



Keep Moving
Movement

www.mykmm.org

20
25

What's **YOUR** Story ?



SESSION 1

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Session Plan

Part 1 : Introduction

15 Mins

Part 2 : The Stories We Tell Ourselves

9 Mins

Part 3 : Winning the Inner Game

8 Mins

Part 4 : Rewrite your Story

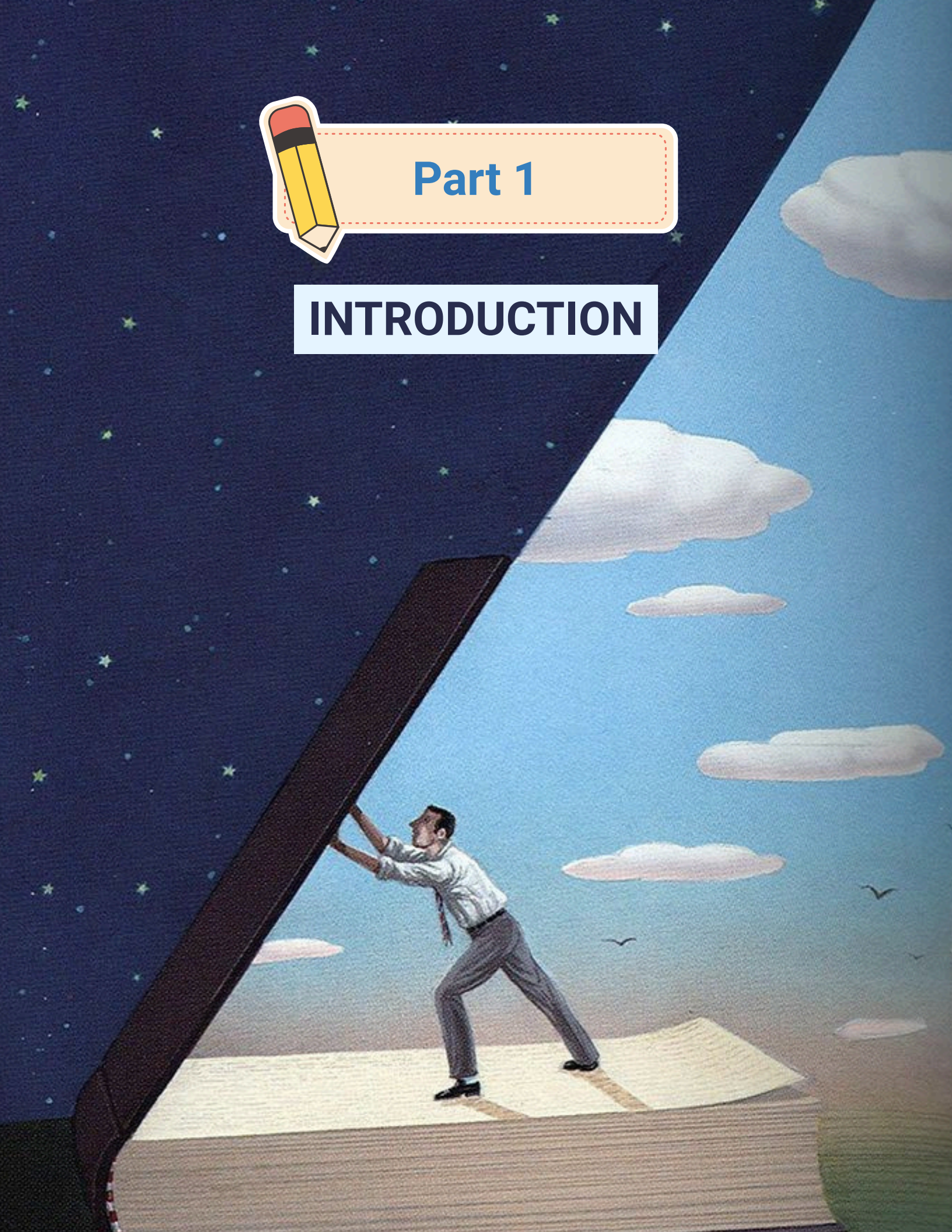
8 Mins





Part 1

INTRODUCTION



● **Welcome & Self-Introduction**



● **Introduction to KMM**



★ Instant Story Experiment

Think about the story you tell yourself when:

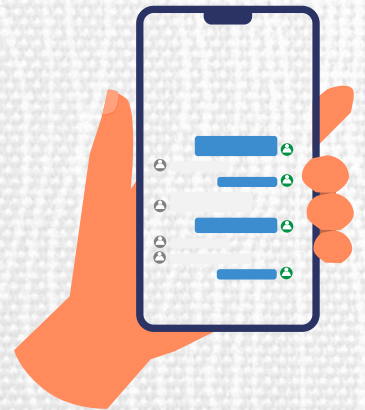
After watching a horror movie late at night, you hear a strange sound from downstairs.

- **Instant Story:** (e.g., "There's a ghost!" / "Someone broke in!")



You send a text to friend. You see the 'blue ticks' meaning they've read it, but no reply for hours.

- **Instant Story:** (e.g., "Ignoring me." / "Mad at me.")



You get a 'NO' when you were absolutely expecting a 'YES' for something you really wanted (e.g., a school trip, permission for an event).

- **Instant Story:** (e.g., "I'm always unlucky." / "They don't trust me.")



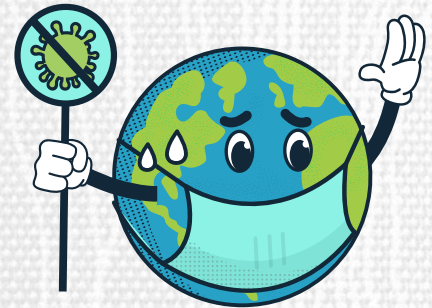
Your friends make a sarcastic joke directed at you.

- **Instant Story:** (e.g., "They don't like me." / "They're trying to put me down.")



Your neighbour tests COVID-19 positive (back in 2020).

- **Instant Story :** Am I definitely going to get it.



Notice how your initial
often **AUTOMATIC STORY**
can be
NEGATIVE.

Dukhiram vs Sukhiram

Every time something happens, Sukhiram tells himself a powerful, positive story. Dukhiram, on the other hand, always jumps to the worst conclusion.

Now it's your turn to join their battalion and spot the two sides of a story!

🌈 Form groups of **5–6 students**.

🌈 Each group gets **few scenarios**.

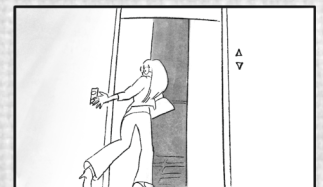
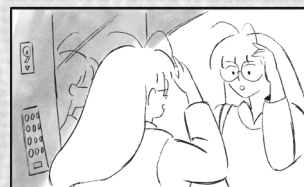
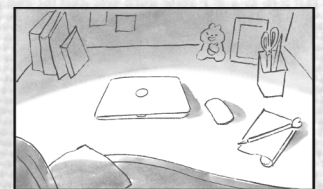
🌈 For each scenario, discuss:

Write down 2 responses that **Dukhiram** would tell himself?

Write down 2 responses that **Sukhiram** would tell himself?

🌈 You have **5–6 minutes** to discuss.

🌈 A few groups will be invited to **share one scenario** and both versions of the story.



Scenarios for Groups

Scenario 1: Struggling with a New Habit

You tried waking up early to study, but overslept on Day 3.



Dukhiram's Story:

"I'll never be disciplined. I always give up halfway."

Sukhiram's Story:

"It's okay to slip once or twice. I'll adjust my bedtime and keep trying. Progress takes patience."



Scenario 2: Praise Goes to Your Cousin, Not You

Your cousin scores 80% and gets praised. You have got two percent more than him and no one acknowledges your effort.



Dukhiram's Story:

"No one values me. I'll never be as good as them."

Sukhiram's Story:

"I worked hard and improved. I'm proud of myself, even if others didn't say it aloud."



Scenario 3: You Answer in Class and Everyone Laughs

You bravely answer a question in class, but others laugh at your response.



Dukhiram's Story:

"I'm stupid. I should never speak up again."

Sukhiram's Story:

"At least I had the courage to try. I'll learn from it — next time I'll be even more confident."



Scenario 4: Left Out of the Pani Puri Plan

You see your friends went out for pani puri after class but didn't invite you.



Dukhiram's Story:

"They left me out on purpose. I don't belong to this group anymore."

Sukhiram's Story:

"It could've been a quick, last-minute plan. I'll speak to them calmly and express how I felt — friendships need understanding."





Part 2

THE STORIES WE TELL OURSELVES



Key Question

WHAT IS THE SECRET HERE? WHAT IS HAPPENING?

The secret is the story inside our head. The narrative.

Life Situations: “Closed Doors vs Open Doors”

Every day, we encounter situations that feel like:

- **Closed Doors:** A tragedy, rejection, an accident, a setback, a failure. These are real challenges.
- **Open Doors:** Opportunities, breakthroughs, moments of success.

The key is how we interpret these. Are they just dead ends, or are they 'burning points' that can become 'turning points'?



Stories We Tell Ourselves

(Often *NEGATIVE*):



Limiting Beliefs:

These negative labels often feed into "limiting beliefs"

– stories we tell ourselves that stop us from even trying:

- I can't convince others
- I can't be consistent
- I'm not educated enough
- I can't control my anger
- I can't take big responsibilities
- I can't be punctual
- I can't wake up early
- I cant trust others

Reticular Activating System (RAS)

The Science Behind It:

Our brain has a filter called the **Reticular Activating System (RAS)**. It's like a bouncer at a club, deciding what information gets into your conscious mind. We are constantly bombarded with massive amounts of information, but our RAS filters it based on what we choose to focus on and what we believe is important.

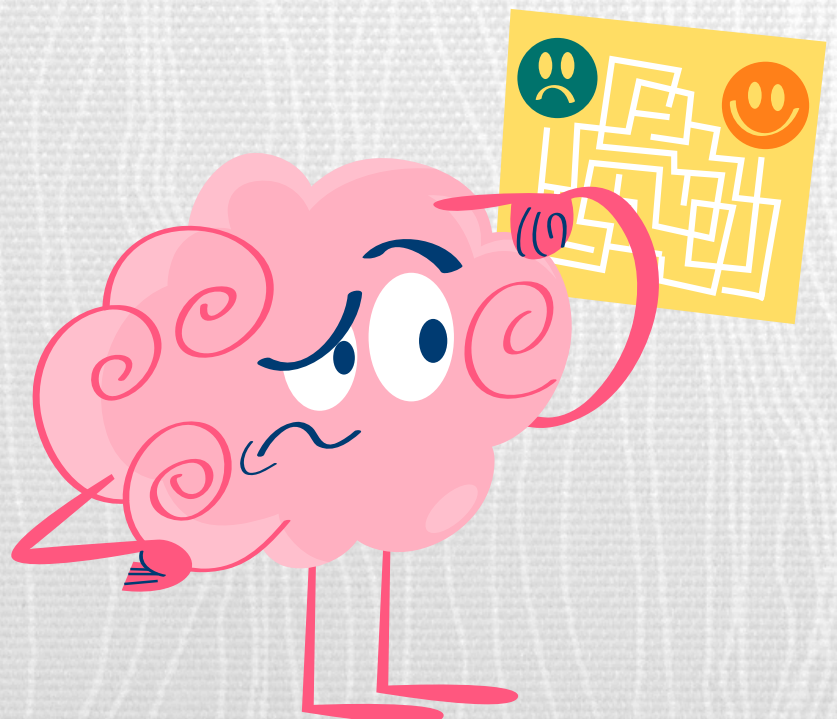
Activity (Quick, for everyone): Look around the room right now and notice all things red. Take a mental note. (Pause for a few seconds). Now, close your eyes. Without opening your eyes, how many green things did you notice? (Most will struggle). Open your eyes. See how selective attention works? When you focus on 'red,' your RAS filters for red. When you focus on negative stories, your RAS finds evidence for those negative stories.

Change your

FOCUS

Change your

STORY



● Why Are Our Narratives Often Negative?

- **Evolutionary bias:** Our brains are wired for survival. It was safer to fear the tiger than admire the pretty flower. This 'negativity bias' helped our ancestors survive.
- **Prefrontal Cortex vs. Amygdala:** Our logical, reasoning brain (Prefrontal Cortex) is often overridden by our fear and emotion center (Amygdala) in stressful situations.
- **We are unreliable narrators:** Our emotions, biases, and limited information often distort our perception of reality.
- **Negative emotions narrow perspective:** When we're angry or sad, it's harder to see the bigger picture or alternative solutions.
- **We become our own fake news broadcasters:** We create and believe headlines about ourselves that aren't necessarily true.





Part 3

WINNING THE INNER GAME



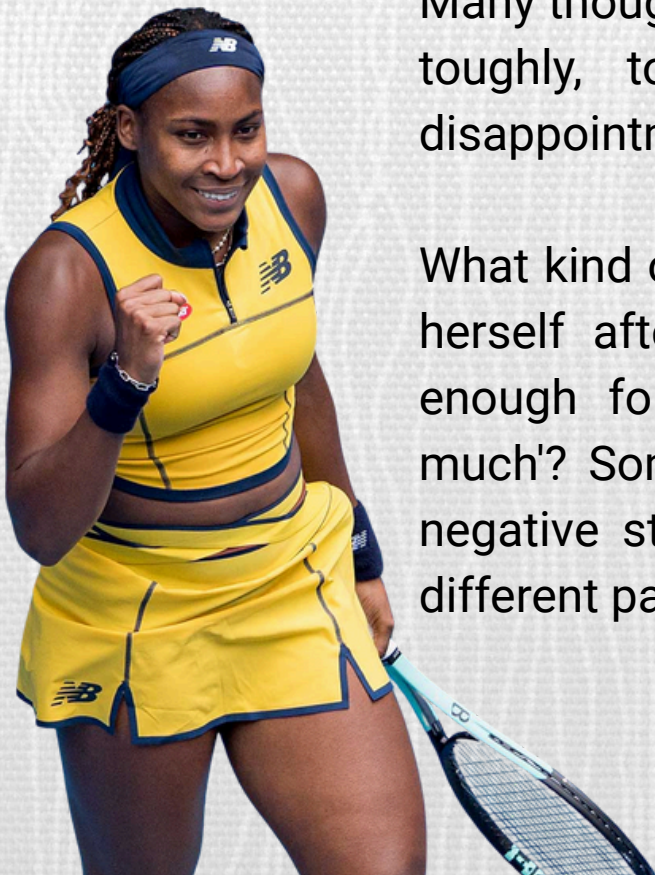
Coco Gauff, the young American tennis sensation, recently lifted her second Grand Slam singles title at the French Open 2025, after winning her first at the US Open in 2023.

Think about Coco's journey. She burst onto the global stage in 2019 at just 15 years old, defeating her idol Venus Williams at Wimbledon. Overnight, she became a sensation – dubbed a 'prodigy,' 'the next big thing,' and everyone had sky-high expectations. This is a huge 'open door,' an amazing opportunity, but it also brought immense pressure.

For a few years after that incredible debut, while she was consistently a top player, a Grand Slam singles title remained just out of reach. In 2022, she reached the French Open final, her first Grand Slam final.

Many thought this was her moment. But she lost, toughly, to Iga Swiatek. It was a visible disappointment.

What kind of story do you think Coco was telling herself after that loss? Was it, 'I'm not good enough for this stage'? 'The pressure is too much'? Some athletes might have allowed that negative story to take root. But Coco chose a different path.



She later admitted she was 'overwhelmed by the moment' and realized her mental approach needed work. She turned that 'closed door' – that painful defeat – into a burning point that became a turning point.

She made a conscious decision to change her internal narrative. She focused on:



Believing in herself: Not just in her shots, but in her ability to handle the pressure. She realised she was too focused on 'fulfilling other people's expectations.'



'Next point' mentality: She visibly worked on not dwelling on errors or bad points, but immediately resetting for the next one.



Embracing the pressure as a privilege: Instead of seeing it as a burden, she began to view it as a sign that she was in a privileged position, doing what she loved.



This mental shift was not easy, but it paid off. In 2023, she reached the US Open final. And just this month, in June 2025, she won her second Grand Slam singles title at the French Open, coming from a set down against the world number one! That's a huge test of mental resilience.

Coco Gauff's story isn't just about her powerful serves and forehands; it's about the powerful story she learned to tell herself.

It's about how she transformed from a prodigious talent struggling with pressure to a composed Grand Slam champion who owns her narrative. She didn't let setbacks or external expectations write her ending. She wrote her own."

Be a

CHAMPION

in positive

SELF-STORIES





Part 4

REWRITE YOUR STORY



Rewrite Your Story:

ARE YOU WILLING TO EDIT THE STORY YOU ARE TELLING YOURSELF?

- Be the hero, not the victim. This means taking ownership of your perspective.
- Anupam Kher's father: *"Jo bheeg gaya hai, usko barish se dar nahi lagta."*
- Looking at water does not change it from freaking cold to comfortable warm

In every situation,
there is a

POSITIVE VERSION
of YOUR STORY.



Your Challenge: Write down

What ONE negative story you've been telling yourself that STOPS today?

What will be your **anchor** for powerful, positive stories?



I WILL PROVE YOU
RIGHT / WRONG



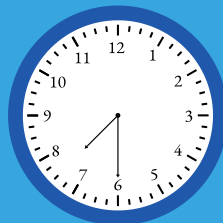
I AM MADE FOR
BIG THINGS IN LIFE



JO BHI KARENGE,
KAMAAL KA KARENGE



APNA TIME



AAYEGA!

INVISIBLE COUNSELLOR



Brain Tattoos

1.

2.

3.

4.

5.

