



WELCOME YOU

TO

**the temple of
learninig**

civilizations together progress happening



down the centuries,
through the ages,
one force is running
the universe



success
progress
welfare
growth
profits
wealth
health
celebrations &
ultimate
happiness
is happening
because
of this force





can u guess pls?

i.e. Positive Mental Attitude



lot of research has taken place and still going on ..



"the greatest discovery
of my generation is that
human beings can alter
their lives by altering
their attitude" - William James of Harvard University

PMA doesnt mean being succesful in everything



it is the capacity to rise when u fail with a smiling face

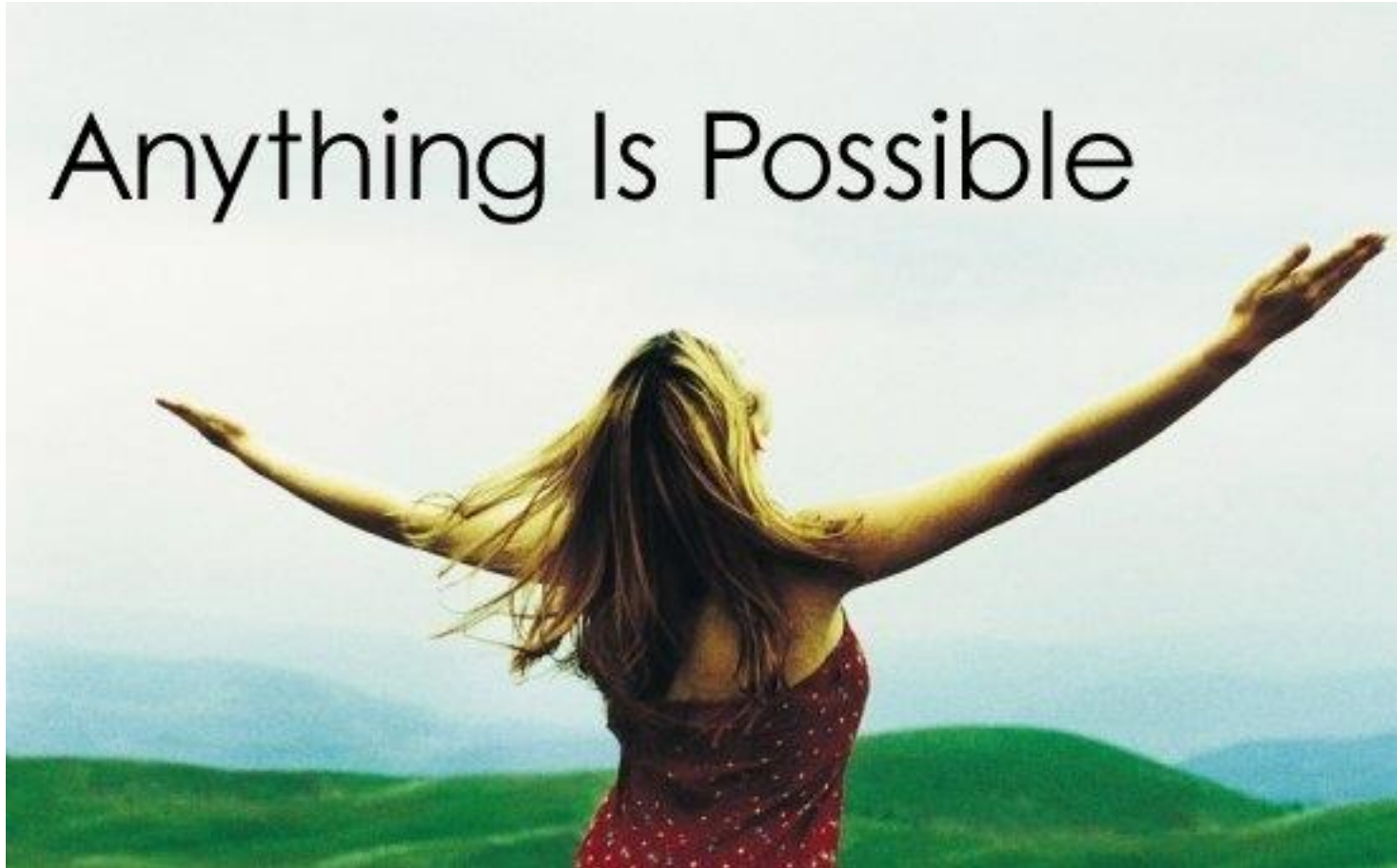
NEVER EVER
EVER
GIVE UP!

to understand,
analyse and
fight back with
the problem



PMA believes there
are no failures, impossibilities

Anything Is Possible



there are only limitations, you can dominate



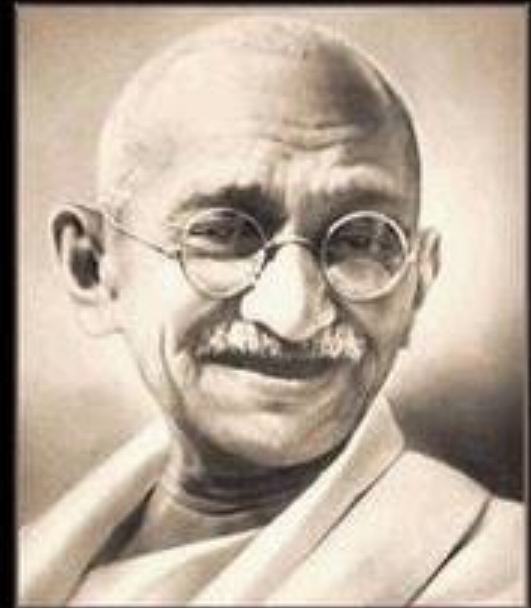
PMA believes in



being courageous
being a risk taker

PMA understands
real HAPPINESS
& positively work
for it

Happiness is
when what you
think,
what you say,
and what you do
are in harmony.



ACID TEST FOR PMA



can you endorse in office ?

can you serve ?

have you appreciated anybody on the dias ?

when did u congratulate your subordinate ?

ACID TEST FOR PMA



can u start learning a musical instrument ?
can u go to vacations without LTC ?
can you give dress to an Orphan ?
do u've plans to change the world for betterment ?
will you give or expect gifts ?

ACID TEST FOR PMA

r u taking care of ur mother ?
what r the recent gifts to
ur sisters / brothers

what will be ur
reaction when
a service project
is presented to u



can u do a great
thing because ur
settled or just boasting ?

how many growth
ideas u've forwarded
show me the letter pls ?

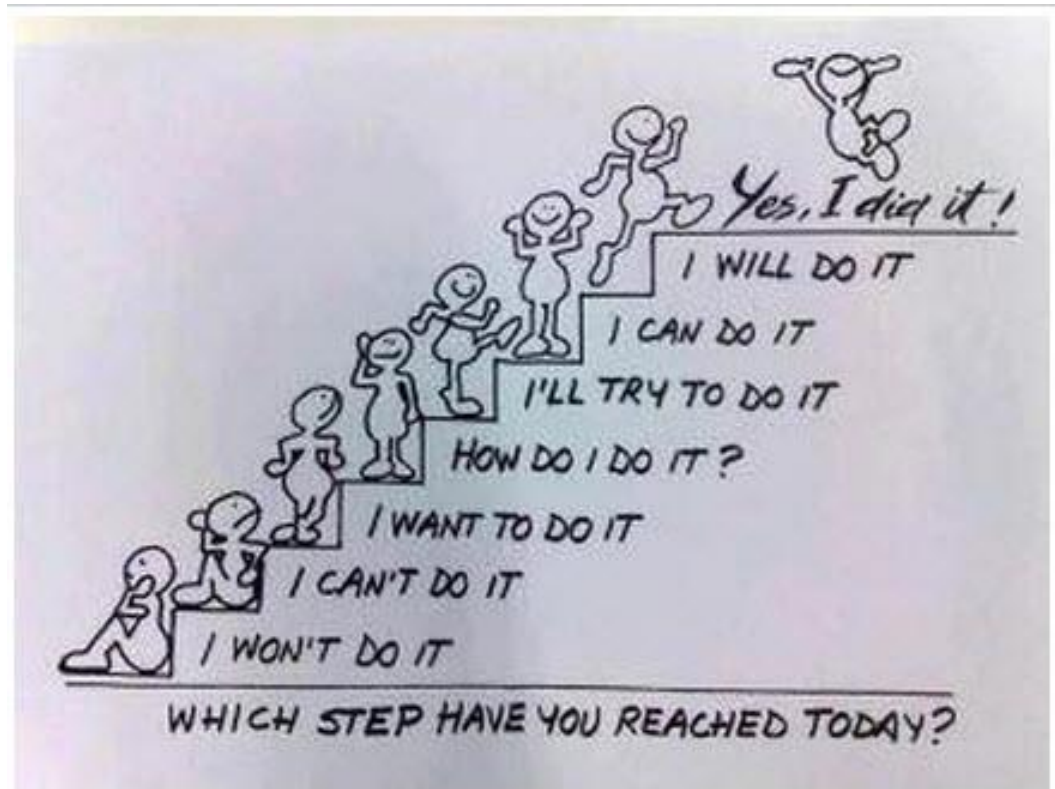
SO

pls... pls... let us not pose ... cultivate real PMA



cultivate real PMA in
PERSONAL
PROFESSIONAL
FAMILY &
SOCIAL areas

can u change ?



can u say I CAN DO IT

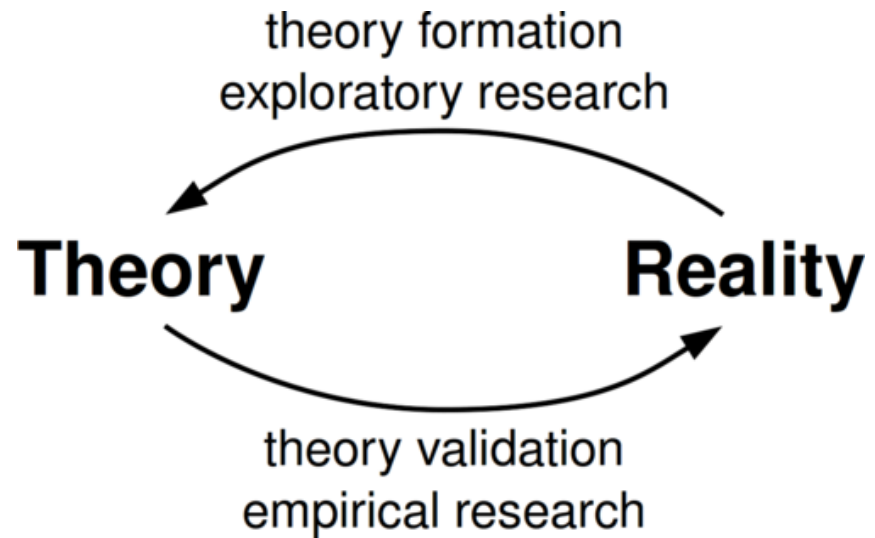
do u know u can do
miracles, it is unfortunate
nobody is there to
encourage u including
urself



pls understand PMA is not just listening in the class rooms



PMA is not information
it is inner transformation



PMA is a great
battle between
two mental forces Knowing & Doing

how to develop PMA?

*Choosing
the Best™*



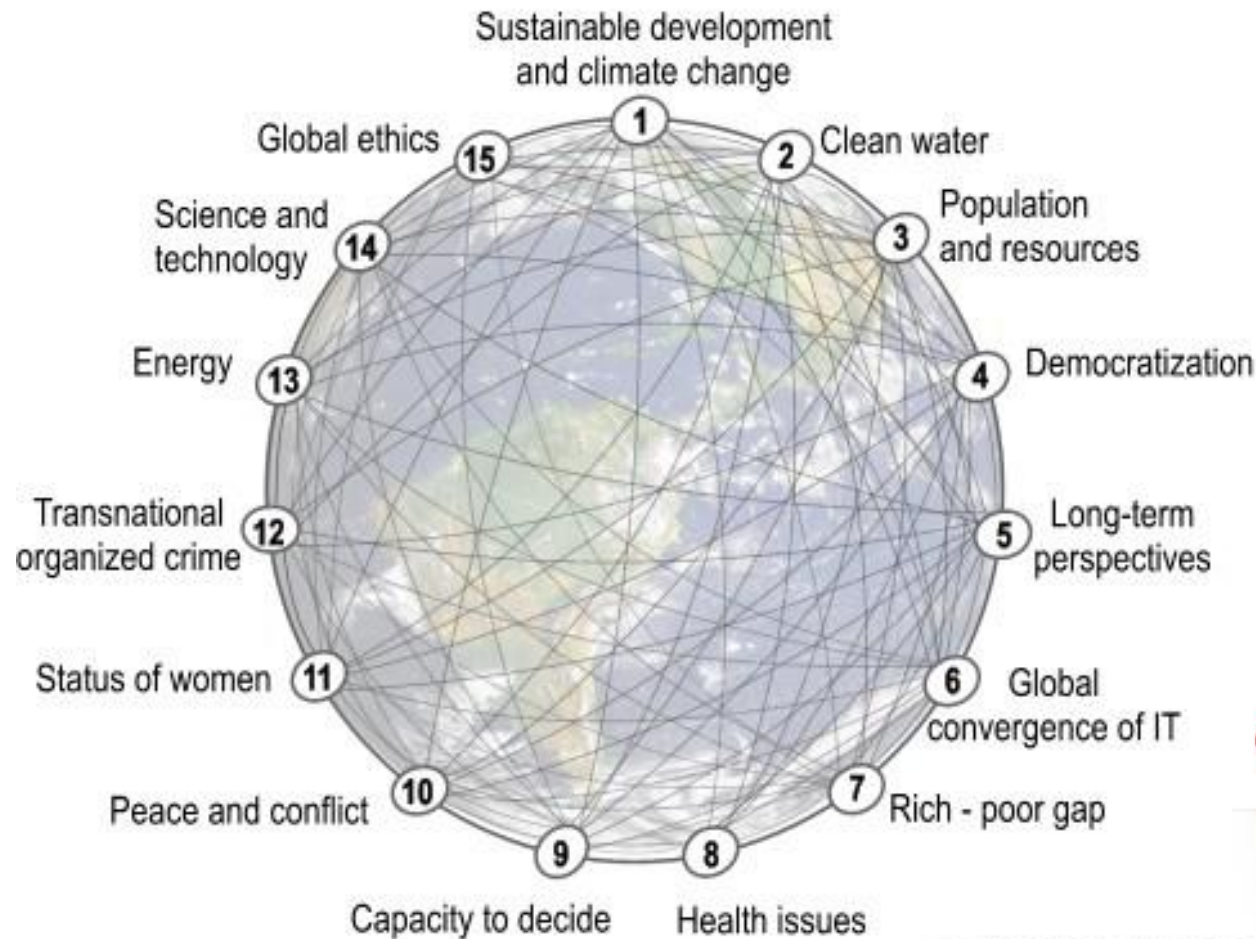
simple, because mental
attitude is your choice
so, u can choose PMA

here is a structured framework



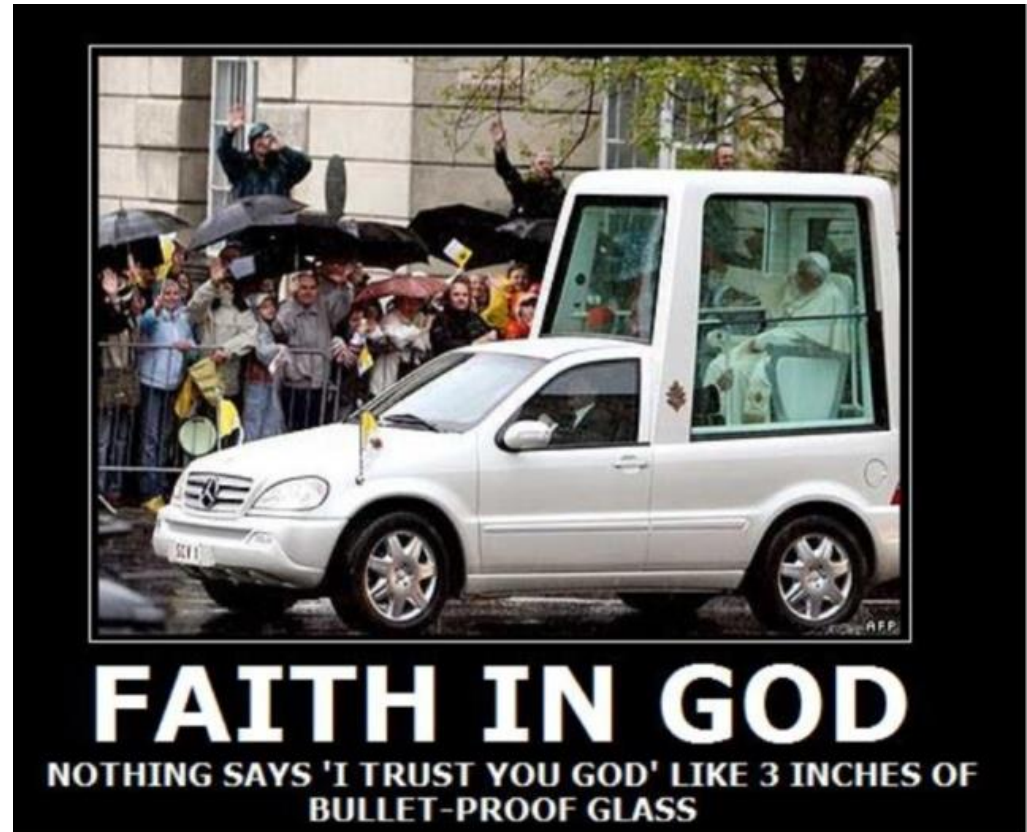
21 days challenge

15 Global Challenges facing humanity



CHALLENGE

work on belief systems



limiting beliefs - QUESTION THEM
strong beliefs - STENGTHEN THEM



fear of poverty
fear of disease
fear of death
fear of ridicule
fear of failure
fear of proposal
fear of endorsing
fear of unknown

Dominate the FEARS



build a powerful character base

the law of sowing & reaping
the law of action, reaction
the law of cause & effect
the law of reciprocity



since, some of the fundamentals of PMA are worked upon, now



start working with GOALS

make GOALS ur friends



ur loving gadgets,
foods, furniture,
dresses, cars,
beauty, jewellery, villas.... ok!



pls LOVE ur TARGETS

start giving time lines
be purposeful in everything



SMART goals

START BELIEVING IN

Give and you will receive,
Love and you will be love,
Believe and it will happens.



miracles

to make miracles happen
in PPFS



focussed energy

commitment to PPFS

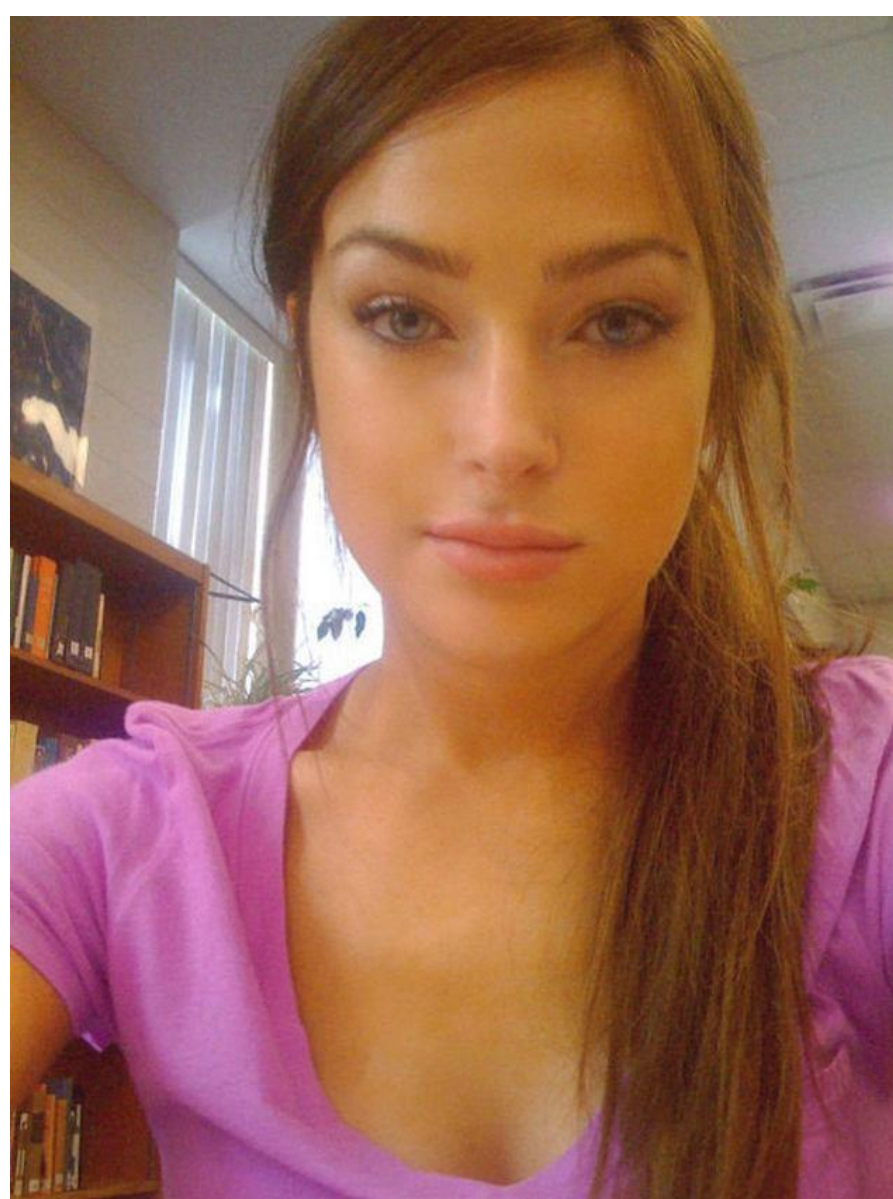


PMA doesn't mean
earning for ur children,
their children and
their children pls ...

and ultimately dying without doing anything to u and society

the ultimate PMA
leads u to VISWA
PREMA & VISWA
SEVA pls



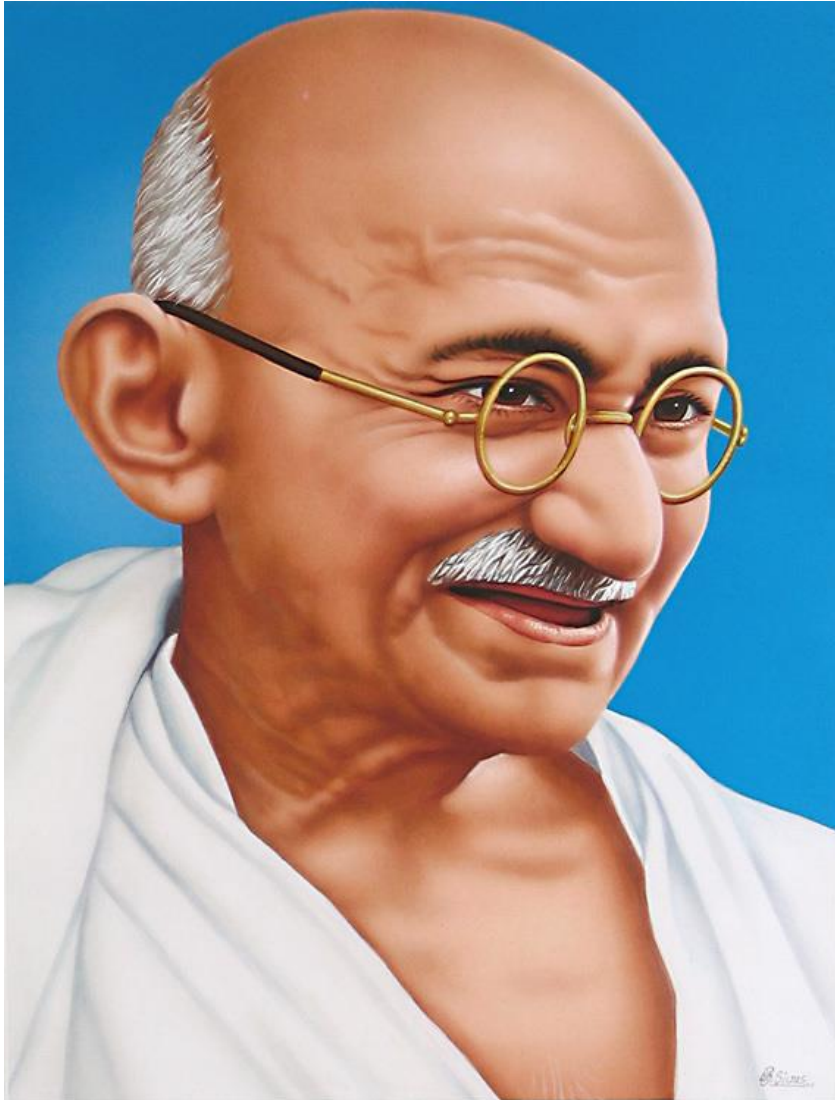


because the
ultimate leadership
with PMA
is not amassing
but sharing, not receiving but giving

PMA makes man a super star.

PMA makes a common man
a great Leader

PMA makes
the personal, professional,
family and social
areas peaceful
productive and
harmonious





PMA tips

- Read +ve books
- Early wake up
- Exercise
- Be grateful
- Spiritual practice
- Listen good music
- Daily smiling dose
- Weekly, daily plans
- Obstacles r common
- Surround with +ve people



- Protect from –ve attitudes
- plan a list of changes
- +ve affirmations
- Observe, say no to –ve thoughts
- Read Inspiring quotes
- Curb unwanted things
- +ve language only pls
- Expect returns
- Don't get angry, resent, judge
- Make +ve realistic dreams





Pma tips further ...



- Meditation
- Take responsibility for ur actions, life
- Posture
- Proper diet
- Play around
- +ve talk
- +ve visualization
- +ve affirmations



- Work with goals
- Smile often
- Happiness choice
- Think solutions not problems
- Good dress, etiquette
- Do good and motivate
- Be a role model
- Be determined



PMA gives a great weapon





LOVE



that changes ur life, surroundings, environments,
society & the
WORLD ...





LOVE emanates
with the practice of
kindness
humility
trust
peace
broad mindedness
maturity
great understanding



so, dont pose PMA
pls practice PMA



pls understand ...

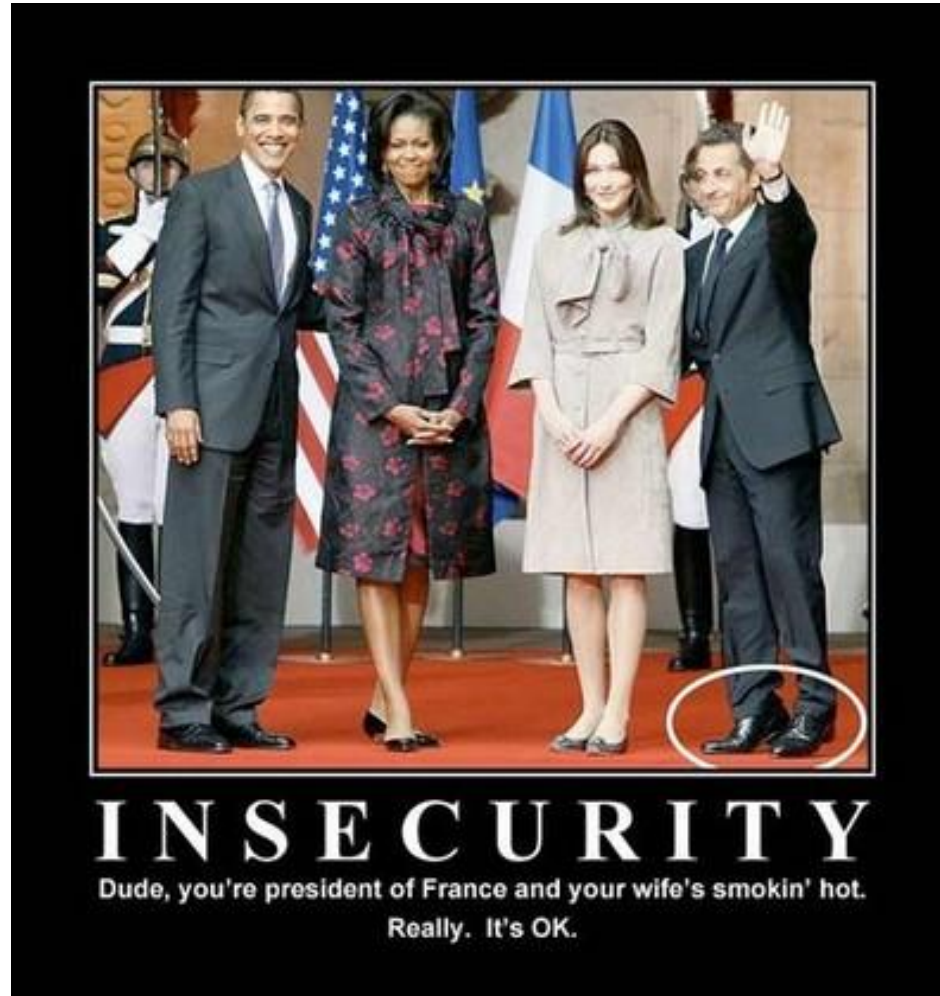
dont confuse authority
with PMA

if ur authority is producing ego



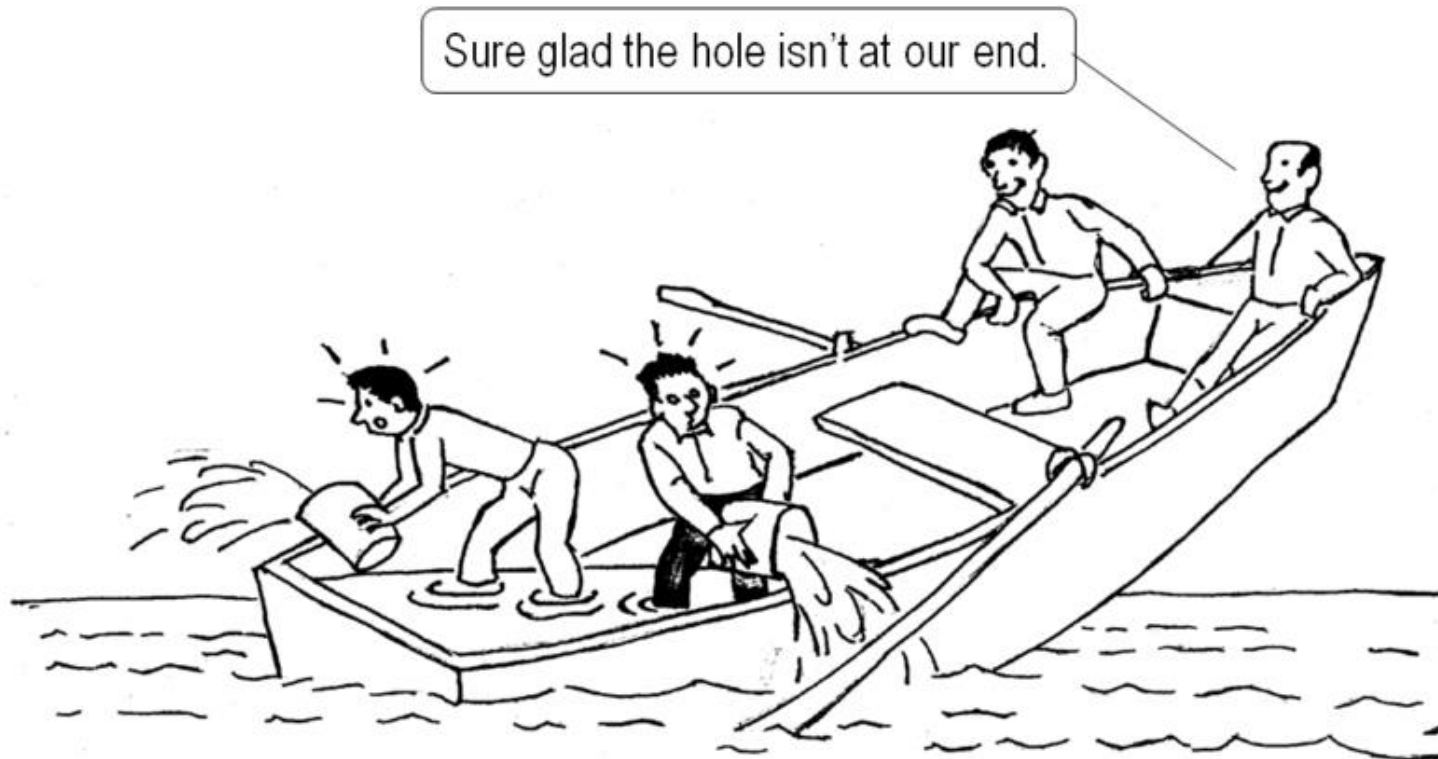
serve with PMA

if u feel insecured



practice PMA

Dont throw blame on somebody or situation



take 100% responsibility with PMA

be victorious with PMA



U started learning
U start behaving



enjoy actions, not results

All the best

Thank you



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