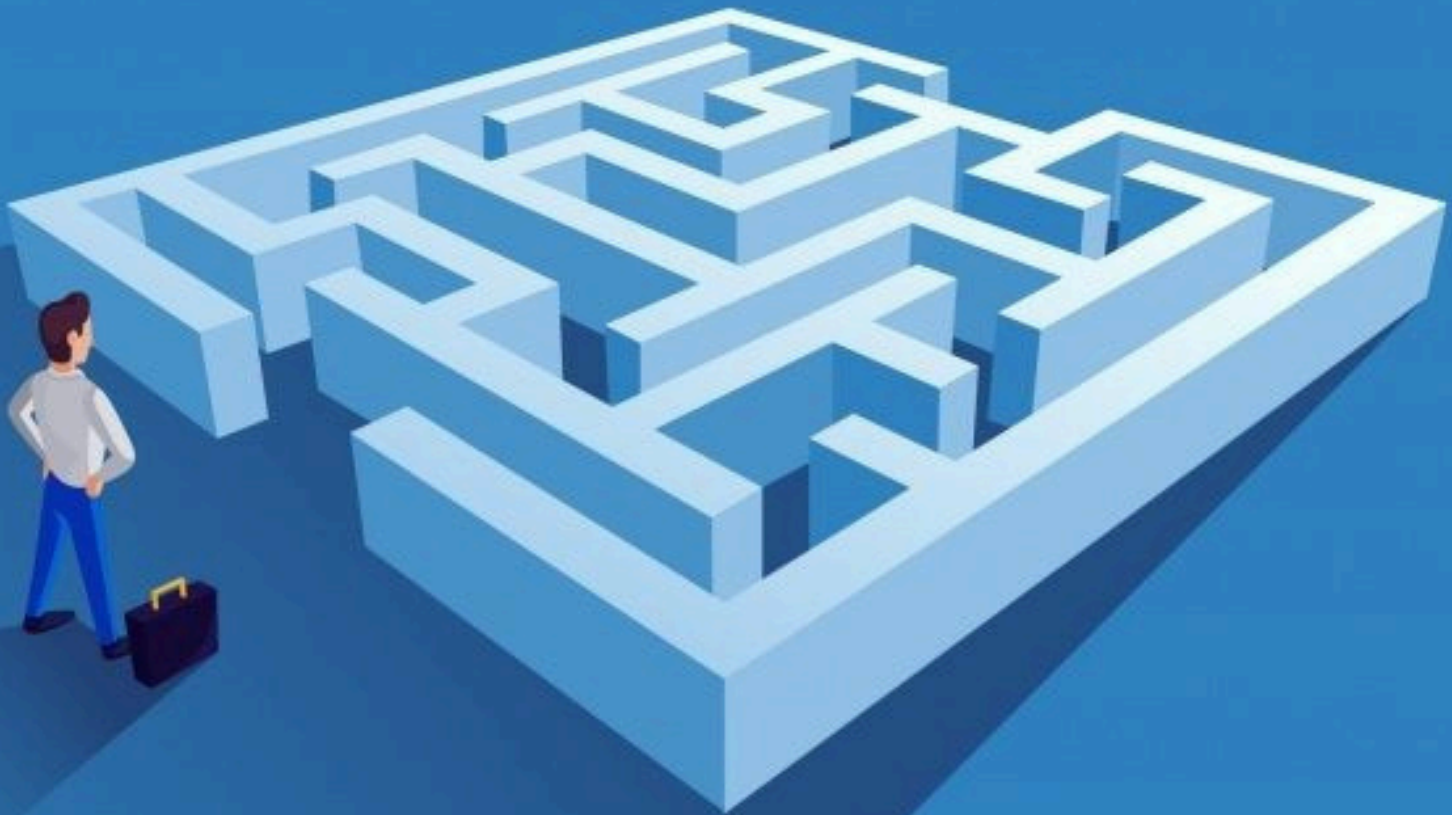


CRSE ka Funda : Success ka Jhanda



Session Plan

Part 1 : Chill & Charge	05 Mins
Part 2 : The Paradox of Desire	08 Mins
Part 3 : CRSE	17 Mins
Part 4 : Action Plan Ahead	10 Mins



Part 1

CHILL & CHARGE





Recap Session 1

Be a

CHAMPION

in positive

SELF-STORIES

In every situation,
there is a

POSITIVE VERSION

of YOUR STORY.



PRESSURE is a PRIVILEGE

Change your

FOCUS

Change your

STORY



Recap Session 2

We DEFINITELY need these
5 kinds of friends:

Someone we can have **FUN** with

Someone who **BELIEVES** in us

Someone who **INSPIRES** us

Someone who is our **SUPPORT SYSTEM**

Someone we can **OPEN OUR HEARTS** to



COURAGEOUS



HONEST



AVAILABLE



**MAKES YOU BELIEVE
IN YOURSELF**



PUSHES YOU



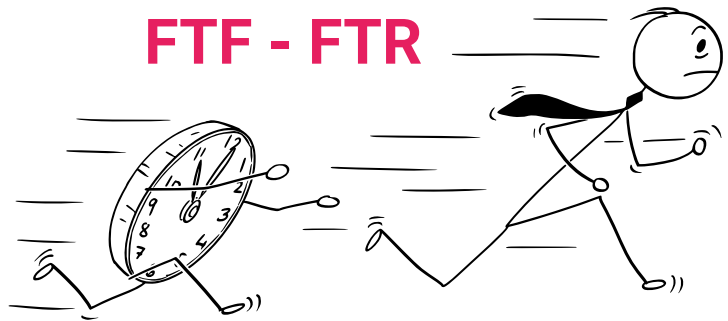
Recap Session 3

5 4 3 2 1 Formula

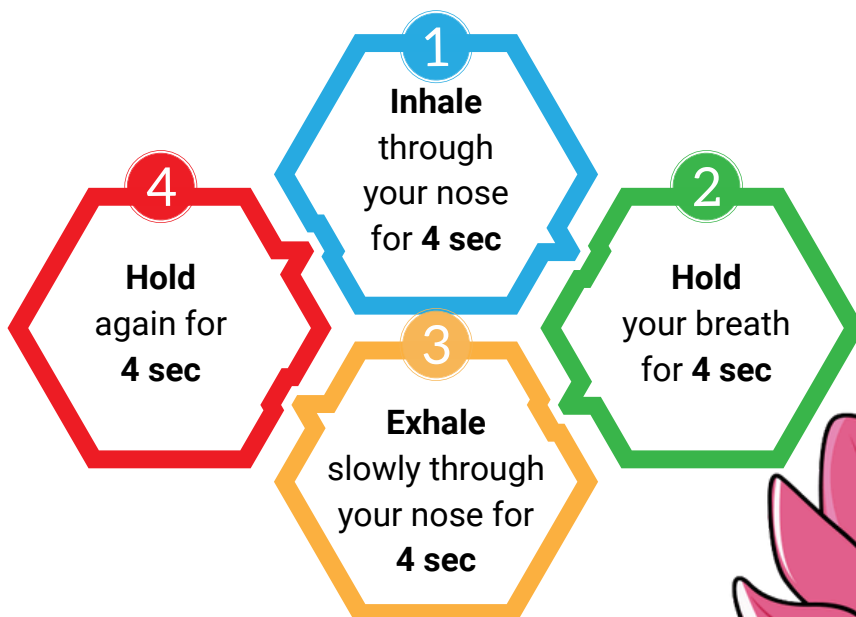
FIRST
THINGS
FIRST

FIRST
TIME
RIGHT

FTF - FTR



BOX BREATHING



● Recap Session 4

1) I will listen to understand

2) I will ask questions instead of giving orders

3) I will speak with respect, even when I disagree.

4) I will express clearly, no one can read my mind

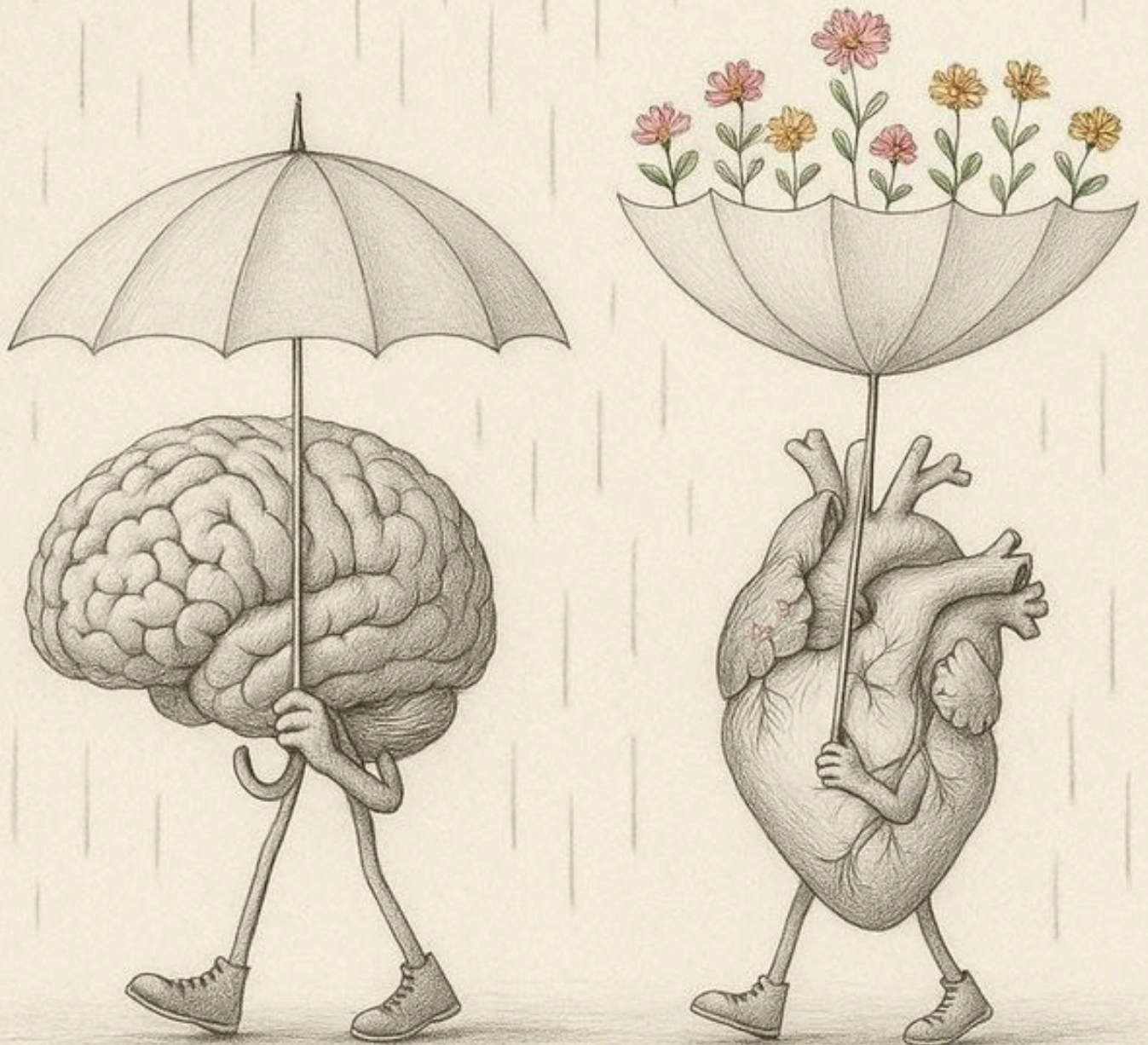
5) I will be a Gold Miner
- appreciate others for the good I see in them.



COMMUNICATION
isn't just a skill;
it's a **SUPERPOWER.**

Part 2

THE PARADOX OF DESIRE



Journey to Success

Let me take you into a story. Not of one person, but of a group of ordinary people who attempted something extraordinary.

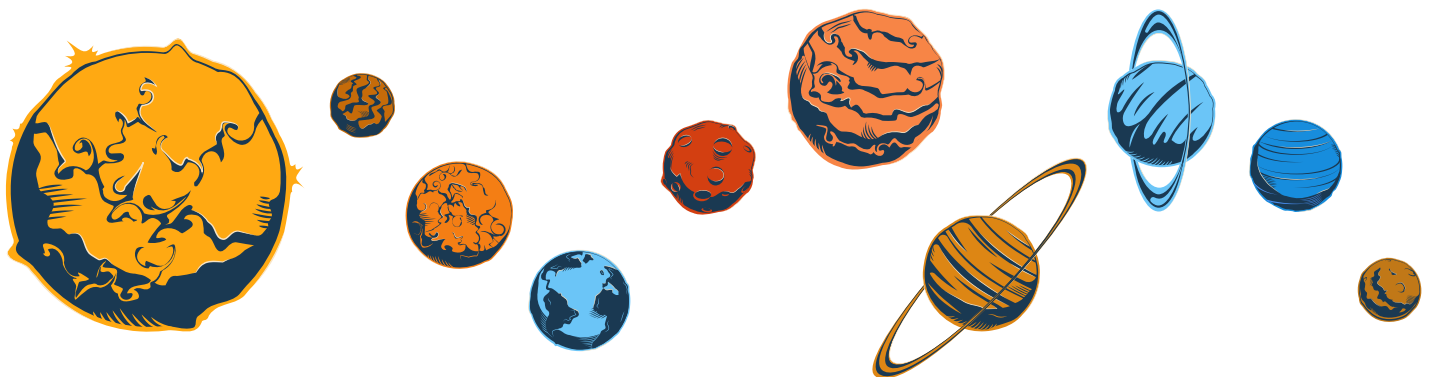
It's the story of **Mission Mangal – India's Mars Orbiter Mission.**

Now, imagine this: a team of scientists, not superheroes, not billionaires with endless resources, but regular men and women who worked in government offices, homes, and labs. They were asked to do something the world thought impossible.

Send a spacecraft to Mars.

And not just send it — but send it at one-tenth the cost of other space agencies. Imagine being told: 'Do the hardest exam in the world, but with fewer books, less time, and no second chances.' That's what this team faced.

At the start, they were mocked. They were doubted. People said, 'India can't do it. It's too big, too costly, too ambitious.' Even inside the organization, there were skeptics.



But what did they do? Did they give up? No.

They took the challenge step by step. When fuel efficiency became a problem, they used a home kitchen trick as inspiration. When resources were cut, they innovated with what they had. When the rocket test failed, they didn't cry — they went back to the drawing board.

One obstacle after another, they refused to quit.

And finally, in 2014, against all odds, India became the first Asian country to reach Mars, and the first nation in the world to succeed on its very first attempt.

Do you know what that meant? It meant that a group of ordinary scientists, many of them women, had achieved something even NASA took longer to do. India had placed itself among the stars — literally.



But what did they do? Did they give up? No.
And there's a scene in the movie Mission Mangal that always gives me goosebumps. The mission is successful. The spacecraft is on Mars. The whole nation is celebrating. And the women scientists walk out of ISRO headquarters together. They don't shout, they don't boast. They just walk out with quiet dignity. And Vidya Balan's character — she has this small, satisfied smile on her face.

That smile says everything.



It is the smile of victory.

The smile of pride.

The smile of someone who dared to dream, worked through endless obstacles, and finally tasted success.

And every time I see that, I think : I want that smile.

● The Internal Struggle

Q We too desire and dream for success, don't we?
What does success mean to you? Is it winning a medal?
Getting top marks? Making your parents proud? Or
something else?

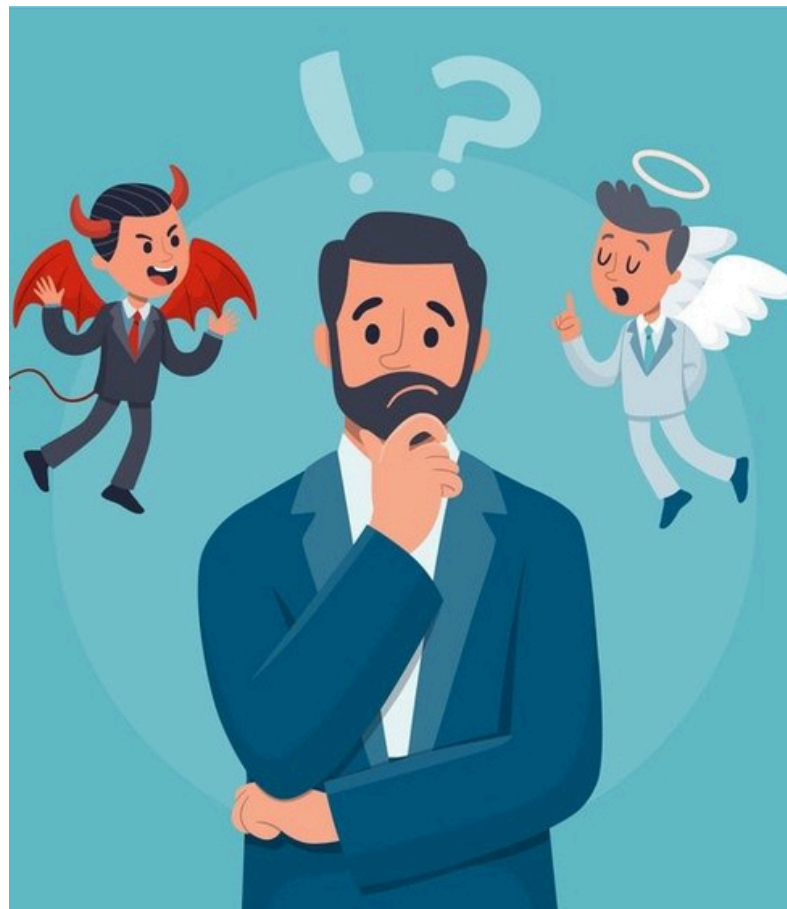
Q How important is success to you?
If you had a magic wand, if the power of the magic wand
was to make everything 'happen', what would your wish be?

Q What would happen to the world if all our desires were met
'immediately'?

Q Green Signal. Chaos

Q The law of life says, "In life
you will NOT get what you
desire..." Why so?

Q How many of us can say we
are masters to our
thoughts? In other words,
how many of us can say,
unwanted thoughts do not
come to us at all?" For e.g...



How many of us can say we are masters to our thoughts? In other words, how many of us can say, unwanted thoughts do not come to us at all?" For e.g...

- You are travelling. Do you sometimes have thoughts that you might be in an accident? And that you might die?
- You are carrying a little excess cash. Do you have thoughts that someone will steal away your cash?
- You work in a company. Do you have thoughts that you 'might' lose your job?
- You have your own business. Do you have thoughts that you might lose an important customer?
- You are having a close relationship. Do you have thoughts that misunderstandings might break your relationship?
- You are very close to a person. Do you have thoughts that you might lose your importance in that relationship?
- You are travelling by air. The aircraft hits an air pocket. Do you have thoughts of what if we all crash?
- You are in an adventure park in that giant wheel. Do you have thoughts that you will be thrown out from your seats?
- Pahalgam attack - fear of being attacked
- After air India flight mishap, what if the same happen when i am travelling.

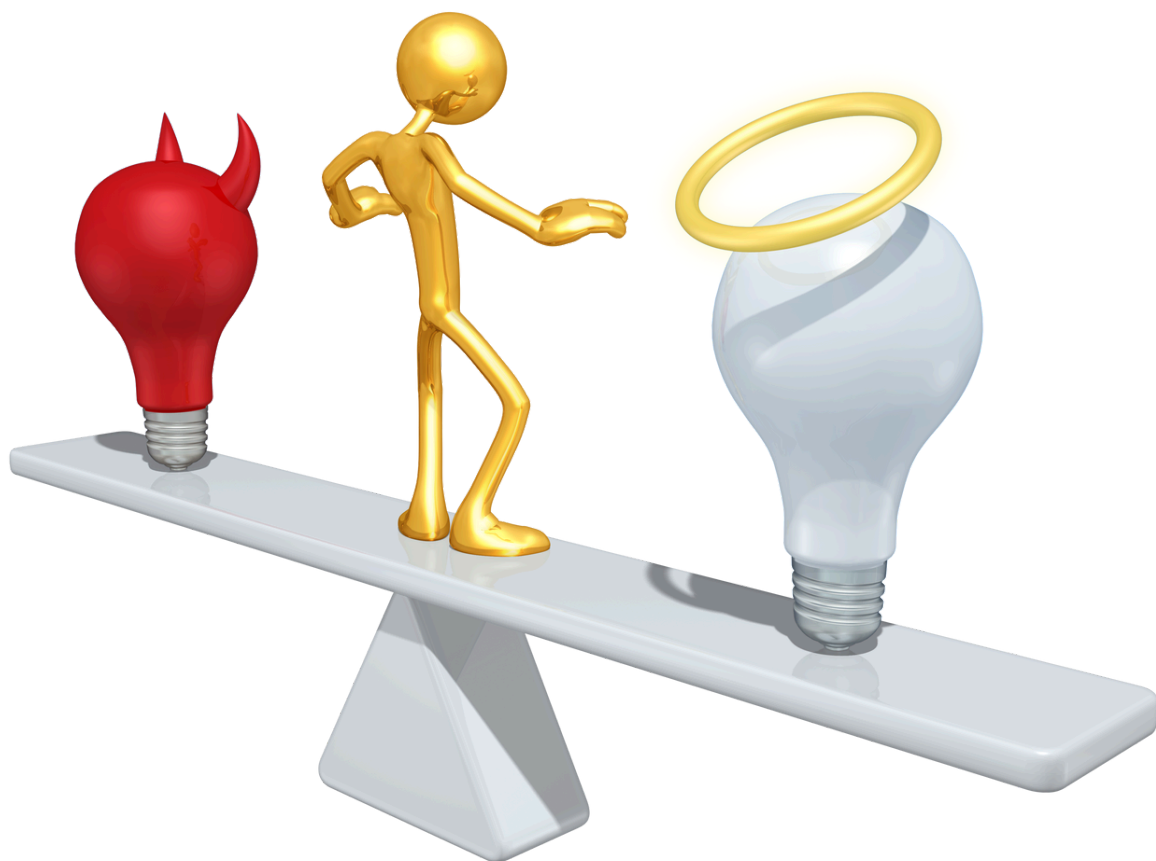


Imagine if all of these thoughts become real, what kind of a life will it be?

To ensure there is balance in the world, to ensure we all are sane, to make life in our favour, there is a law of existence. The law says, 'In Life you do not get what you desire'

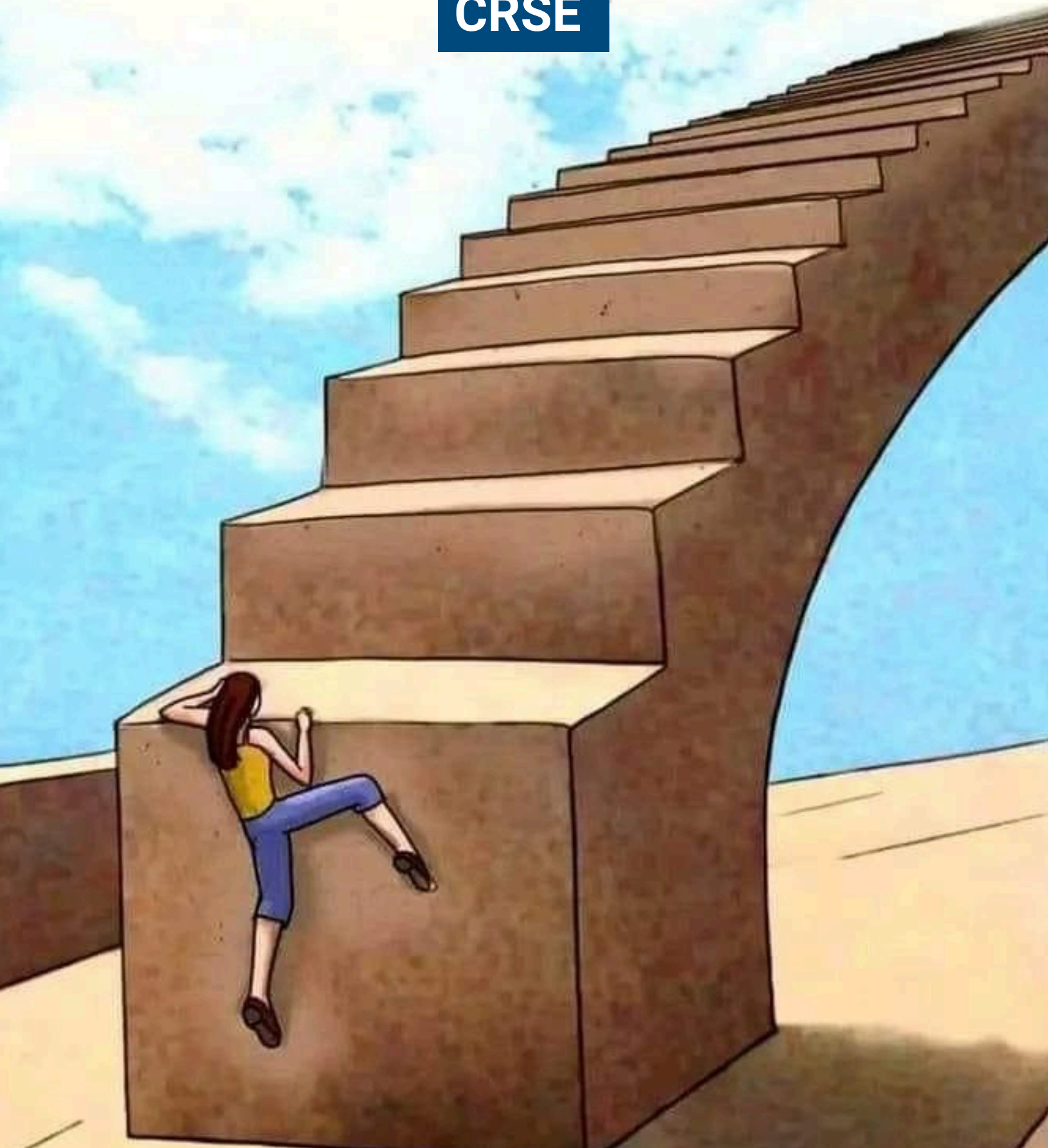
Life asks this question, **"Do you truly deserve it?"** It's not about wishing; it's about earning. Life qualifies us by watching are we doing what is necessary to DESERVE what we desire. The teacher gives me marks based on what we deserve. Sometimes, an overworked teacher may make a mistake. Life NEVER makes mistakes.

How does Life qualify what it wants from us to give us what we want? How can I know if I do this, life will give me what I want?



Part 3

CRSE



● The Winning Mantra

The magic mantra for Alibaba in the story Alibaba and the 40 thieves was, “**Khul Ja Sim Sim**”. Similarly, there is a magic mantra that transforms our desires into something that we DESERVE.

The magic mantra has 4 words - let me introduce one word at a time.

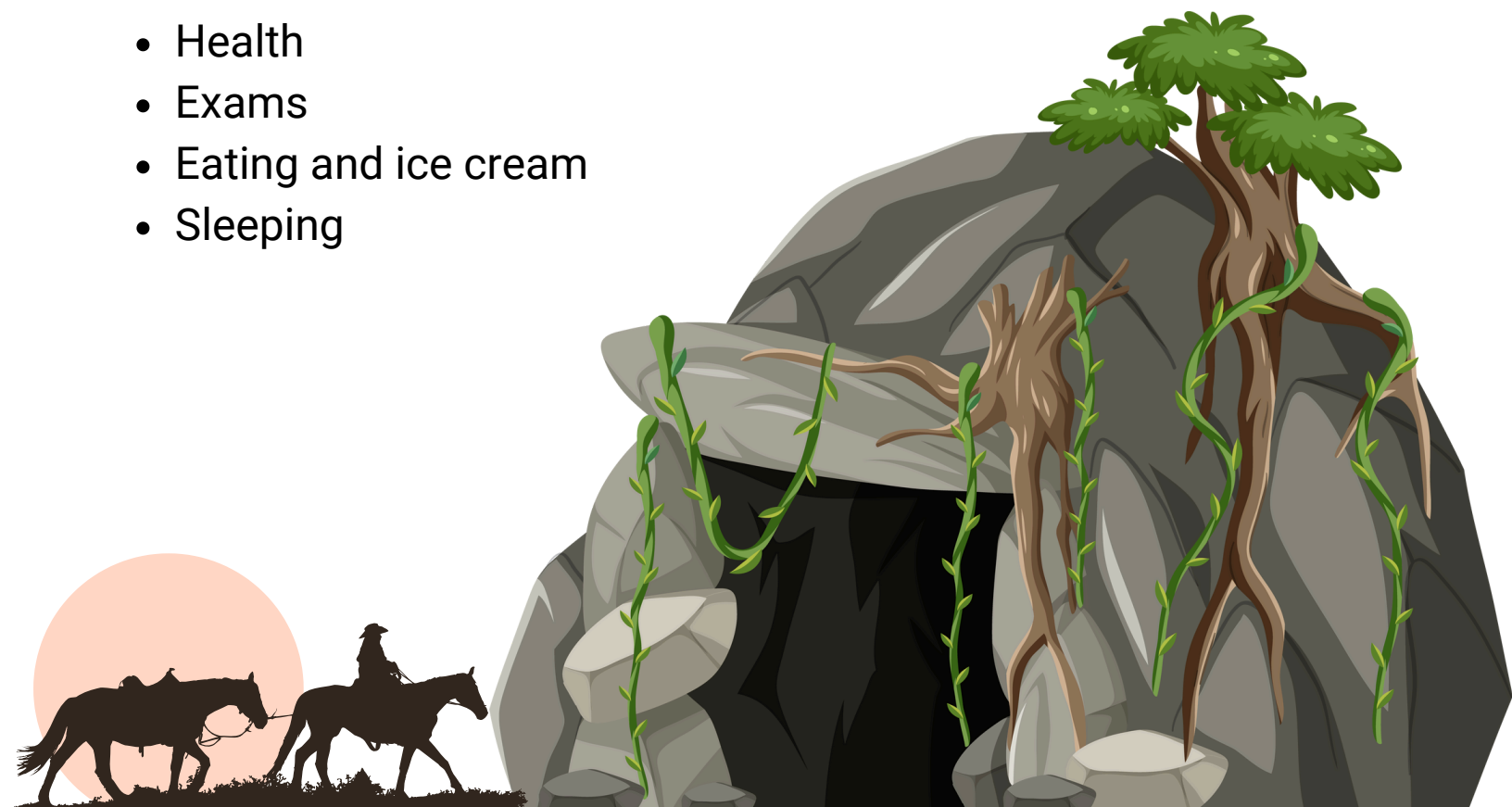
EFFORTS

I have to take the efforts. No one else can do it for me.

This is the core of it all. I have to put in the work, and no one else can do it for me.

This is about doing whatever it takes, not just doing my best.

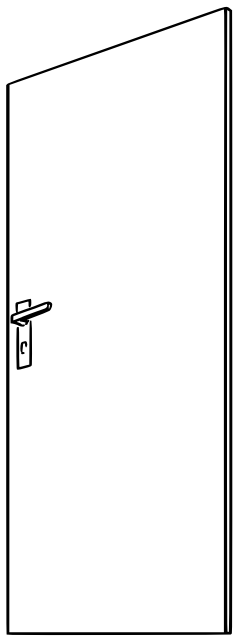
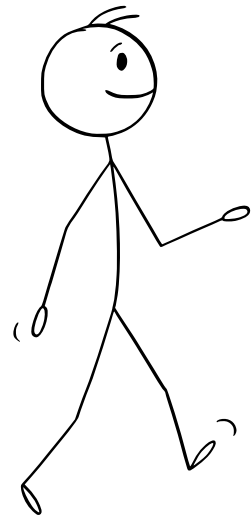
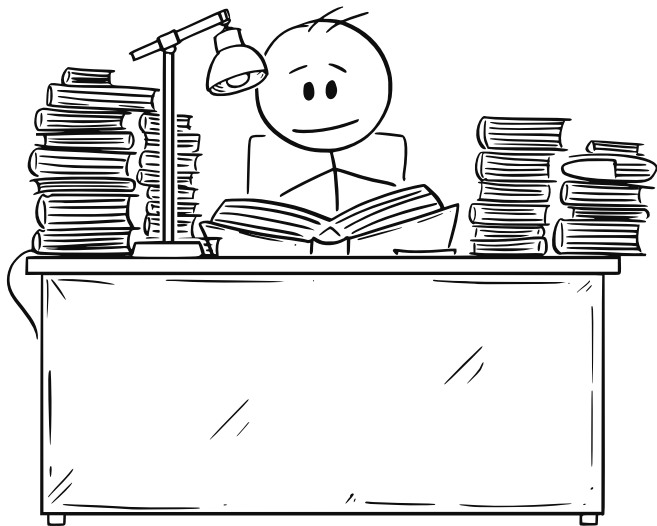
- Health
- Exams
- Eating and ice cream
- Sleeping



SELF - DRIVEN

This is about internal motivation. No one can do it for me. I have to be the one who ignites the engine. Being self-driven means I don't wait for someone to motivate me. I do it for myself. When I am self-driven, nothing looks difficult.

- Kick start vs button start. Nothing looks difficult when you are self-motivated.
- Sustain - If it is not self motivated, we give up the first obstacle. We do not give our 100%. We don't enjoy it.
- Between what we DO and what we CAN DO, all our issues can be solved.
- There are three kinds of students.
- Will do more than what the teacher expects.
- Will meet the teachers expectations.
- Will do less than the teacher's expectations.
- Which category do you belong to? (Every KMM volunteer also fall in these categories)
- Picnic and the bus not starting

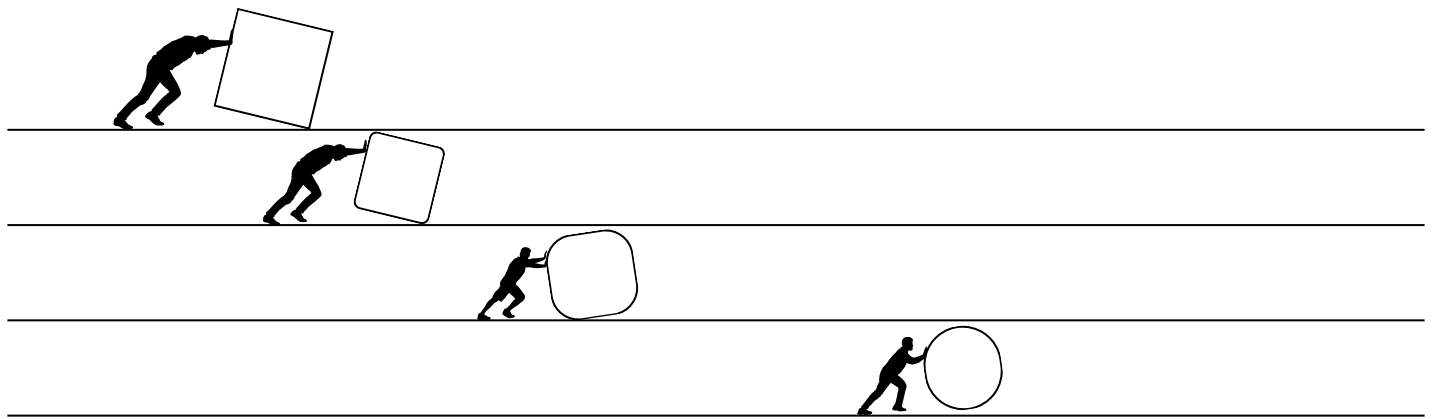


REFINED

This means we are constantly learning and improving. The key to being refined is not being scared of failure. A refined person can laugh at themselves and be immune from hurt because they see every mistake as a lesson.

- The ladder must be on the right wall
- Sachin Tendulkar and waiter example

Bowler Varun example : flick the pocket for in-swing



CONSISTENT

- Cycling
- Heart has to beat consistently
- Kapil Dev and Imran Khan. Even in practice they wouldn't bowl 'no balls'.
- TOP corporates would prefer candidates who have performed consistently.
- Consistency creates habit. Habit become nature. Habit is the place where we stay.
- That is why the word Habitat means - the place we stay.



CRSE CHAMPION



**Keep Moving
Movement**

Part 4

ACTION PLAN AHEAD



CRSE: Your 15-Day Action Plan

This activity is designed to help you apply the CRSE mantra to a goal you can achieve in the next 15 days. By focusing on a short-term goal, you'll experience the power of the mantra firsthand.

Examples:



Academic: "I want to score 90% on my next math test."



Personal: "I want to learn to play the first verse of my favorite song on the guitar."



Health: "I want to improve my stamina to run for 10 minutes without stopping."

Write Your CRSE Plan

Let's break down your goal using the CRSE mantra. Take out a piece of paper and write down your plan.



E - Efforts What extra effort are you willing to put in? What will you do that you don't normally do?

- **Example (Math Test):** "I will wake up 30 minutes earlier to solve the problems, even on weekends."
- **Example (Guitar):** "I will give up one hour of video games on Saturday to have a longer practice session."



S - Self-Driven What is your real reason for wanting this? Why is it important to you?

- **Example (Math Test):** "I want to feel confident in math and prove to myself that I can do well."
 - **Example (Guitar):** "I want to be able to play music that makes me happy and impress my friends at a gathering."
-



R - Refined How will you learn from your mistakes and get better? What's your plan to improve?

- **Example (Math Test):** "After solving the problems, I'll check my answers and focus on understanding where I made mistakes. I'll ask my teacher or a friend for help with the difficult topics."
 - **Example (Guitar):** "I will record myself playing and listen to the recording to see where I can improve. I'll also watch a tutorial video to refine my finger placement."
-



C - Consistency What small things will you do every single day to reach your goal?

- **Example (Math Test):** "I will solve 10 math problems every day for the next 15 days."
- **Example (Guitar):** "I will practice the guitar for 15 minutes every evening."

We've learned the mantra and seen it in action. Now it's time to apply it to your own life. The secret to a life you truly deserve is in your hands.

Congratulations! You've just created a powerful action plan. Now, your goal isn't just a wish; it's a deserving reality waiting to be unlocked. Remember, **life gives you what you deserve, not just what you desire.**



Brain Tattoos

1.

2.

3.

4.

5.

