



**lifeschool**  
let's inspire

## **KMM 2016: SESSION 3 - Discipline + Goals**

Handle distractions.

Wearing Formals.

Bottom 10 in each class.

Mirror the session with your life. Learn the session for yourself.

### **SESSION PLAN**

PART 1	- Recap	(02 minutes)
PART 2	- Discipline in daily routine	(02 minutes)
PART 3	- Lack of Discipline	(04 minutes)
PART 4	- Examples of Discipline.	(05 minutes)
PART 5	- What is DISCIPLINE?	(05 minutes)
PART 6	- Benefits of Discipline	(05 minutes)
PART 7	- Where do you think you need more discipline?	(03 minutes)
PART 8	- With discipline you become your best friend.	(05 minutes)
PART 9	- Goals	(06 minutes)
PART 10	- BRAIN TATTOOS	(03 minutes)

### **PART 1 - Recap**



## PART 2 - Discipline in daily routine

How many of you break traffic signals?

How many of you use snooze buttons?

How many of you are over 80% punctual ?



## PART 3 - Lack of Discipline

Japan, India, Singapore - Lack of discipline.

## PART 4 - Examples of Discipline



- 1) Horse - marriage/race course.
- 2) Police Dog vs Jumbo
- 3) Soldiers on the border.
- 4) Our black cat commandoes.

## **PART 5 – What is DISCIPLINE?**

@ My ability to say YES to 1 and NO to 99.

@ Living up to my first commitment. Eg.

- 1) Hanmantrao Gaikwad - Helicopter, China, KMM session.
- 2) Aarti's wedding. My class. Lived up to first commitment.
- 3) Mahek as sports captain. We had an AC's meeting.

## **PART 6 - Benefits of Discipline**



1) This discipline gives you huge self belief. It makes YOU believe, YOU won't give up, nor get distracted. Eg. Navjot Singh Sidhu.

2) It makes you 'think big'. It gives you the power to think about doing impossible things. Arunima Sinha

Walt Disney said, "It's kind of fun to do the impossible". ONLY a disciplined person can think like that.

3) A disciplined person can resist ANY AND ALL temptations.

Eg. Saint telling his heart - Eat.

## **PART 7 - Where do you think you need more discipline?**

Sleeping time?

Waking up time?

Eating Quality? Eating time?

Communicating? Respectfully?

Punctuality?

Saving?

TV time?

Gossiping?

Mental discipline to focus on positive?



## **PART 8 - With discipline you become your best friend.**

Be a Doberman and not a pom.

Let no paanwala dictate how I live my life.

## **PART 9 - Goals**

Goals give your potentials a direction.

Howard Heal 286 times first.

Let's set a super ambitious goal for ourselves. Let's make that goal public. Put it on FB, Mail, message or write on paper. KMM will support you.

Let's change our lives. It's great goals that develops the greatness within us. Eg. Shivaji.

**PART 10 - BRAIN TATTOOS**

