

**Chethan Sir, Delivery Head , Uttunga Technologies ,**  
**@ Prime Intuit on 09/03/22**

- **Introduce about yourself**
  - Don't just bush about past
  - Talk about future , ambitions , what I want to be
  - Ex : So I'm here to become a Data Analyst
  - Past less , future more
- **What Produces Results ?**
  - ONLY **ACTION** produces results
    - Action can be mastered by **PRACTICE**
    - "Life as lived only get impacted by Action " : Wise Man
    - Without Action , alone intention , discipline, etc ... won't work
      - Wake Up On Time is Action , that come by practice
      - Fear , because of lack of practice
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- **Assignment: Next Session on 19th March**
- **List 20 Actions committed to take where there is Inaction now**
- **Training ( Min 10)**
  1. Ensure by Actions to complete readings of the day class on that before sleep
  2. Practice DPP Programs on the day itself
  3. Ask right Questions , when I don't get
  4. Stay in PI till 8.15PM
  5. Don't be shy to talk in group
  6. Make Running notes of any specific class
  7. Revise Timely
  8. Consolidating Notes
  9. Practice New Programs

10. Prepare & Do Recap presentations confidently

- **Routine**

1. To Stop Snooze & Exactly Walk @ 6 , Sleep by 10
2. Maintain Journal , Make plan in Calendar and Reminder App
3. Keep a watch on What and How much I eat means #Eat Right
4. Walk 20+ mins at-least for fitness
5. Practice Gratitude for 5 mins
6. Do meditation
7. Play Brain Games everyday
8. Maintain Punctuality in Time for planned things
9. Talk to people confidently , don't be shy and introvert
10. Be Calm and practice mindfulness