

## **TMTR Season 3 Day 2 – 4 May 2021. Time – 7.30 PM**

BSR Sir started the session with a short message about TMTR Season 1 & 2.

BSR Sir started the session with a small story that emphasizes on the power of fear and its adverse impact on life.

BSR Sir linked the story with the stress people are going through due to various reasons and the impact that stress has on their life.

Conditioning

Story of Albert Paulo and his dogs. Their training and reverse training

BSR Sir shared the example of a girl who feared injection. She was conditioned to be afraid by injection.

Champions condition themselves for success. They condition themselves to perform the best under pressure and diverse conditions. Everyone has the potential to be a champion and succeed in life. All they need is someone to condition their brain and body to perform under pressure.

What is the number 1 key for success?

BSR Sir shared his example. How he wanted to learn English because he thought learning English will bring success, he learnt English but was not able to earn what he wanted to earn, then he researched and was told that the skill of Public speaking is the key to success. He worked relentlessly day and night to master the art of Public speaking and mastered it but still did not get the desired success. He researched further and got to know that Knowledge was number 1 key to success. He read numerous books and increased his knowledge but still did not get the desired success. Further research led him to the number 1 key to success i.e. Goal Setting. After learning the art of Goal Setting he achieved a lot of success, but he also realized that a lot of people were setting goals but not getting desired success, then he realized after further research that time management is an essential component along with goal setting as the number 1 key to success. Further research led him to believe that people with Risk taking capabilities and Decision making abilities is the number 1 key to success but then he was partially correct.

On digging further, he realized that the number 1 key to success is “Andar Ki Power”.

He shared the example of Col. Sanders and how he redefined success at the age of 65 when majority of people retire. He created a brand KFC at the age of 65 by using his “Andar ki Power”. How he approached numerous people with his chicken recipe which helped him build KFC into a world known brand. How he was rejected by all those people, but he did not give up. After getting a NO from all those people he approached others. For him NO was Next Opportunity. He was rejected by 1009 people, but he did not give up. His Andar ki Power kept him going but he did not adjust with his life, did not give up on his dreams. And build a world-famous brand.

BSR Sir shared the names of some documentaries which are worth watching –

**An American Dream on Netflix.**

**Thakrey**

**The Founder**

**Documentary on Muhammad Ali**

**Saina**

Ways to access this “Andar Ki Power”

Use the sentence, “**Change Happens In A Moment**”

**BSR Sir shared his example when he was going through a stressful time in 2018. He was prone to medical issues due to the stress.**

**One philosophy changed his entire life, “When You Support The World Selflessly, The Whole Universe Supports You Endlessly” This was the breakthrough sentence in the life of Coach BSR.**

**For him change happened in a moment. He conducted a free workshop in numerous cities, also he attended “Unleash the Power Within” workshop conducted by Anthony Robbins in Singapore.**

**These activities changed his entire thought process and this led to a 360 degree shift in his life. Post this he never turned back, all of this happened because BSR exercised his “Andar Ki Power”.**

**Three Pillars of Andar Ki Power**

- 1) Body – Change the body language and it is scientifically proven that a positive body language brings instant change in mind and life. BSR Sir shared the stories of Anu Agah, Stephen Hawkins, Bhagat Singh ji, Sukhdev ji and how they used the power of their Body to change the world**
- 2) Communication – Use the power of communication to use the Andar Ki Power**
- 3) Story – BSR Sir shared his personal story, how he used the power of story to change the circumstances in his life by using the power of story (focus) Andar Ki Power.**

**BSR Sir also shared the importance and impact of Miracle Conversation.**

**BSR Sir shared the 24 hr rule. How a football coach set a 24 hr rule where whatever the result of their football matches would be, they will forget it in 24 hrs, be it celebration of a victory or analysis of a loss. In 24 hrs they will move ahead with their daily routine**