

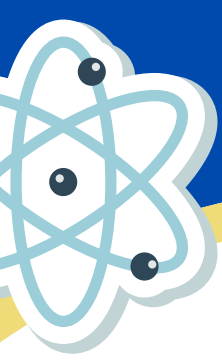

Academy of Language Studies
UiTM Cawangan Pulau Pinang

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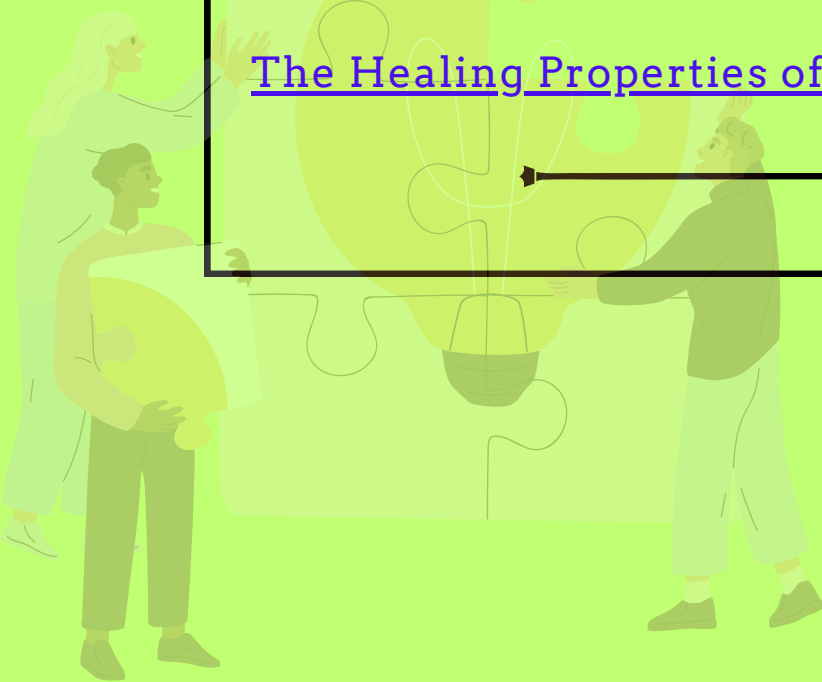
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UPLIFT YOUR MOMENTUM

By Dr Nur Ilianis Adnan

On January 7th, 2024, I was invited to Penang Free School to give a motivational talk to lower secondary students. I felt so honored to be there and to share my insights. The students were very attentive and participative. It wasn't just me who did the talking. I tried my very best to involve the students as much as I could.

Upon arrival, I was welcomed by the organizer of the program, Mr. Ridhwan Shariff, the director of Mind & Soul, a company that deals a lot with mental health. I was then ushered to the classroom where all the students were already waiting for me.

I started off my talk by showing them a short video which was famous on Instagram. The video was about an Arab guy from Dubai talking about branded items. I asked the students, what does success mean to them? Of course, I received a lot of answers from the students. Then, I continued telling them about 'Red Car theory'. The theory explains, if someone was asked to count a red car and for each red car they spotted, they would be given RM20, suddenly they start noticing red cars everywhere. It's not that there are suddenly more red cars on the road, but rather that the person's attention has been primed to notice them because of their recent purchase. This phenomenon can apply to various aspects of life beyond just cars. Just like noticing red cars, setting clear and specific goals can prime your attention to notice opportunities and resources that align with those goals. When you have a clear vision of what you want to achieve, your mind becomes attuned to relevant information and possibilities that can help you progress toward success. From this point, I taught them goal setting. I asked them to break down their goals (1 year, 5 years and 10 years).



Next, I showed them my favorite motivational songs and got them to write just some parts of their favorite songs that can uplift their spirit. For instance, for me, it has always been the soundtrack of Moana and the lyrics: SEE THE LINE WHERE THE SKY MEETS THE SEA? IT CALLS ME AND NO ONE KNOWS HOW FAR IT GOES IF THE WIND IN MY SAIL ON THE SEA STAYS BEHIND ME ONE DAY I'LL KNOW HOW FAR I'LL GO. Before I ended, I introduced them to a thing called, 'Vision Board', which I strongly believe serves as a powerful visualization tool to clarify and reinforce your goals and aspirations. Then, I encouraged them to make one vision board and place it nearby their bed or mirror so that they can often see their visions and goals.

