

Mini Series part 1

1. PERSONAL INITIATIVE

1.

Wow Inayat this is so nice!

MOM! LOOK AT
MY GOAL POSTER!



Inayat tells her mother the goal for the month.

2.

To Achieve your goals, you must take some personal initiatives.

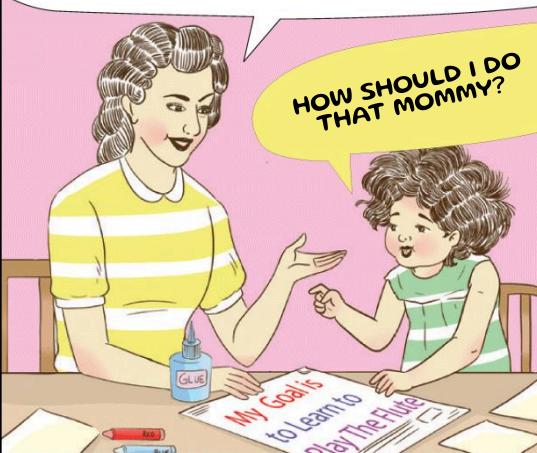
WHAT IS
"PERSONAL
INITIATIVE"
MOMMA?

Inayat wants to know the meaning of personal initiative.

3.

It means planning and taking efforts from your side.

HOW SHOULD I DO THAT MOMMY?



Inayat wants to know how to plan and take efforts.

4.

Divide your study time and practice time. Make a timetable and follow it.

OKAY MOMMY.
THANKS.

Inayat learns the importance of taking personal initiative.

5

Okay! Let's write and email to contact coachshivanimalik@gmail.com to find out more

Mommy will you tell me more please?



Inayat types and emails with mommy's help.

To Be
Continued...

Mini Series part 1

2. ACCURATE THINKING

1.

Momma see,
Teesta wants
this new girl to
play with us.

What
happened
girls? Why
are you
fighting?

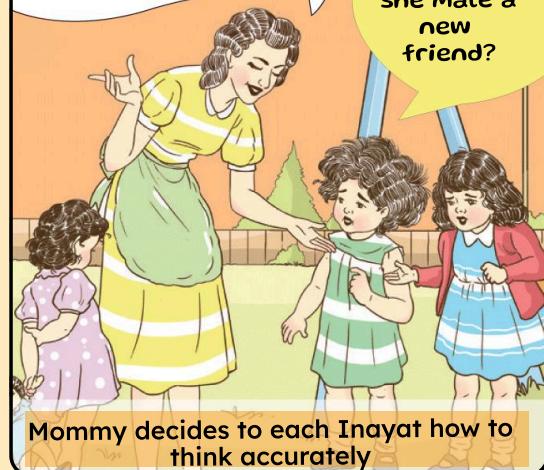


Inayat does not like the idea
of making new friends.

2.

It is ok dear.
Let's learn to think
accurately today.

She is my
friend. Why
should
she make a
new
friend?

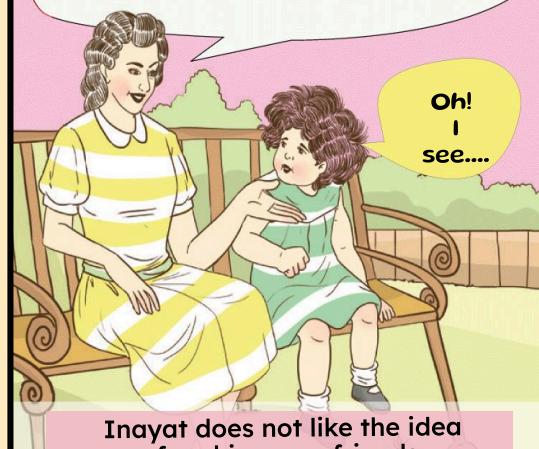


Mommy decides to teach Inayat how to
think accurately

3.

Inayat, see the good side
of making new
friends....playing more
games ..having more fun

Oh!
I
see....

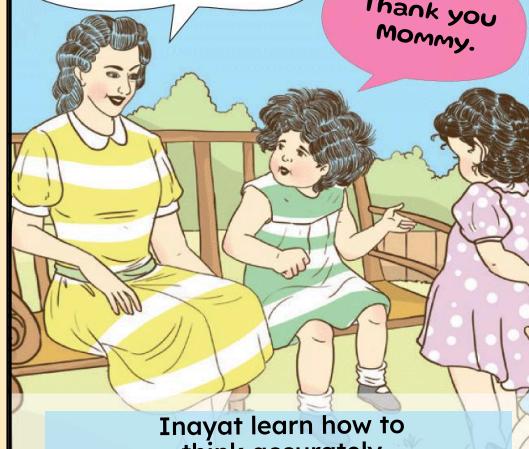


Inayat does not like the idea
of making new friends.

4.

Yes dear....see the
good part and
leave the rest.

Thank you
Mommy.



Inayat learns how to
think accurately

5

Okay! Let's write and email to
contact
coachshivanimalik@gmail.com to
find out more

Mommy will
you tell
me more
please?

Inayat types an email
with mommy's help.

To Be
Continued...

Mini Series part 1

3. WHAT WE LEARN FROM MOUNTAINS

1.

My Girl! It may look tough as a whole. Break it into steps and it will get easy. Just stay calm and firm, like this mountain.

Mommy, I am afraid I won't be able to climb this huge mountain. It doesn't seem easy at all.

Mommy tries to overcome Inayat's fear and asks her to be firm on her decision.

2.

Dear' there will be ups and downs in life, too. All you need is to be focused and keep moving until you reach your goal. So, keep going.

Oh, Mommy! It is so difficult to focus on the highs ad lows of this mountain. I might slip off.

Mommy encourages Inayat to be focused towards her aim in life.

3.

My dear, the mountains always stand strong come what may, providing a comfortable shelter to others. They are FEARLESS AND DETERMINED

Mommy, it is so cold here. it would be so painful for those villagers there.

Mommy talks about the protective and fearless nature of a mountain.

4.

They expect nothing, yet they constantly do their job. Inayat, do you think learn something from them ?

Of course, Mommy. Now, I will be fearless and more focused towards my goal.

Inayat Understands the lesson we get from a mountain.

5

okay! Let's write and email to contact
coachshivanimalik@gmail.com to find out more

Mommy will you tell me more please?

To Be Continued...

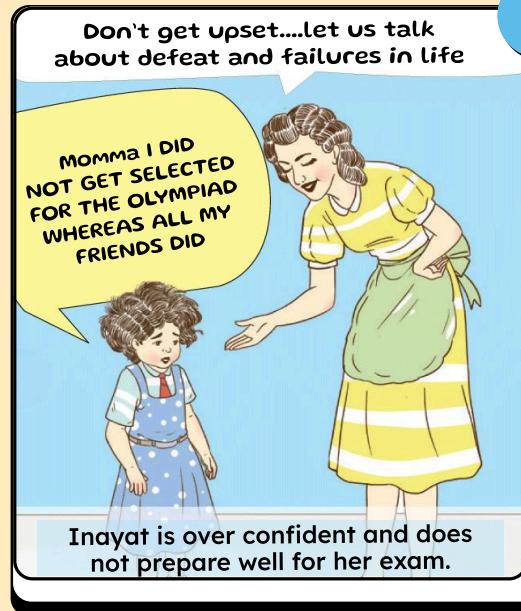
Mini Series part 1

4. ADVERSITY AND DEFEAT

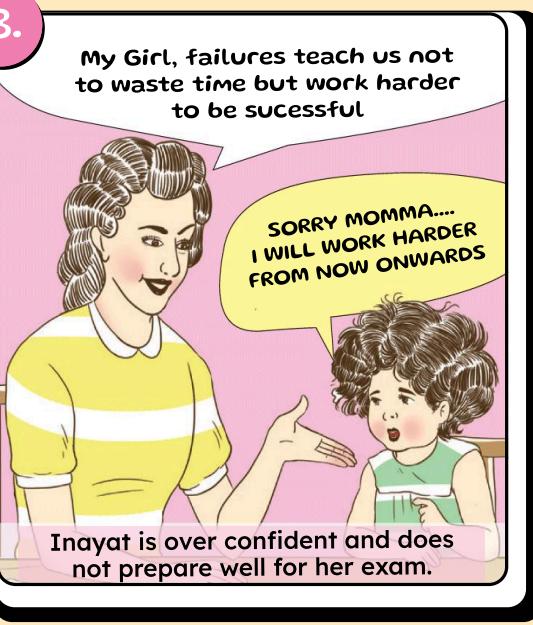
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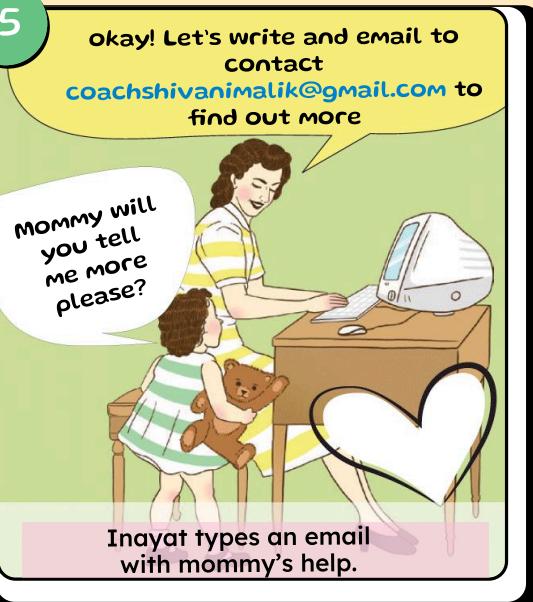
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4.



5



To Be
Continued...

5. APPLIED FAITH PRINCIPLE

1.

Ready for tomorrow's Drama Fest?

I am Luna... I am
I amthe Moon
God-de-ss!

Inayat is not able to remember
her dialogues properly

Don't worry...let me
teach you how to
believe in yourself

No, Momma,
I can't
remember
a single
dialogue
I am so
scared

Mommy decides to teach Inayat
the power of self-belief

3.

Have faith in your capabilities
keep reminding yourself that
you can do it !

Right Momma...
I won't doubt
myself now

Inayat learns the power of
keeping faith in oneself

Good girls never
doubt yourself.

Thank you momma...
I will keep faith and
win the competition

4.

Inayat practice her dialogues
with Momma's help

5

okay! Let's write and email to
contact
coachshivanimalik@gmail.com
to find out more

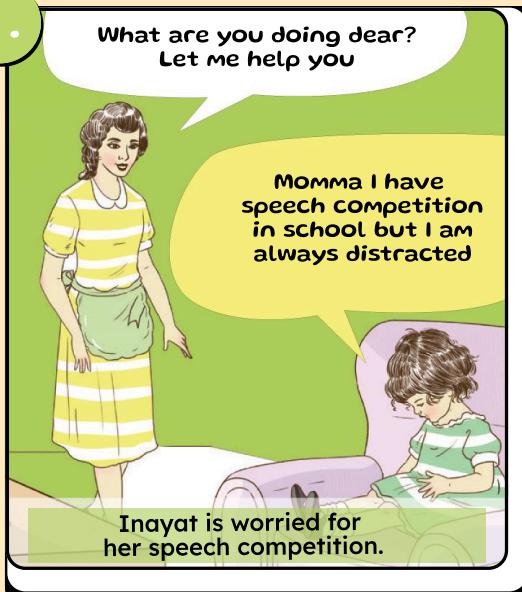
Mommy will
you tell
me more
please?

Inayat types an email
with mommy's help.

To Be
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6. CONTROLLED ATTENTION PRINCIPLE

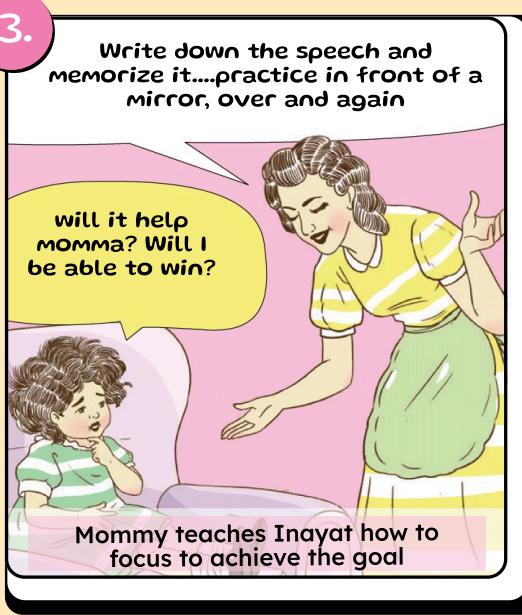
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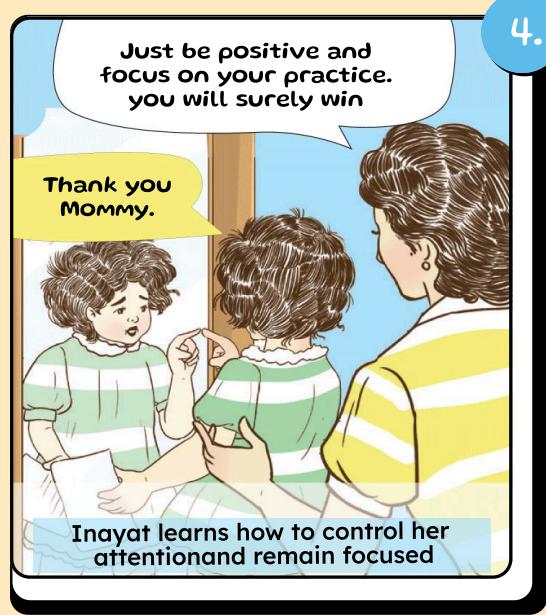
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To Be
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Mini Series part 1

7. PLEASING PERSONALITY PRINCIPLE

1.



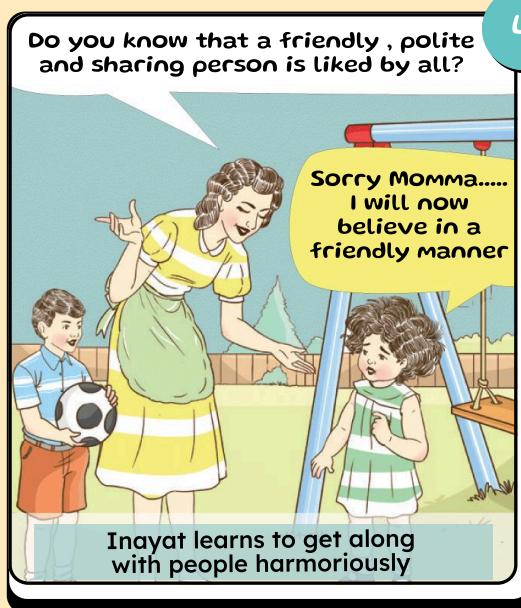
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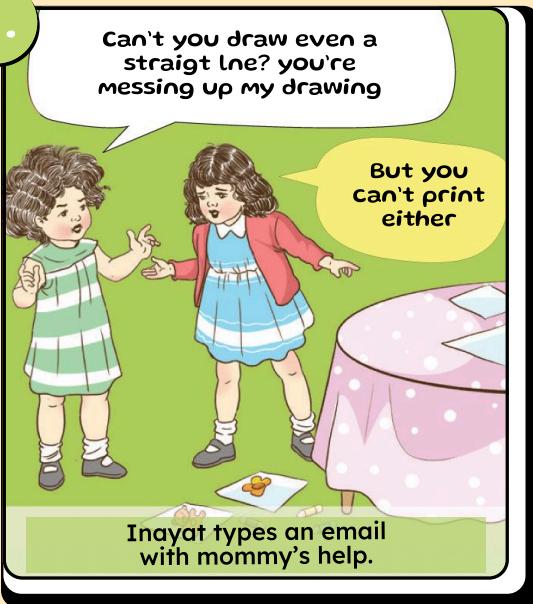


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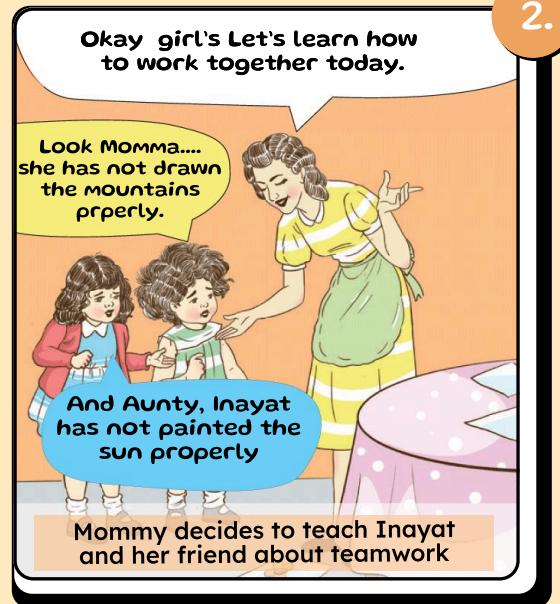
Mini Series part 1

8. COOPERATION PRINCIPLE

1.



2.



3.



4.



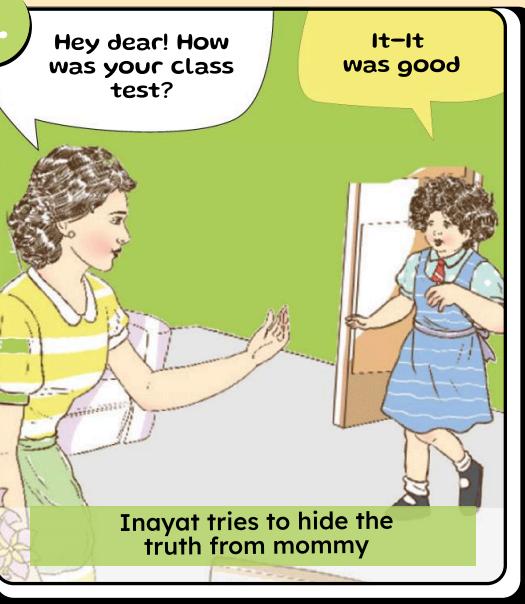
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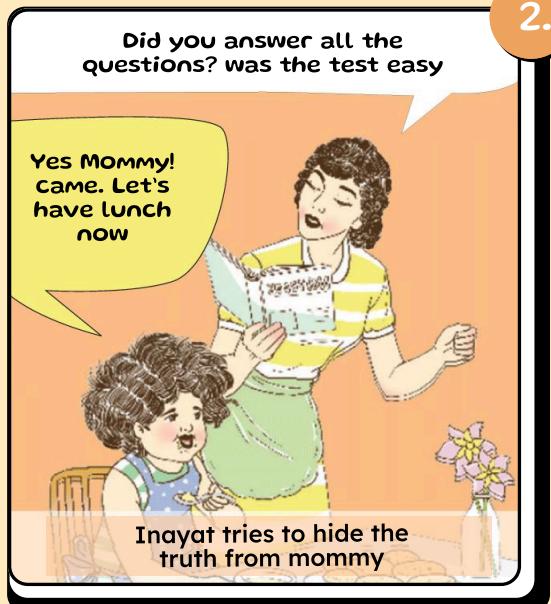
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9. BE HONEST PRINCIPLE

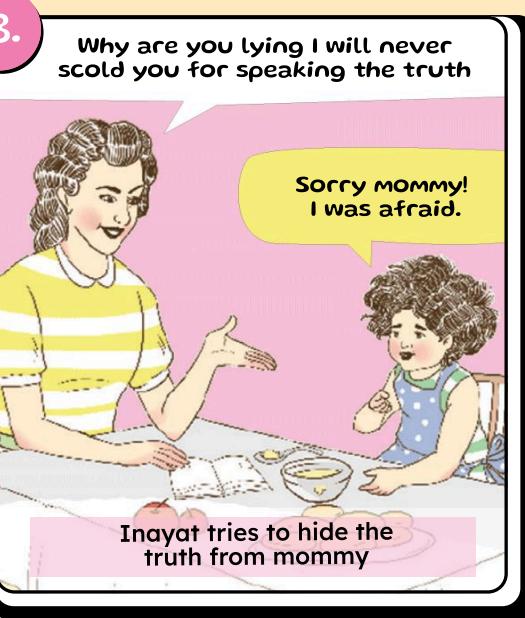
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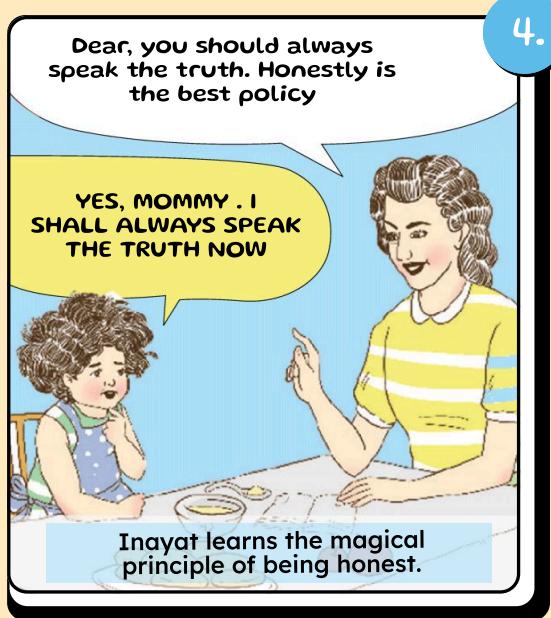
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4.



5.



To Be
Continued...

10. Definteness Purpose

1.

Momma, I am trying to learn Kathak. I want to become a classical dancer.

What are you doing dear?

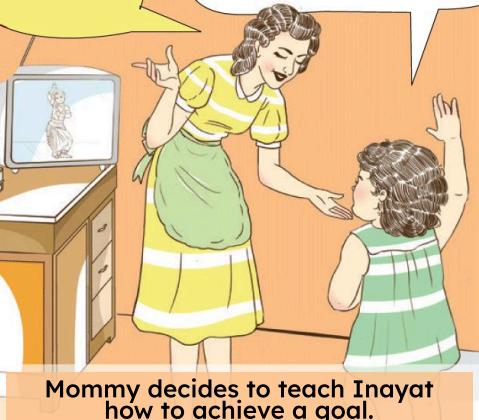


Inayat expresses her wish to become a classic dancer.

2.

Oh! But the steps are so tough.

I must tell Inayat how to work towards achieving a goal in life.

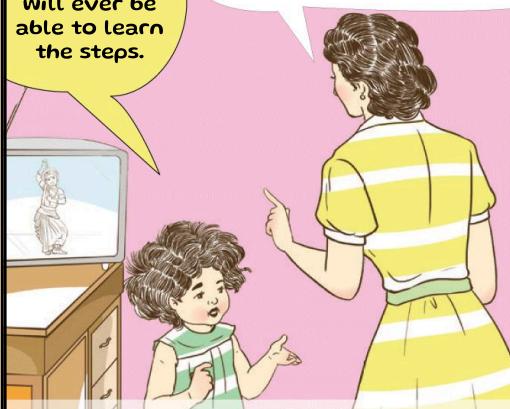


Mommy decides to teach Inayat how to achieve a goal.

3.

I don't think I will ever be able to learn the steps.

No, Inayat...Be definite about your goal and work towards it every day.



Mommy tries to teach Inayat the definiteness of purpose to achieve a goal.

4.

Why don't you join the classical dance classes in your school? That will help you learn the art from properly.

Thank Mommy. I will enroll for the class tomorrow.



Inayat learns how to think accurately.

5

okay! Let's write and email to contact coachshivanimalik@gmail.com to find out more

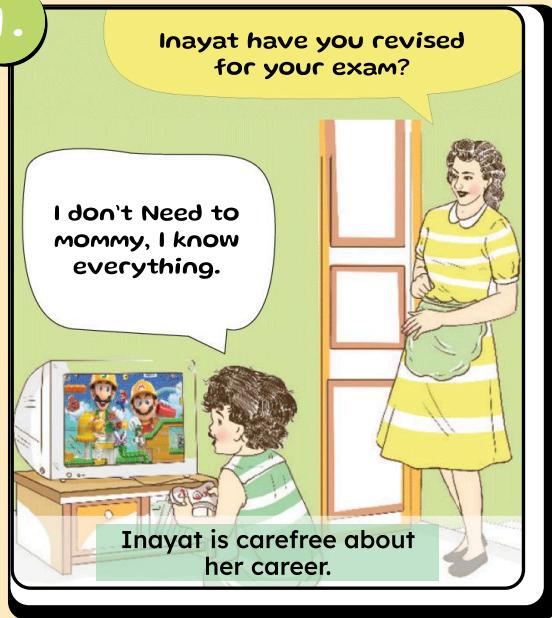
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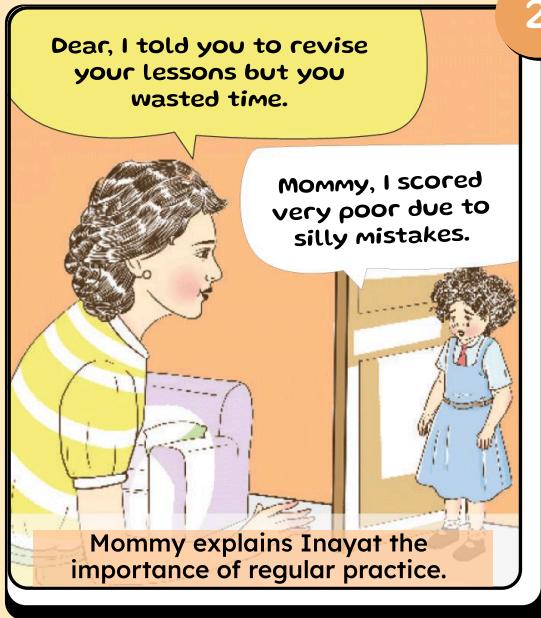
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11. Be Hardworking

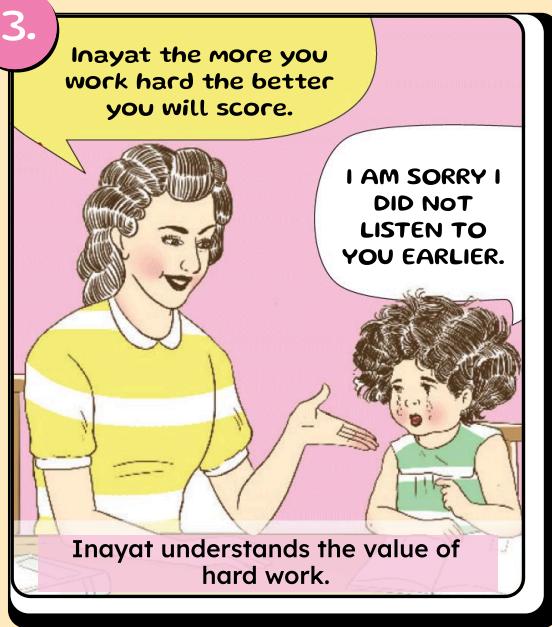
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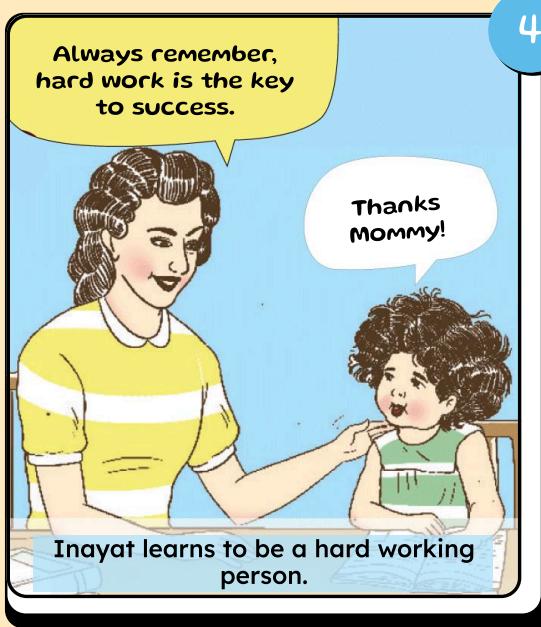
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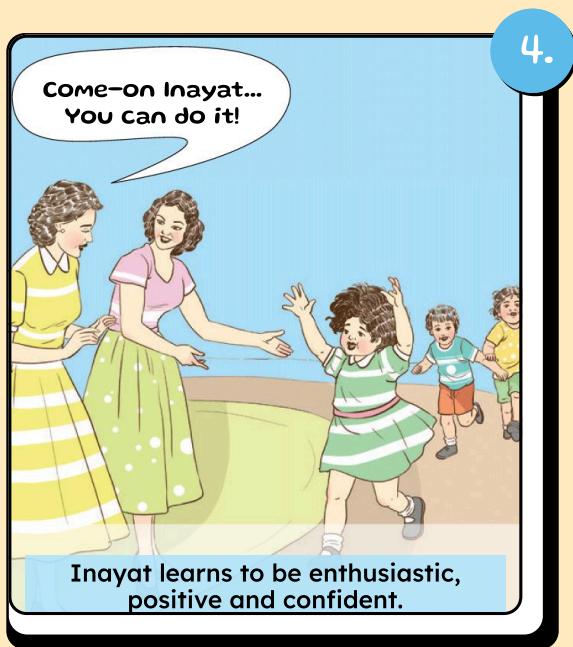
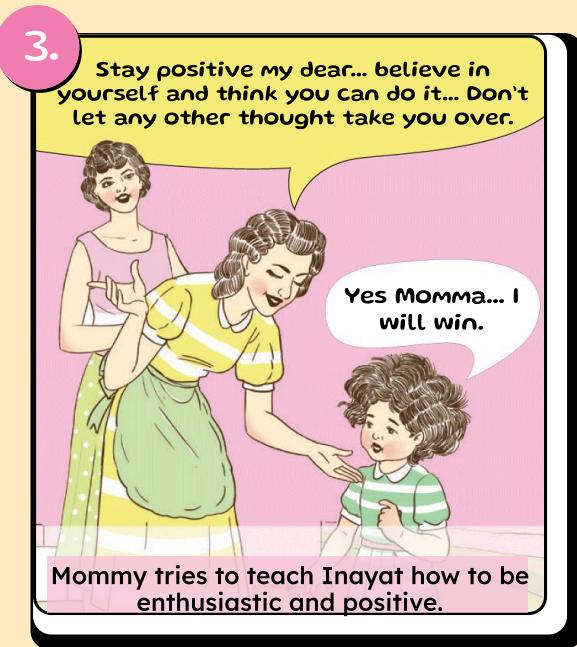
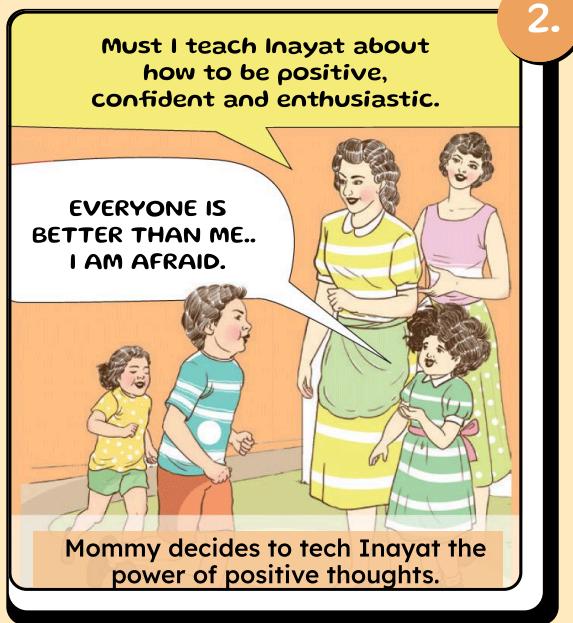
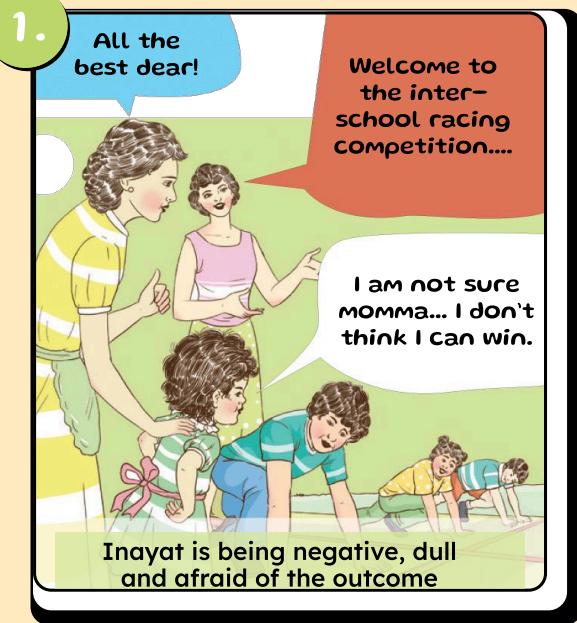
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To Be
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Mini Series part 1

12. Enthusiasm Principle

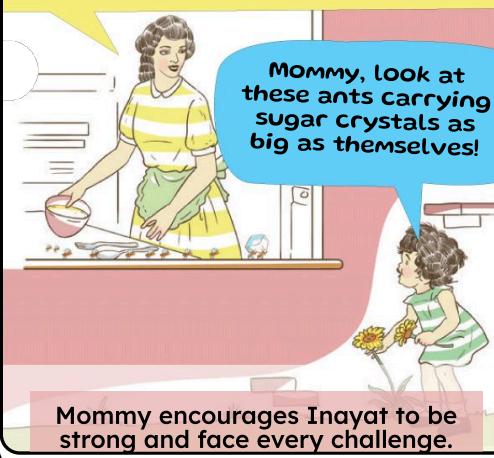


To Be
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13. WHAT WE LEARN FROM ANTS

1.

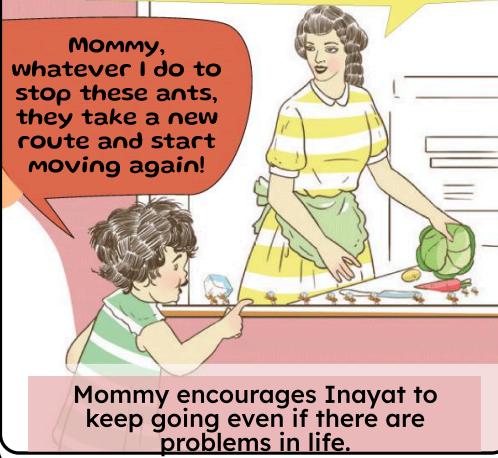
My dear, ants are known for their strength. They can carry as heavy as 20 times their own weight! They teach us to be strong.



Mommy encourages Inayat to be strong and face every challenge.

2.

Dear, ants find a new way tp move ahead if there are any obstacles in their path. They inspire us to keep moving and no quit, come what may.



Mommy encourages Inayat to keep going even if there are problems in life.

3.

Mommy, there! Those two ants are holding that big sugar crystal together and walking. Isn't it amazing?

Inayat, this is how the ants work. They work as a team and support each other. They make as a team and support each other. They make sure their group is together. That reflects team spirit and unity.

Mommy explains to Inayat about unity and team work to succeed in a work.

4.

My dear, ants are very intelligent creatures. Can you tell me what did you learn from them today?

Mommy, these ants have taught me to be united and work as a team. Now I also need to be strong and find new ways to solve problems, if any.

Inayat understands the lesson we get from an ant.

5

okay! Let's write and email to contact coachshivanimalik@gmail.com to find out more

Mommy will you tell me more please?

Inayat types an email with mommy's help.

To Be
Continued...

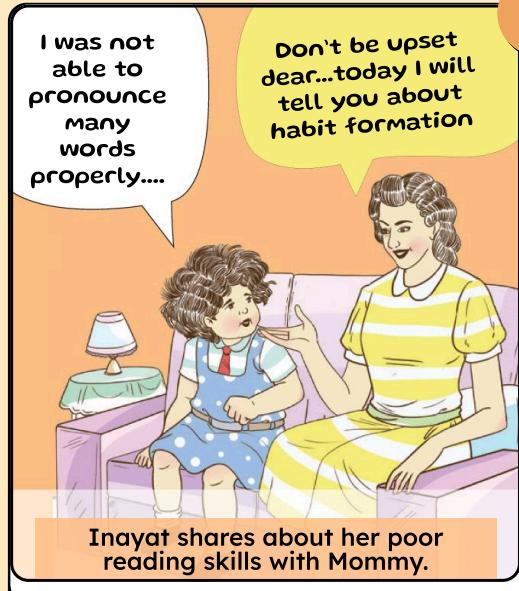
Mini Series part 1

14. HABIT FORMATION PRINCIPLE

1.



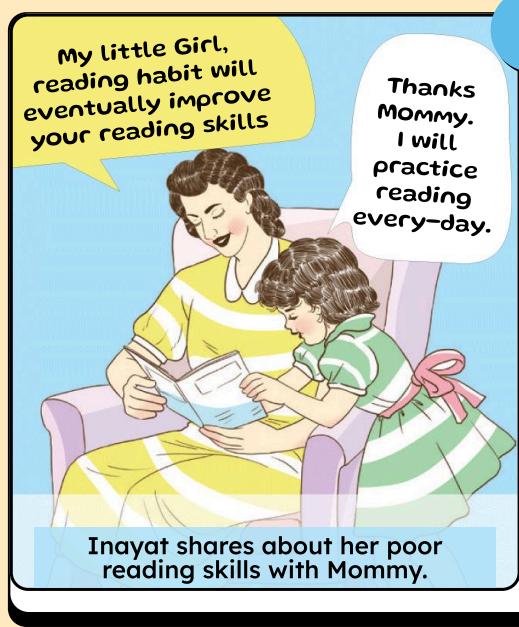
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3.



4.



5.



To Be
Continued...

Mini Series part 1

3. WHAT WE LEARN FROM MOUNTAINS

1.

Yes, dear. Trees us the art of giving. They share all that they produce and have.

True! Trees give us many important things; they provide shelter, too.

My teacher says "trees are our best friends".

Mommy explains to the children the sharing and giving nature of trees.

Dear, trees are very patient and strong. They know after every storm comes a sunshine. So, they bear everything heartily.

Mommy, how do the trees bear all seasons and weathering and still stand upright?

Mommy encourages patience and strength in the children.

2.

3.

No, dear. Unlike us, trees do not complain or feel jealous. Each tree has a specific role to play. So, they feel grateful with what they have.

Mommy, trees without fruits must be jealous of other trees laden with fruits, as they are hardly wanted. Isn't it?

Mommy talks about the content nature of trees.

4.

Inayat, trees are our lifeline. The world would end without them. Do you think they help you learn something?

Certainly, Mommy. I will try to be a patient, strong, and kind person, just like a tree.

Inayat understands the lesson we get from a tree.

5

Okay! Let's write and email to contact coachshivanimalik@gmail.com to find out more

Mommy will you tell me more please?

Inayat types an email with mommy's help.

To Be Continued...

Mini Series part 1

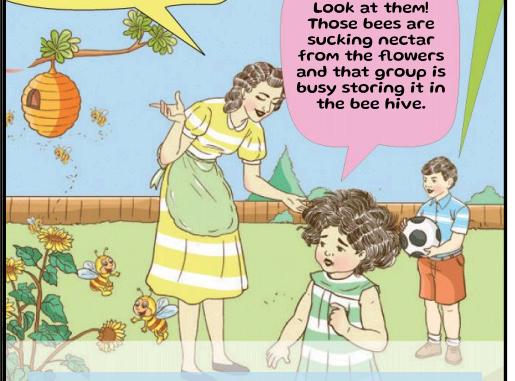
16. WHAT WE LEARN FROM BEES

1.

Dear children, these bees always work in groups and divide their work to get their job done. They believe in group work and cooperation.

Mommy, these bees are so amazing! They are doing different types of work in different groups.

Look at them! Those bees are sucking nectar from the flowers and that group is busy storing it in the bee hive.

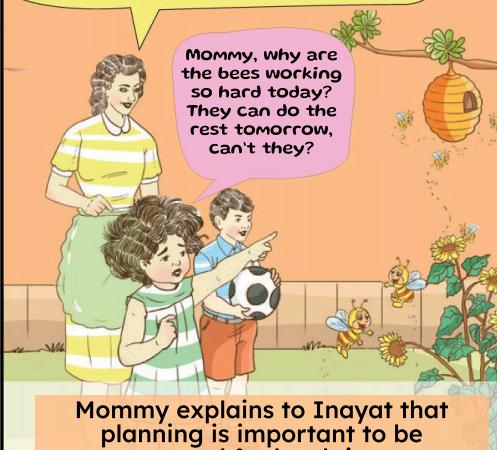


Mommy explains the importance of division of labour to her children.

2.

Inayat, all day may not be the same. It is bright today and favourable for the best to collect more food now and save for later. This is called planning.

Mommy, why are the bees working so hard today? They can do the rest tomorrow, can't they?

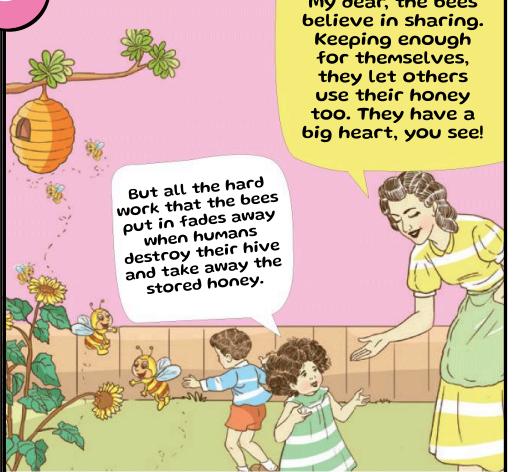


Mommy explains to Inayat that planning is important to be prepared for hard times.

3.

My dear, the bees believe in sharing. Keeping enough for themselves, they let others use their honey too. They have a big heart, you see!

But all the hard work that the bees put in fades away when humans destroy their hive and take away the stored honey.



Mommy discusses about the nature of sharing.

4.

So my dear, do these bees charm you? Can you tell me what do you learn from them?

Definitely, Mommy. Work should be planned and divided into groups for better results. I will also be prepared for hard times now.

And you need to share things too!



Inayat understands the lesson we got from a bee.

5

Okay! Let's write and email to contact coachshivanimalik@gmail.com to find out more

Mommy will you tell me more please?



Inayat types an email with mommy's help.

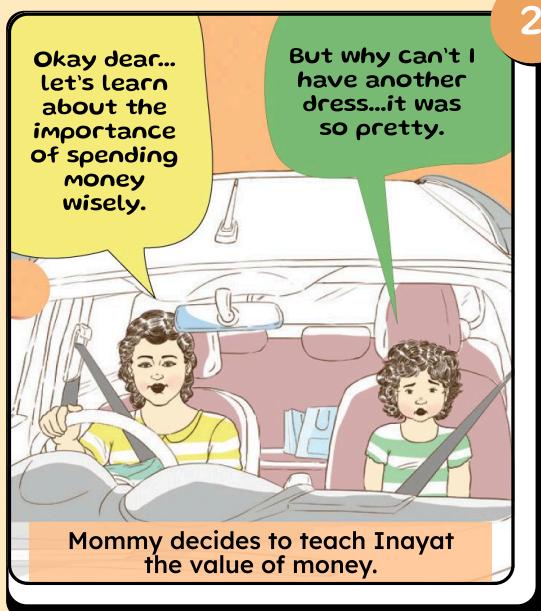
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17. BUDGETING TIME AND MONEY

1.



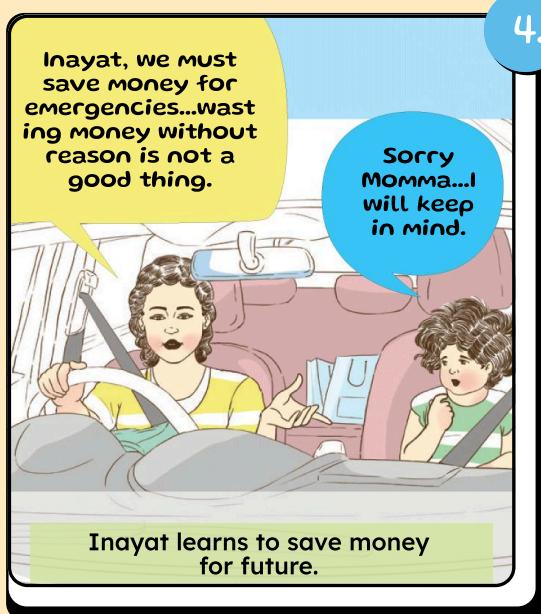
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3.



4.



5.



To Be
Continued...

Mini Series part 1

18. MASTER MIND

1.

What happened Inayat! you look upset.

Momma we have school fete next week.

The highest grossing stall wins a prize



Inayat is worried about her school fete

2.

I can make only cupcakes. We need to keep more refreshments to win

I should teach Inayat how to form an alliance to win



Inayat is worried about her school fete

3.

Why don't you ask your friends teesta and Pariza to join your stall? That way you can win together

Great idea Momma! Let me check



Inayat is worried about her school fete

4.

Hry, how about sharing stall space and adding all our items FOR THE FATE?

Pariza- Good idea.... I will make caramel candies... teesta - And I will make

SURE! TOGETHER YOU ALL WILL SCORE BETTER AND WIN.

Inayat learns how to form a friendly group that benefits all.

5

okay! Let's write and email to contact coachshivanimalik@gmail.com to find out more

Mommy will you tell me more please?

Inayat types an email with mommy's help.

To Be Continued...

Mini Series part 1

19. IMAGINATION

1.

Have you completed your creative writing homework

No mumma, we have to write on the topic - our future self...

Inayat is not able to use her imagination

How can we know what lies in future.... I am stuck

I must explain Inayat how to use her power of imagination

3.

Inayat, imagine your ideal future life where you are happy and successful. Now write

Will I be happy and successful in future momma?

Mommy teaches Inayat how to imagine her future.

My dear daughter, imagination is powerful! What you imagine is what you work toward and achieve it

4.

Inayat learns how to think accurately

5

Okay! Let's write and email to contact coachshivanimalik@gmail.com to find out more

Mommy will you tell me more please?

Inayat types an email with mommy's help.

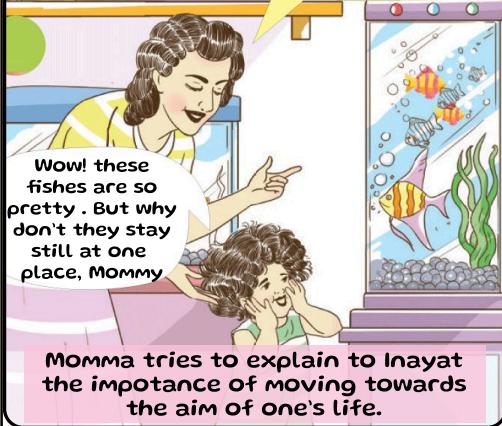
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Mini Series part 1

20. WHAT WE LEARN FROM FISH

1.

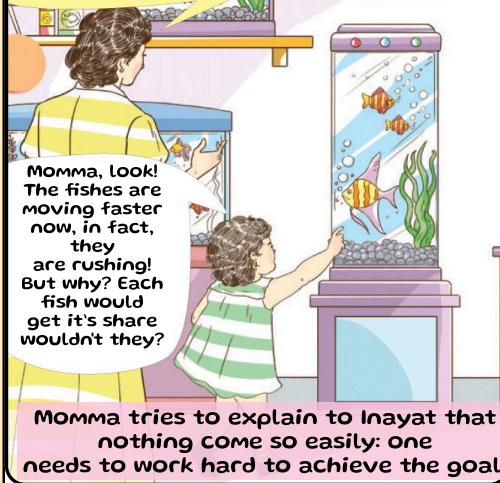
Inayat, these fishes move all the time to breathe properly. They know if they don't swim, they might die; so, they keep moving to stay alive.



Momma tries to explain to Inayat the importance of moving towards the aim of one's life.

2.

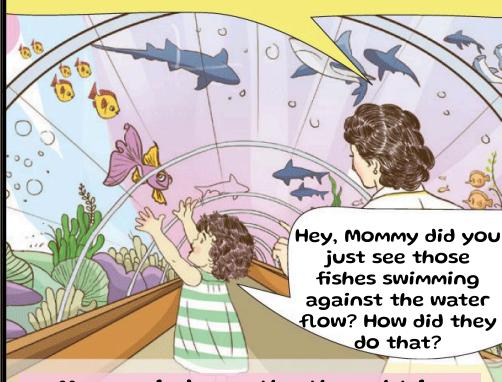
Inayat, nothing can be achieved without hard. So, the fishes, too work hard for their survival. The fastest fish would get its food first.



Momma tries to explain to Inayat that nothing comes so easily: one needs to work hard to achieve the goal.

3.

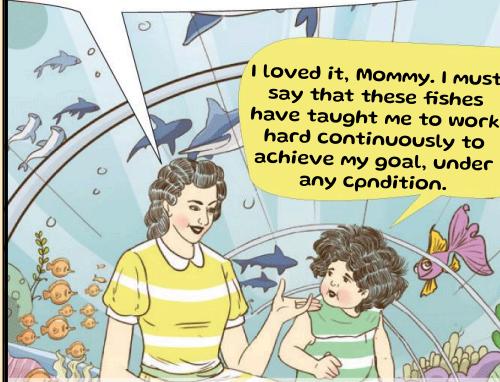
My love, there are some fishes that can swim against the water flow. This shows their



Mommy induces the thought in Inayat, to work in any condition, even if it is unfavourable.

4.

They expect nothing, yet they constantly do their job. Inayat, do you think you learn something from them?



Inayat understands the lesson we got from a fish.

5

Okay! Let's write and email to contact coachshivanimalik@gmail.com to find out more



Inayat types an email with mommy's help.

To Be
Continued...

Mini Series part 1

21. SELF DESCipline

1. Don't eat too much ice-cream or you will catch cold and miss the music competition.



Go to sleep Inayat. You have to get up early morning for school tomorrow.

2.

But I am not feeling sleepy mommy.

Inayat does not follow a healthy day-to-day routine.

3. Only if you had listened to me! It's ok, Let me tell you about self-discipline today.



Follow a healthy routine and control your eating habits. Self-discipline is very important

4.

Sorry mommy, I will follow the rules of discipline now.

Inayat learns the importance of self-discipline.

5

Okay! Let's write and email to contact coachshivanimalik@gmail.com to find out more

Mommy will you tell me more please?

Inayat types an email with mommy's help.

To Be Continued...

Mini Series part 1

22. WHAT WE LEARN FROM FLOWERS

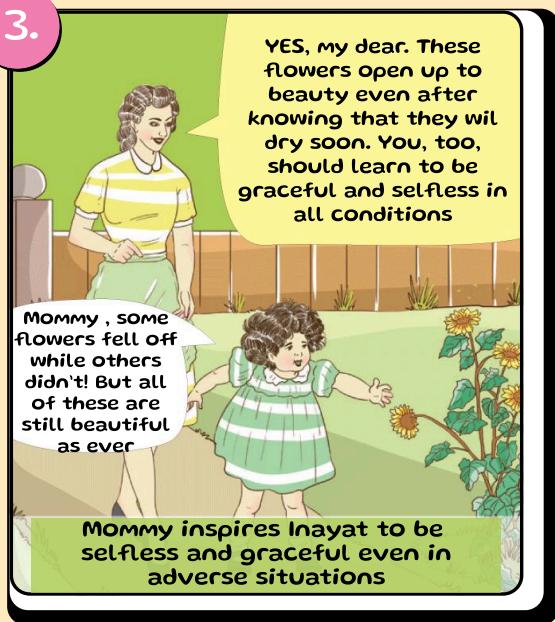
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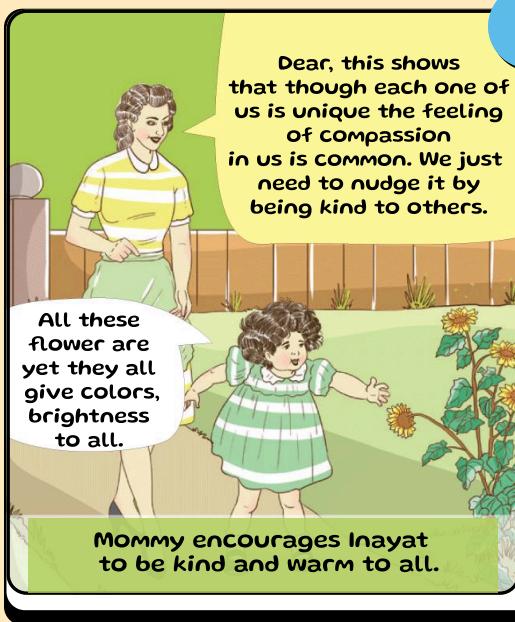
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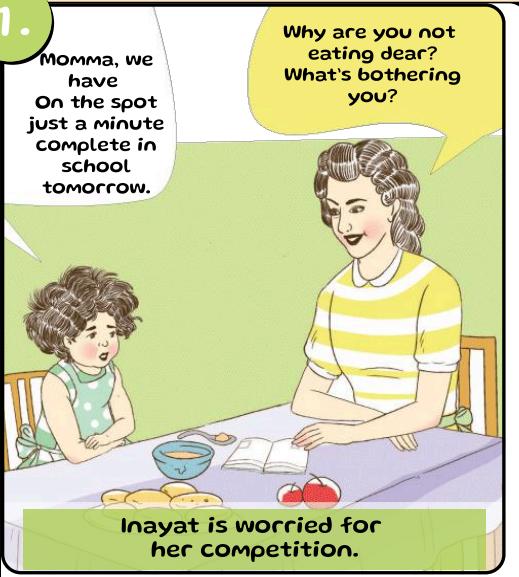
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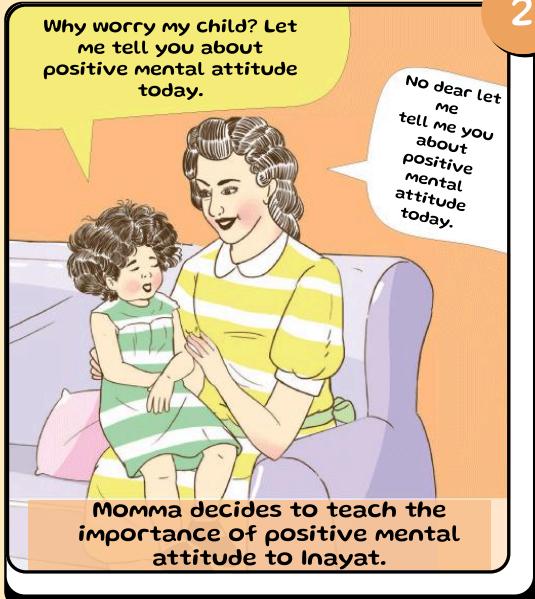
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23. POSITIVE MENTAL ATTITUDE

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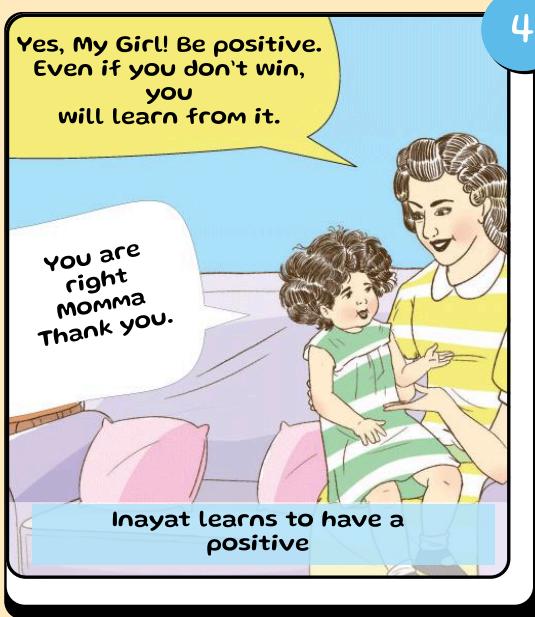
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