



**Keep Moving
Movement**

www.mykmm.org

**20
25**

Born To **WIN**



SESSION 7

Session Plan

Part 1 : Box Breathing and Recap	05 Mins
Part 2 : Michael Phelps - The Icon	10 Mins
Part 3 : BORN TO WIN	15 Mins
Part 4 : SOF Announcement & Gas Balloon Story	10 Mins



Part 1

BOX BREATHING AND RECAP





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



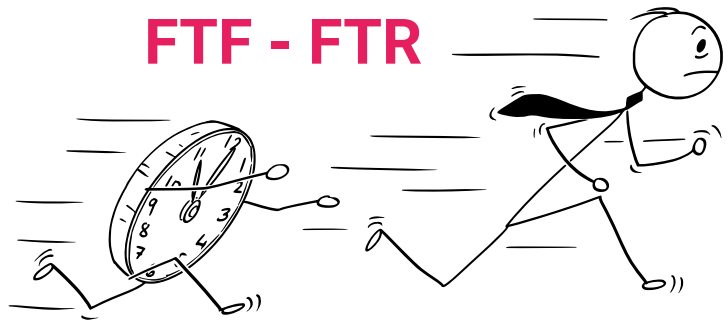
Recap Session 3

5 4 3 2 1 Formula

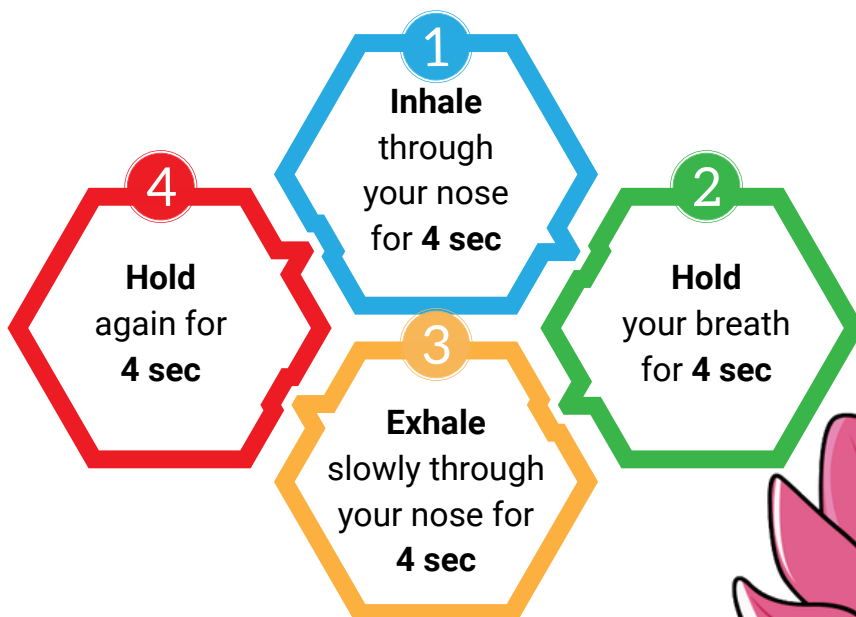
FIRST
THINGS
FIRST

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.



Recap Session 5

LIFE
GIVES YOU
WHAT YOU
DESERVE
NOT JUST
WHAT YOU
DESIRE

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

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

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

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



Recap Session 6

5 Major Negative Emotions



HURT



GUILT



JEALOUSY



FEAR



ANGER

1. What is your eTsunami emotion?
2. What triggers your eTsunami?
3. What do you generally do in that situation?

Emotions wild destroy you.

Emotions harnessed make you unstoppable.

A- Change your actions to change feelings
→ *Move your body, change action, shift your feeling.*

C - Chotu ko chotu rehne do / Keep Small things small

T - Transform Pain into Progress → *Channel hurt into growth.*

**Agar har choti baat ko badi
banaoge, toh zindagi hamesha
bhaari lagegi.
Chotu ko Chotu rehne do!**

Shrug it Off!

Don't React. ACT!



Part 2

MICHAEL PHELPS - THE ICON



Michael Phelps - The Icon

Imagine being a little boy, restless, full of energy, but constantly told by teachers,

"You can't sit still... you can't focus."

That was Michael Phelps.

As a child, Phelps was diagnosed with **ADHD (Attention Deficit Hyperactivity Disorder)**. In school, he struggled to concentrate on his studies. Other kids teased him, and teachers doubted whether he would achieve much. Many saw him as a "problem child."

But Michael had one thing going for him—he loved the water. His mother encouraged him to take up swimming to use his extra energy. In the pool, he discovered something magical: when he swam, his restless mind became calm, and his energy found direction.

But success didn't come easy. Michael was tall and lanky, awkward outside the pool. People laughed at his big ears. Some even teased him, saying, "You'll never be good enough." Many kids would have quit. But not Michael.

He began training under a tough coach, Bob Bowman. Coach Bowman was strict. He believed Michael had the talent to be the best swimmer in the world—but only if he trained harder than anyone else. So Michael trained six hours a day, seven days a week. Even on Christmas, even on his birthday, even when he was tired. Imagine that! While most kids his age played video games or slept late, Michael was diving into a cold pool at 5 a.m.

He had to train multiple times a day and push himself harder than most kids his age. Imagine being a teenager and having to swim **80,000 meters a week**—that's like swimming almost the length of 500 football fields!

It's like swimming from Pune to Lonavala EVERY DAY.

He sacrificed outings, parties, even simple teenage fun, because he was chasing something bigger—a dream to win.

At just 15 years old, Phelps became the youngest male to make it to the U.S. Olympic swim team in nearly 70 years. At the Sydney Olympics (2000), he didn't win a medal, but he reached the finals—a huge achievement for a 15-year-old. Most kids would have celebrated and stopped there. But not Michael. He said:

“This is just the beginning. I’m going to be the best swimmer in the world.”

Michael began training seriously. It wasn't easy. Then came Athens 2004. Michael was 19 years old and won 6 gold medals and 2 bronze medals. But he wasn't satisfied. He wanted to create history.

If you were to ask Michael Phelps, the most decorated Olympian in the history of humanity, what goes on in his mind before a big race, his answer would surprise you. He would say—**“Nothing much. I’m not really thinking about anything. I just follow my routine.”**

But that's not the whole story.

The truth is—by the time Phelps stands on the starting block, the race has already begun for him. His habits have taken over. Since the morning, it has been his **HABIT** to collect many tiny victories.

- He woke up on time.
- He folded his blanket.
- He ate the same boring breakfast.
- He stretched exactly as planned, two hours before the race.
- His warm-up laps was just as the coach had recommended.

His habits ensured that WINNING was just another practice session. His victories becomes a natural extension of his HABITS.



Now let me take you to **Beijing Olympics, 2008.**

It's 9:56 a.m.—just four minutes before the start. Phelps is behind the starting block, bouncing lightly on his toes. His name is announced. He steps up, then down, swings his arms three times—as he has done before every race since he was twelve. He steps up again, gets into his stance, and when the gun fires—he dives.

But the moment he hits the water, he knows something is wrong. His goggles are taking in water. By the third turn, the goggles are completely filled with water.

This was a DISASTER. He was swimming blind. If his hand or any other body part touches the rope of the lane, he will be immediately disqualified.

Now imagine this—It's an Olympic final. You have dreamt about this for years. You have practiced this for every day for the past many years. This is also your favorite event. A few milliseconds decide gold or nothing... and you're swimming blind. Most athletes would panic.

But Phelps? He was calm.

Why? Because of his exceptional PRACTICE habits, he had practiced for this moment. His coach, Bob Bowman, had once made him swim in a dark pool, just to prepare for the unexpected. Phelps had already run this “videotape” in his head many times. He knew exactly what to do.

He began his last lap, counting his strokes. Twenty-one—that's what the videotape said. **Seventeen... eighteen... nineteen...** He could hear the roar of the crowd but had no idea if they were cheering for him or someone else. **Twenty...** One more stroke. **Twenty-one.** He stretched out, glided, and touched the wall.

When he ripped off his goggles and looked up at the scoreboard, two letters flashed beside his name: WR—World Record. Another gold medal.

In **Beijing 2008**, Phelps did the unthinkable—he won **8 gold medals in a single Olympics**, breaking the world record of his idol, Mark Spitz. Every race, he gave his all.

Every dive, every stroke, every finish, was the result of years of disciplined micro-habits—waking up at 5 am, folding his blanket, eating clean, swimming for hours, visualizing victory.

Later, when a reporter asked him how it felt to swim blind, Phelps smiled and said, **“It felt like I imagined it would.”** That day, the world saw not just a swimmer, but the power of habits in action. Phelps didn’t stop there. He went on to win 23 Olympic gold medals, making him the most decorated Olympian in history.

Here’s the real lesson from Michael Phelps’ life:

Michael ***wasn’t “born” special***. He was born restless, distracted, and doubted by many. What made him a champion were his habits—small, consistent actions repeated daily.

- He turned restlessness into discipline.
- He turned criticism into motivation.
- He turned every failure into fuel for growth.

Michael Phelps is living proof that you are Born to Win—not because of talent, but because of the habits you build.

- **First you build your habits. Then, these habits build YOU.**
- **Tiny wins become big wins.**
- **Daily discipline become world records.**
- **Habits built a champion.**

Michael Phelps was not born as a NATURALLY gifted champion. He was born restless, teased, ordinary—like any of us. What made him believe that he was **“Born to Win”** was not talent, but his habits. He folded his towel neatly every day at the pool. He slept on time. He practiced the same movement again and again until it became perfect. Small, simple, daily actions—done with discipline—made him unstoppable. And that’s the message for all of us: You are Born to Win—not by accident, but by the habits you choose every single day.



Part 3

BORN TO WIN



Born To Win

Michael Phelps' story tells us: 🏆 Winning is not a one-time act. Winning is a habit.

Highest for any athlete in humanity Phelps

- Highest total Olympic gold medals - 23
- Highest gold medals in a single Olympics - 8
- Highest consistent gold medals across 4 Olympics (16 years) in the same race
- 39 other world records
- 43 micro-habits

The Power of Micro-Habits

When we think of success, we often imagine big breakthroughs—winning medals, topping exams, or becoming famous. But here's the truth: extraordinary results come from very ordinary actions, done consistently.

These ordinary actions are called micro-habits.

What are Micro-Habits?

Micro-habits are tiny, easy-to-do actions that take less than a minute or two. They don't require much willpower or motivation. Yet, repeated daily, they create massive long-term impact.

Individually, they seem small. But together, they rewire your brain through a process called neuroplasticity—your brain's ability to form new pathways. Over time, your brain starts to crave the positive loop created by these habits.

Why Micro-Habits Matter

- Consistency beats intensity. Doing one push-up every day is better than going to the gym once and quitting.
- They reduce resistance. Small actions are easy to start, and starting is half the battle.
- They build identity. Each micro-habit tells your brain, "I am a disciplined person. I am someone who grows daily."

Born To Win

Michael Phelps' story tells us: 🏆 Winning is not a one-time act. Winning is a habit.

Morning Boost – “BORN”

- B** Bed manners → First thing first: fold your blanket neatly.
- O** Oxygen Break: Do 5 cycles of box breathing to reset your mind. (inhale–hold–exhale–hold)
- R** Read Something Positive - Even 1 page.
- N** No to Taalu → Do it now, keep it small—don't let little tasks grow tall!

Daytime Fuel – “TO”

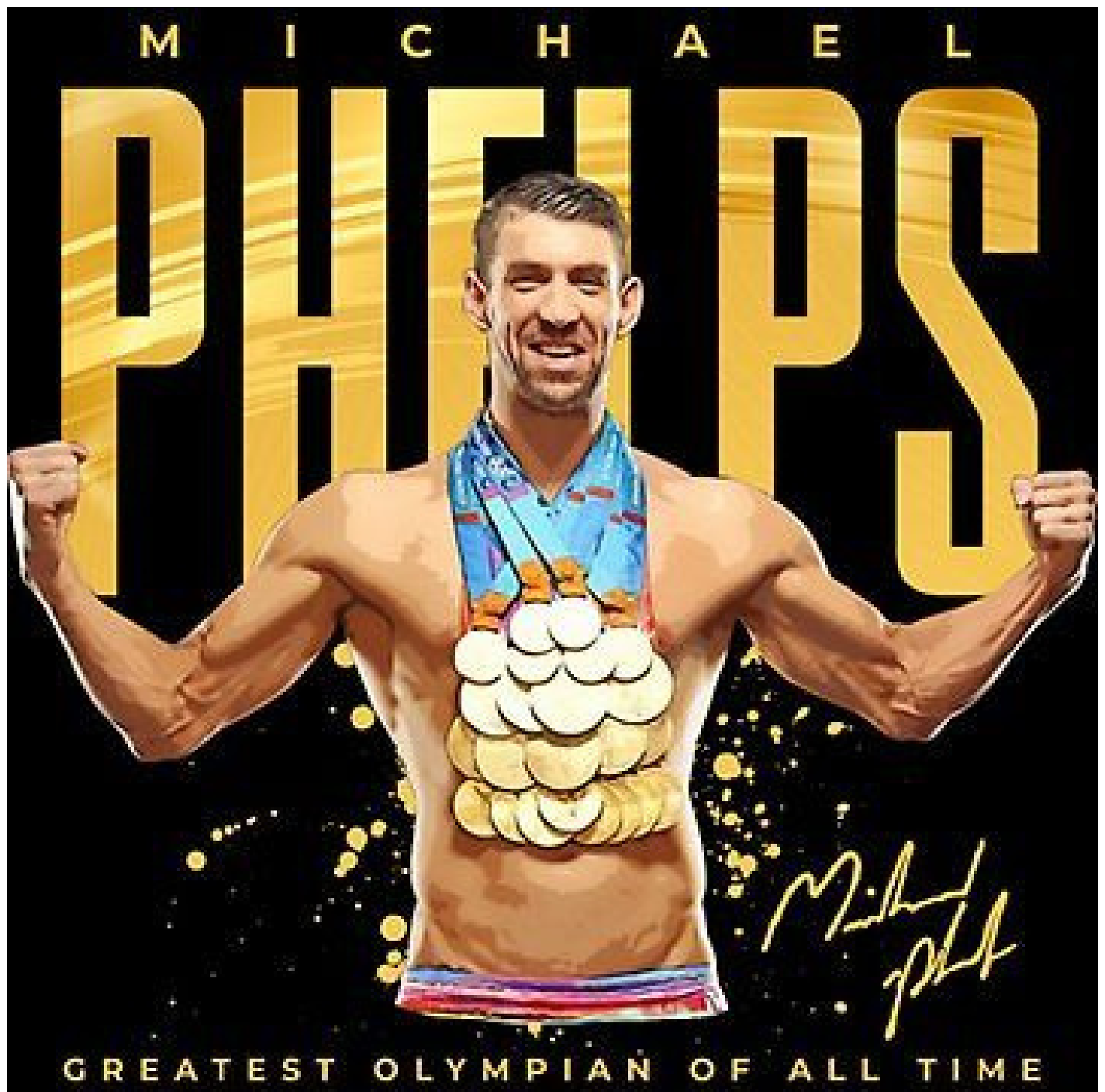
- T** Thank You → Express gratitude—say thank you to parents, friends, teachers. Builds positivity.
- O** Organize your space → Keep your study desk, bag, or cupboard neat. Clean space = clear mind.

Evening Reset – “WIN”

- W** Walk for 10 mins → Without gadgets.
- I** Involve at Home → Help with at least one chore (plate, broom, cupboard).
- N** No Social Media Before Bed: Stay away from fights, scary content, instagram or overthinking.

When practiced daily, BORN TO WIN builds a culture of winning inside your head. It will feed our Sukhram the tasty food of self-belief

Born to Win is not about medals or fame. It's about building those small, consistent habits—helping at home, finishing homework on time, saying thank you, and keeping promises. Just like Phelps, when you take small actions daily, you will discover that greatness is already inside you. You, too are Born to Win.





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Movement**

Presents

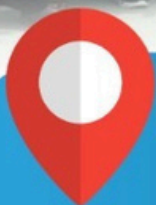
STAR OF THE FUTURE *Award*

Guest of Honour

Dr. Ganesh Natarajan

September | **27** | 2025

9:00 AM TO 11:00 AM



108 Astera | The Rohit Group

Sr no 20/2/2, Kate Wasti, Punawale, Pune,
Pimpri-Chinchwad, Maharashtra 411033

Part 4 B

PERSONAL NOTE



Part 4 C

GAS BALLOON STORY



Brain Tattoos

1.

2.

3.

4.

5.

