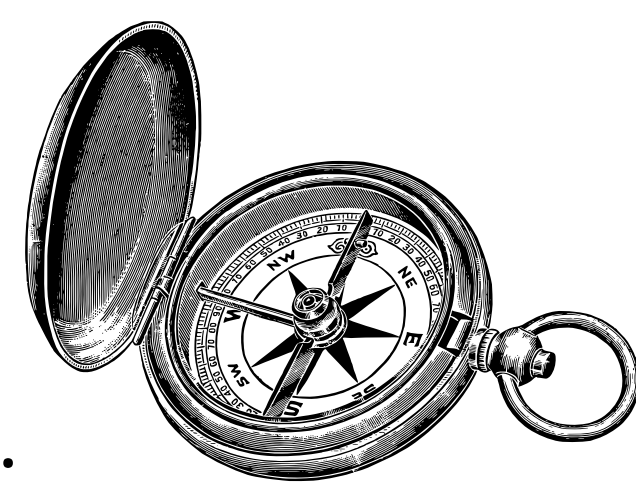


KEEP MOVING MOVEMENT - 2026

1. POWER OF CHOICE

LIFE GIVES SITUATIONS. WE GIVE RESPONSES.
Between Situation and Response lies a small space. That space is called CHOICE - Inside that space lies our future.



C - CONSEQUENCE
H - HELP
O - OTHERS
I - IDENTITY
C - CHARACTER
E - EXCELLENCE

OUR CIRCUMSTANCES DO NOT DEFINE US. OUR CHOICES DO.

"I may not control everything around me. But I control the choices I make. And my choices will shape my future. Today, I choose to become better."

Whatever is full, attracts more. Whatever you are full of, you will attract that in life. What you fill yourself with, is **100% YOUR CHOICE.**

Hence, in Indian scriptures, it is mentioned
"यद् भावं तद् भवति"
Your life is YOUR CHOICE. Its in YOUR hands

CHOOSE

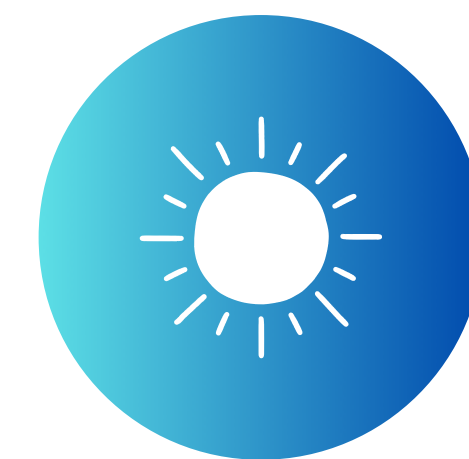
GROW

BUILD YOUR FUTURE

2. CHINTAMANY



BOX BREATHING
Calm your body,



OBSERVE THE POSITIVES.
Train your mind to see strengths, progress and possibilities — not just problems.



FIND YOUR BIRD'S EYE.
Focus only on what matters most right now.



EVERYDAY CHINTAMANY MOMENTS

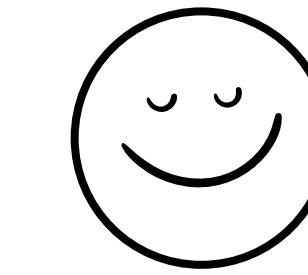
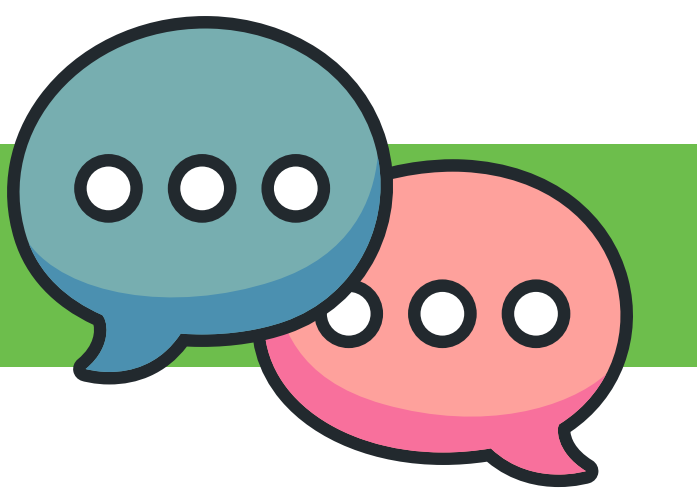
- When does YOUR Chintamany wake up?
- What happens when Chintamany becomes powerful?
- Why is it important to be Chintamany FREE?

Whenever Chintamany wakes up, ask yourself one question:

WHAT IS THE BIRD'S EYE RIGHT NOW?

Focus on what really matters.

3. COCI



PEOPLE PLEASERS

Positive Outside, Negative Inside. Kind to everyone on earth except the one person they live inside of 24/7



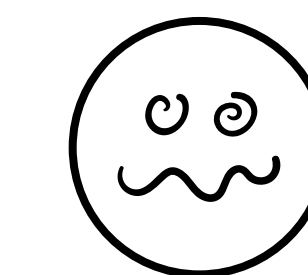
CHAMPIONS

Positive Outside, Positive Inside: Talk people up and talk themselves up, honestly.

INSIDE (-)

COMMUNICATION

INSIDE (+)



CYNICS

Negative Outside, Negative Inside. Nobody's safe, including them



CRITICS

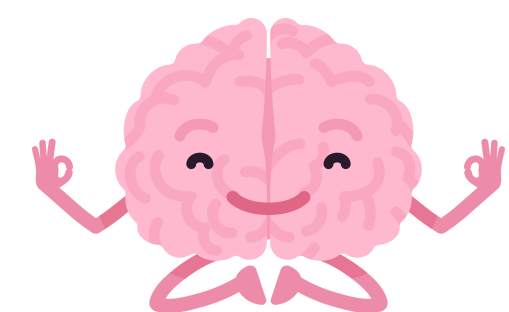
Negative Outside, Positive Inside. Confident. Sharp. Weirdly fine with themselves while being brutal to everyone else

OUTSIDE (-)

4. WIN BEFORE YOU BEGIN

MA = MAAIND

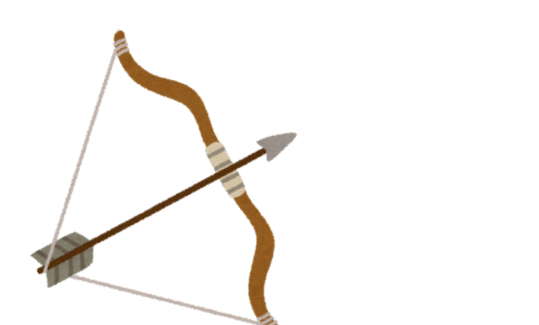
CALM MIND



first thing first

first time right

NO TO DISTRACTIONS



MU = MOOD

BRIGHT STUDY SPACE



HEALTHY FOOD



PROPER SLEEP



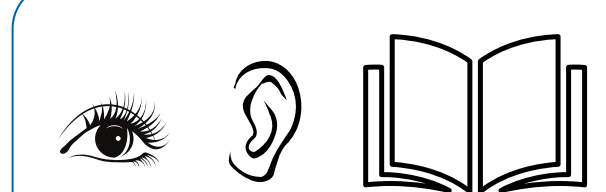
PLAY & RELAXATION



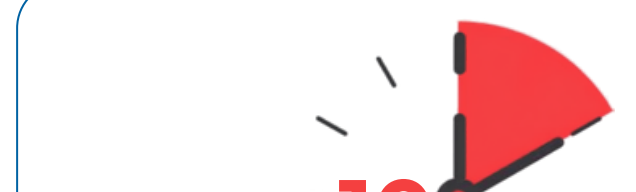
CLUTTER FREE SPACE



ME = METHOD



VISUAL AUDITORY KINESTHETIC



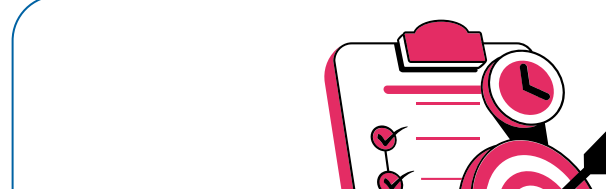
50 - 10 RULE



PEAK HOURS



PREVIEW STUDY REVIEW



WEEKLY GOALS



KEY POINTS



ONE THING AT A TIME



QUIZ

5. ZEN & 5% CHANCE

Stay ZEN.
ZOOM OUT. EXPLORE. NAVIGATE.
And go find your 5% CHANCE.



Z — ZOOM OUT

Step back and look at the whole wall, not just the part that is right in front of you. Ask yourself, "Am I seeing the whole situation, or only the problem in front of me?"



E — EXPLORE

Keep Exploring. Don't settle for the first possibility. Ask: "What's another way?" "What else?" "And what if I tried something out of the box?"



N — NAVIGATE

Don't just sit there thinking, choose the path that gives you the best chance and take the first step.

SCAN ME



6. X FACTOR

Kamaal Karo

— Do it exceptionally well.

Genuine Appreciation to one person everyday.

— Find the rose, not only the thorns.

Help at Home

— Build character through small actions.

Other's Point of View

— Understand before judging.

Be Brave

— Act despite fear.

What If This Is a Blessing?

— Reframe setbacks.

Value Your Time

— Invest it, don't just spend it.

Break Your Comfort Zone

— Keep growing.

Never Put Anyone Down

— Lift others.

Dhamaal Karo

— Live with energy and joy.

