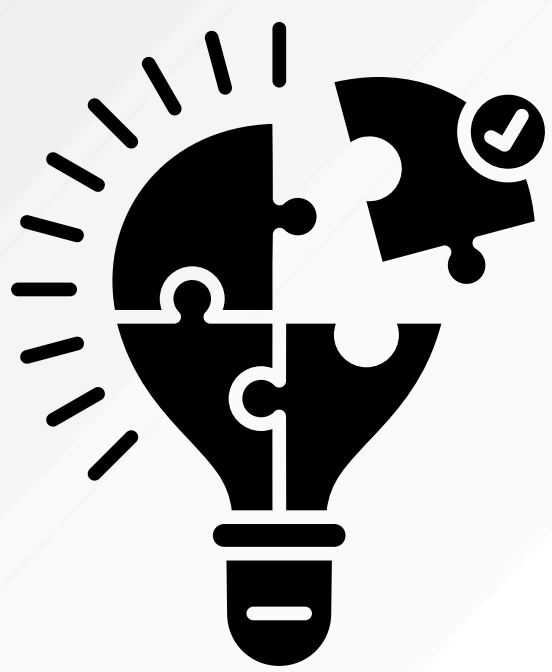
PESSIMIST

We have a problem. No one can solve it.



OPTIMIST

We have a problem. We can solve it.



SOLUTIONIST

We have a problem. Here's how we can solve it.



RESPONSIBLE

We have a problem. I would love to solve it.

Did you find who you are?
Did it make you smile or frown?
Surprised maybe?
Whom would you love to be?



Part 5: Conclusion

Roy Disney and Walt Disney - Inauguration of the Biggest Amusement Park in the world!

Roy - Because Walt saw it, it has happened.



Do you think there were issues when they were building this park. Ofcourse, but the mindset was - I will solve every problem that comes my way. That is the power of 'Voice of Hope'

Part 6: Brain Tattoos

