Running Cheetah at high speed => Conversion of ability/ potential into performance
=> conversion of ability/ potential into performance
Success Success
Que of the definition - source success boidge
IQ. Talent Success
With freedom comes sesponsibility Responsibility to your ID.
Bridge the gap both talont & success The river sepresents a challenge
Foundation - courses are pillars to bridge the gap it is never visible, but always relevant
The super structure connot stand without foundation
Technical aspect is just a part, other factors contribute too
Taking a concept, transforming it into a product & selling it which has value
$2 \cdot 2 - 4$
His a good pulses but a horoless solution
4 is a good answer, but a hopeless solution. Solution adds up a value, if its not adding value, its just answer, not solution.
full answer, not solution.
99.5% 100 is not the limit
add more than you got 99.5+200

Programme and the second	PAGE NO.:
by chance	DAIL. 1
00 F + 222	at a family
Number of the last	A Louis II
I burns design for	youself
doer Me talent	
T Am and a 111 /	1.3
I am responsible to me.	15 15
I am the incharge of design which will to	ke Me to 200
The driver (or does) is I.	F
VEE To succeed is	to get a result
Ly WEE excel is	on action
- WEE exel is	ir .
Work othic	
guelladice militaria de la	
(ID)	0 0
M2 He	
nz vie	
T	
I am building my brand	1
Iam harnessing	
I have the hands on the steering	and the same
V	
I have the ability to steer my brand from it achieved height to greater heights	s already
achieved height to greater heights	d ,
99.5%	
Sergey Bubba	
Broke world record at 17	
	N. Park S. A. W. M. S. C.
6 months later, broke his own record	
In 11 yrs, he broke his own second 17 +	imes
before he setised	122
i i	

	PAGE NO.: DATE: / /
Yelena Isinbayara	
Yelena Isinbayara Broke her own record 15 time	5
What got you here, won't get yo	u there - book by
What got you here is one hell o not end up going there with what	fartant, but you may
not end up going there with what	got you here.
09/04/2019	
Every challenge when met with	ability, becomes apportunity.
There won't be any opportunity if the	
Work Ethics	into the section
Work ethics will get us excellence, and	that would increase our
probability for success.	.* *
△ (reate	
Evaluate Treplacable	Advance commence
Apply	
Understand Memorize	and he was the same of the same
Mesmorije	
Non-engineers REACTIVE	The state of the s
Engineers	and the same of th
A- Awareness D- Discip	aline /sesign
Bolierre = Excel	
c- confidence	and to be the second to the



PAGE NO.:

DATE: / /

IQ mand all and
PQ - Physical Quotient
ME You need better starring.
How agile are you?
thous you are able to concentrate a world
as corrpared to class of b hours
Are you able to concentrate for hours
into the project?
How do you get your body to be physically fit?
1) Nutrition Udadlol
2) Posture Posture
2) Water 4101
u) Yoga (Breathing) 4101
5) Sleep Pillow
11/April/2019
Postarmance matters, execution bridges the gap betw talent & succes
· Discipline is just a shadow of excellence, tocus ou discipline
- Discipline is just a shadow of excellence, focus on discipline excellence and discipline will follow.
-
- Speed and accuracy - You have become accustomed to only one side of the equation - You have more ability than that.
- You have become accustomed to only one side of the equation
- You have more ability than that.
The state of the s
- How short is your down time matters It cannot become zero,
- How short is your down time matters. It cannot become zero, but we can tend it to zero.

The man and the second

	DATE: 1 1
when you fall, how quickly you get up a	nd sun again is important.
How can you manage your IR?	
How can you manage your IR? Use your IQ to increase your intellect.	when the state of the same
Simplest thing you need to do to EAR	N is to (L) EARN!
Integrative (cannot be mue Initiative Intuitive (no processing of de Insightful Insightful Imagiceer (smaginative + engineer+ magn	
I.O Tututive in processing of de	ota)
Insightful	interes of the same of the
Imagiceer (smagineer+ magi	c) connect all 9 dats
Q v	with 4 lines
We one moving from a static intelligence Adynamic I need to have DYNAMIC	to dynamic intelligence
A static I noted to nave DYNAMIC	by a series of the series of t
The more data that is processed (throu	
experienced is the judgement or wises is 6th sense is somewhat same as your intu	is the person of
6th some is somewhat same as your inter	itive ability
Imagiceer - Imaginative + magic + eng	ineer
howeld do have	Anihain I manh
Reactive people give answers, Creative p	eople give solutions
Language Committee of the Committee of t	ALMOS ALL THE TOTAL THE TO
	The state of the s
No Maria Maria	Secure Secures

suchir.	connect @ grail.com	TENTON WILLIAM	PAGE	10.: 1
75681	connect @ gnail·com 28566		DATE:	6 1041 19
Trans I make	motional Intelligen	Ces 1 1 1 1	To his	Will harpy
1	Q			
what	is it?	1	The same of	3:5 118
The w	reacity to be aware of	, understand,	manage an	d express
مالمد المالم	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	& DENOVE		
4.	Cities of the Contraction	al al ar k	1 3	
The co	apacity to be awase of	, understand	, and man	ege our
relation	enships well (both	elf & others)	1	
		. 71	T. C. Lands	A
Relatio	mo have a critique,		A . 1.	
You -	ma have a critique, a	x supporter, er	rey body u	iside youself
in the D			1.65 · · · · · · · · · · · · · · · · · · ·	
1. Knou	ving our "self"			
3 3 M (0) 1	alst an armenian all demo	100 H	1 1 U	The state of the s
ene	thing others know thing others don't	I appeur		F.A.
one	- thing others aun b	· · · · · · · · · · · · · · · · · · ·		
C. II I	des and H. Talage 1/19:	G. Apr. 3		An glange
sey-1	through the Johani Wi	nauw		y 210
	Known to self	sknot known	to the	K
	product a set	CANAL RECEION	, w with	
M	Public/	feedback, Bl	3.500	
known 1	Onc.	feedback to	spot	21111111
others	open		April 1	1
10	leff disclosure	shared	ether's	ohe.
known	Private/	3	unknown	
to	hidden	relt	unknown	~~~
to others	· · · · · · · · · · · · · · · · · · ·	discovery		
			9.0-	

	PAGE NO.: DATE: / /
Multiple parts/identity	
Public Ft Private	untains friled/
Identity/ Identity	/ Unconcious John Tolentity/
Parts / Parts / Roles	Parts/ Roles
	in in the state of the
Howing the curtains → Fear	* Dreams, Derises, Hopes
→ Guilt/shame → Hanour	* Freedom
- Cultival/Group acceptance	* Safety/ brauna
· Managing the "gap" can be es · We all need witherses	and the second s
· Identities are fluid/dynamic · Are certain aspects dominant	to the detriment of others?
→ Nuture au multiple iden	Lities
de are all multi-dimonsional	disection
) stages of life	

	PAGE NO.:
	DATE: / /
Adolescence	Mad dishar
Identity creation	,
Testing the boundaries	1 66 1
incertainity (Choices / Long-perm conclusions	
Second family/ seeking belongingness	1 100
Responsibility (Idependence	1 1 13
Societal/ cultival presures	· dea
Sexual maturity/Hormones	
Relationships	1 Land March
Amotions	70.51
Opinions on the moral universe	Source Line
	ani.
Understandable Crisis/Conflict	willoute.
· who am I? who do I want to be?	
" what are the rules & boundaries ? why?	The concient
· what is sight? what is acceptable?	1 10 - 1 1
· why should I care?	
· what is life all about?	1
· what are my priorities?	
· Finding your evon balance	
- individual ys belonging	A section
- safety Vs risk	
- head 1/2 heart	118 1
- experiment / adapt 1/2 stick to what	worked before?
Takeaways	
It is a period of major change	
It is a period of major change Crisis & conflicts are expected	

PAGE NO.: DATE: 18/04/2019	
	a si rigal
Accident, pain and injuries will unfortunately happen. Who comes after these is the suffering. Do. Asunima Sinha - climbol At Everest & other peaks ever losing one leg.	et
losing one leg.	capita
Normal Abnormalities	
e.g. A cold is an abnormality but its so common it sh	rould_
not be too bothered with.	
Your emotional weakness allows you to think that you or the only one suffering	re.
the only one suffering	App us
Resilience is important.	
May the said with the last party from a little from	d. se
Social dustient (SQ)	
- principle head many transport of a printerior Vist are the	
Teamwork A lot of courses do not aim at improving	leam
Teamwork. A lot of courses do not aim at improving, work. It individual learning, you & the ma	chine.
TEAMWORK -> 80% -> 400	1, 2
ME -20% - 100 - this can increase by early?	loring
So has multiplier effect on IQ	¥.
linkage between & & & & is very strong, because, first you know yourself & then progress on working with others	should
our intelligence is making better use of our physical about	
A lot of electrical activities happen en brain	

Millions of neurous are present in human brain
Migra notional are present too.
Is there are known to mirror the actions of others
Sharing Synergetic
Synergetic
Carlotte de la
Sporty - sportimen spirit
Selfless
the state of the s
Synergy - related to missor newsons
Synergy - related to missor newsons - in terms of passing
sportsman spirit - don't grudge, don't stick with what happene
If somebody said something wrong, don't grue hold grudge against it, don't respond, may they are howing a backday
How long does it take to recover from down time takes
Selfishmess is northeral to us. It is like a defense mechanism
given to us
PD A FOR Taking change of myself
Me 60 Taking change of myself Newturing myself
SQ
He who knows, and knows he knows is a wise man, seek he
He khoha knows knows net & knows he knows not is a child, leach him.

PAGE NO.:

He who knows not, and knows not he knows not is a fool,
shun him
NID
23/ DU 10010
23/D4/2019 PQ Brayol
ME
Self-Awareness
- Belief
- Confidence Spl
-Design - we take charge of what we're gonna do
= Excellence
Social Quotient has multiplier effect
Hands that work are dearer to god than lips that pray.
that pay.
Coinite 1 0: 10 1
Spiritual Quotient
- Spark turning the ignition on
Sprightly
- Spunk grith, determination, percievarance
— Spic & Span
- Eporty bounce back ability, to lough off, get up after balling, etc.
_ Child like spork is an imp. quality we should mountain
ish
preparation by design
Luck 1
oppertunity
CREATIVE -
Excellence is never an accident
Excellence is really and account to the
because perperation is always behind REACTIVE
an appointunity coming your way.