Explore Your Potential

"Unleashing Your Full Potential Today"

Hardwork krne k baad bhi number nahi diye zalim sir nay?

You need to change two things

1. Learning Techniques
2. Life Style

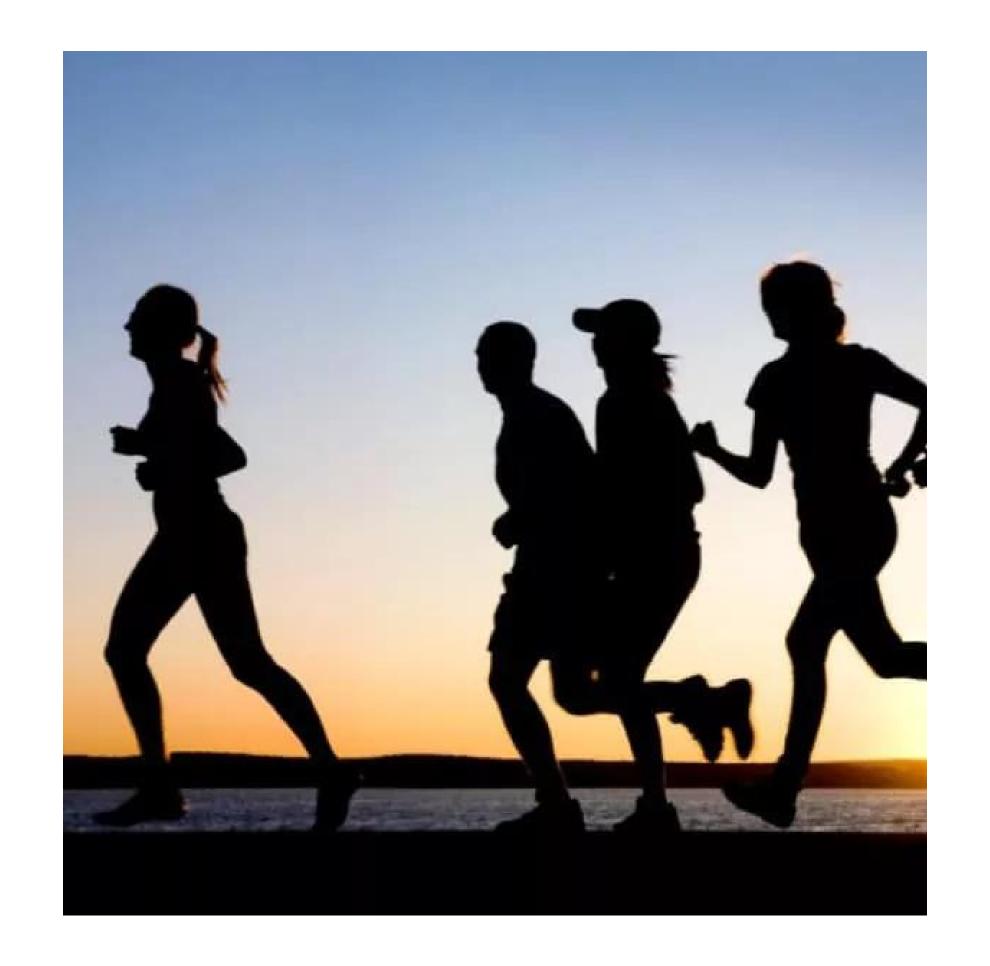


Why healthy lifestyle is important?

Jaan Hay to Jahan hay!

Life Style

- 1. Healthy Diet
- 2. Avoid unhealthy food
- 3. Exercise/ Walk
- 4. Time Management
- 5. Overthinking
- 6. Depressions/Tensions
- 7. Read Books



Na-Jaiz Relationships

Learning Techniques

- 1. Relax (if the lifestyle is better)
- 2. Focus on the lecture only don't think about anything else
- 3. Think about every topic in class at least for 10 seconds
- 4. Recall/ Repeat the lecture on the same day after going home/hostel
- 5. Read books to improve your English and grow your understanding power.
- 6. Set goals and targets
- 7. Make timetable
- 8. Information overlaod

Worship

Respect Yourself

Read/ Understand any topic like your are reading your crush

The Power of Tiny Gains

1% better every day
$$1.01^{365} = 37.78$$

1% worse every day $0.99^{365} = 0.03$

