

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 overload**

Worship

Respect Yourself

**Read/ Understand any topic like
your are reading your
confession from your crush**

The Power of Tiny Gains

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

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



