



Making Mental Health & Wellbeing,  
a Global Priority

# The Mind



1. Why are you in the School ?
2. What do you want to do ?
3. What do you want to have ?
4. What do you wanna become or achieve ?



STAY INSPIRED. GO, INSPIRE...

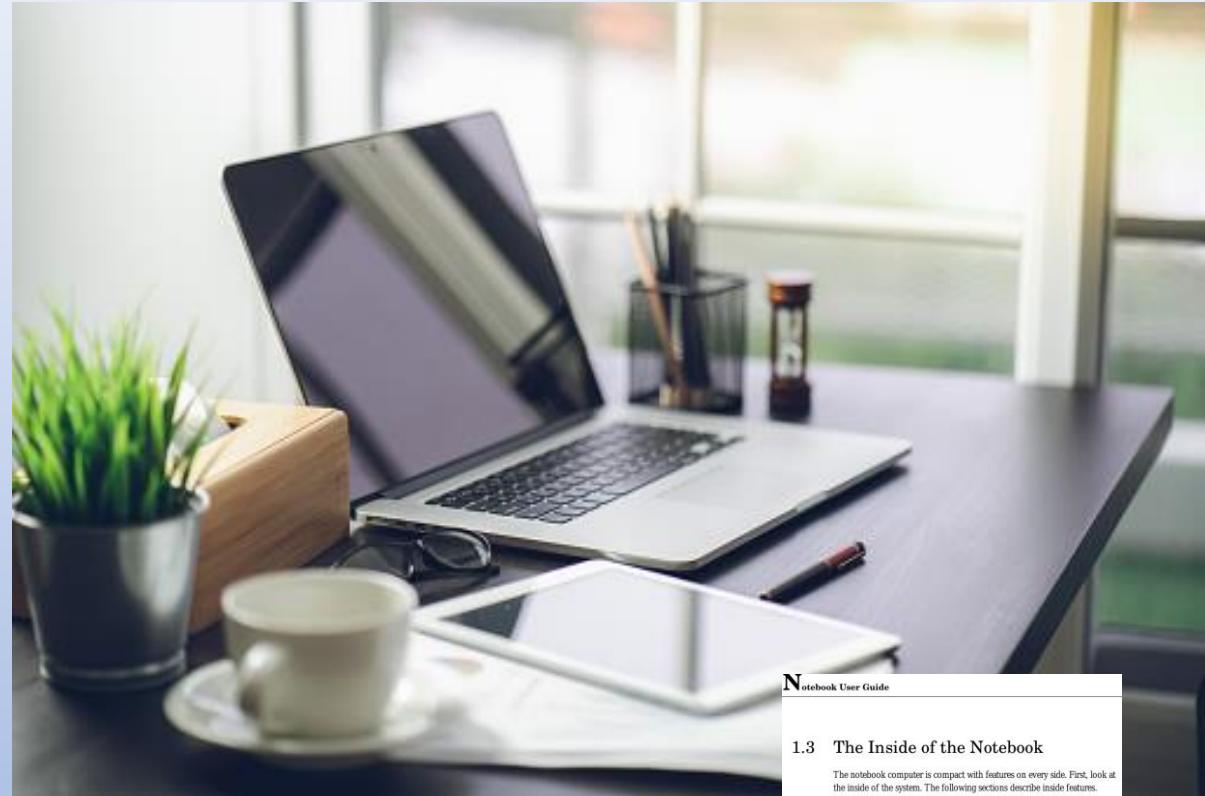


# The Mind



# When you Master your mind, you can master your life





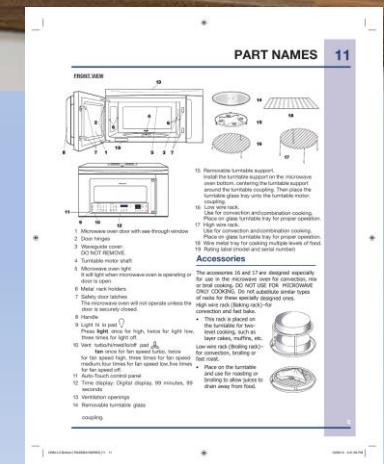
### Notebook User Guide

#### 1.3 The Inside of the Notebook

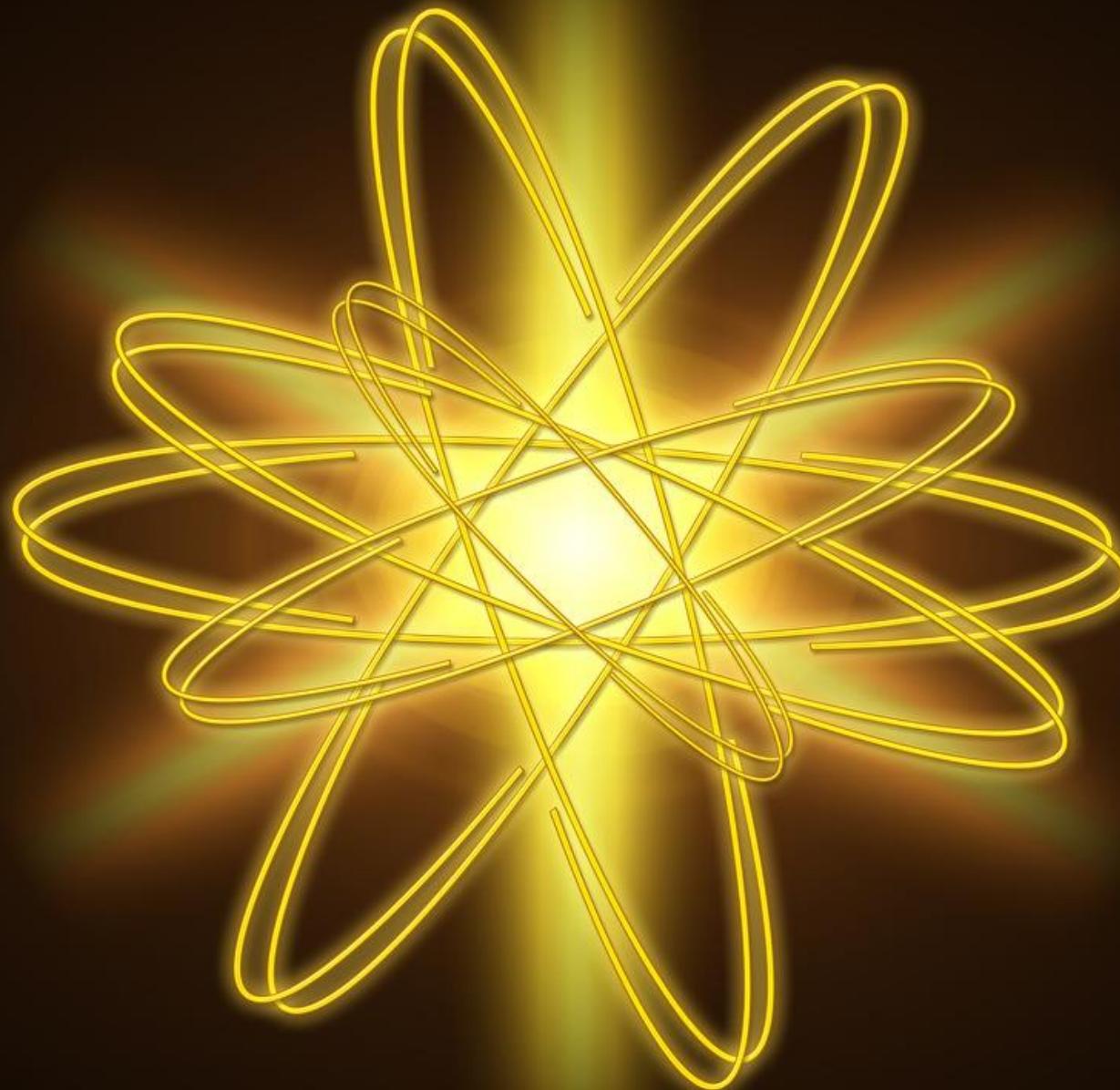
The notebook computer is compact with features on every side. First, look at the inside of the system. The following sections describe inside features.



- Color LCD Display
  - E-Mail Button
  - Touchpad Pointing Device
  - Cooling Fan Vent
  - Power Indicator
  - Color LCD Display
- The notebook computer comes with a color LCD that you can adjust for a comfortable viewing position. The LCD can be a 12.1" TFT Thin Film Transistor D-STN (Dual Scan Super Twisted Nematic) color LVDS with



# Energy





**STAY INSPIRED. GO, INSPIRE...**

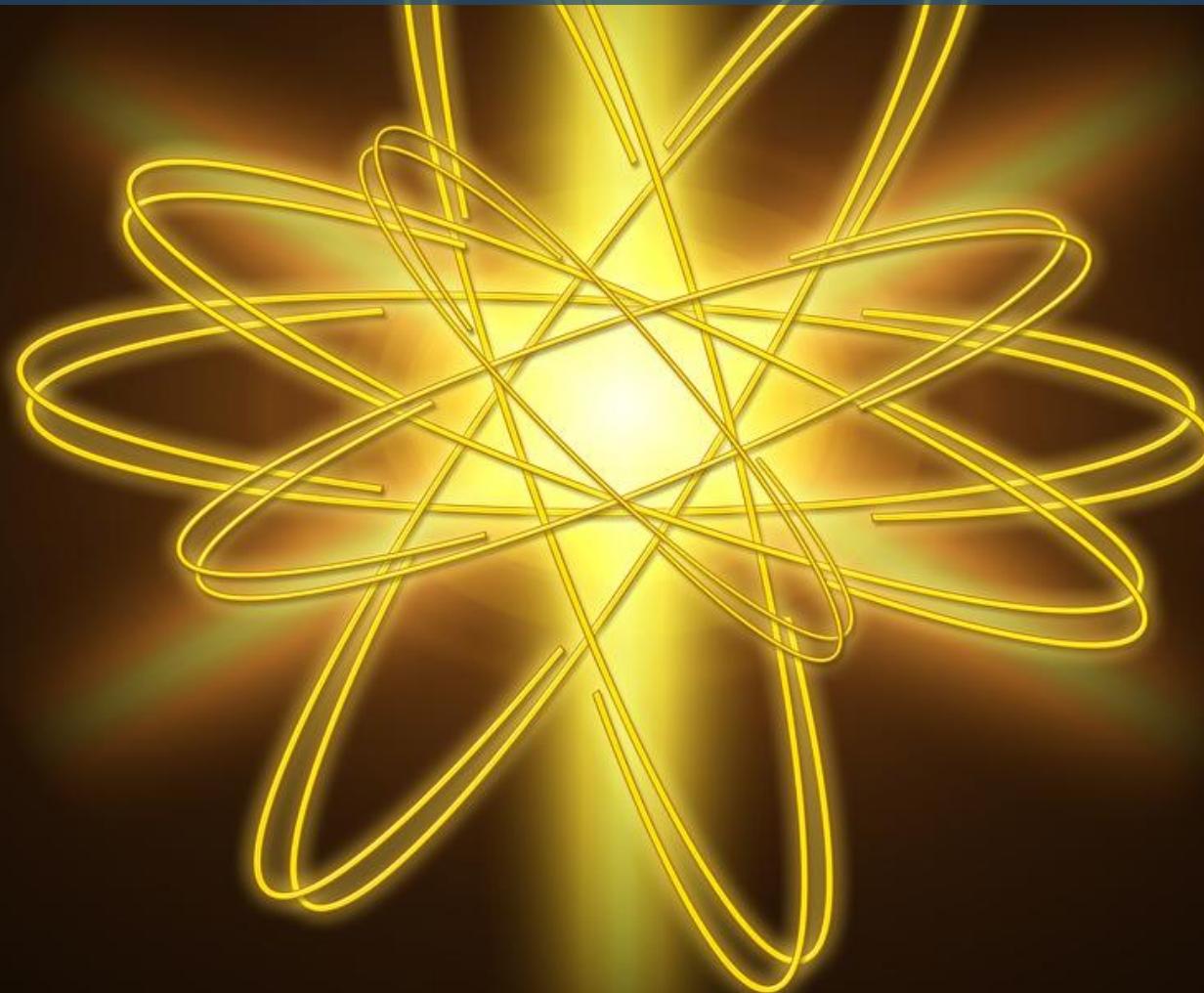
# Energy

Life is a manifestation of where we invest our Energy





# Energy is a finite resource



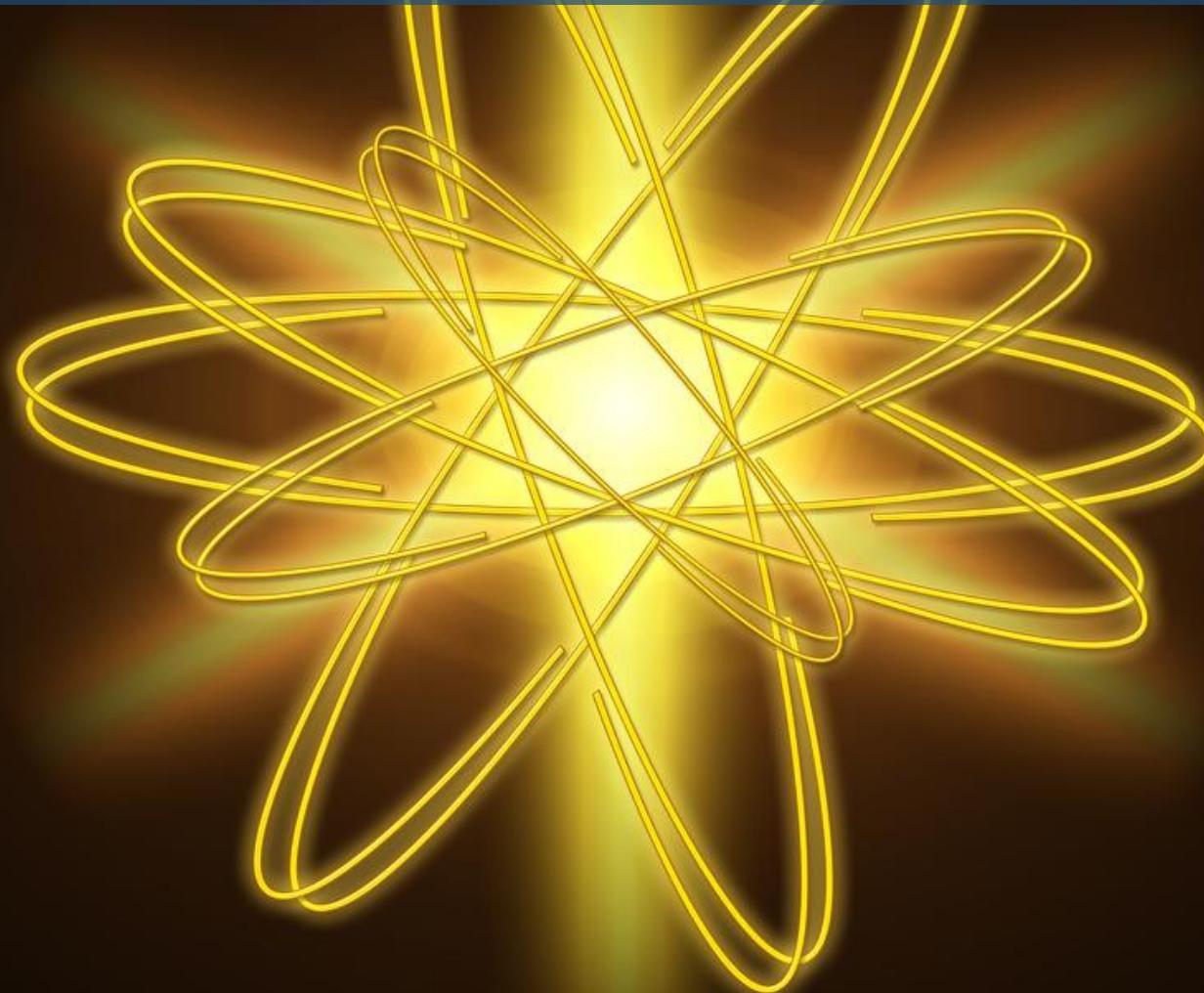
# What is equal among them ?



# Time



# Energy is a finite resource



# Where?



# How?

Where?

Purpose

Core Purpose

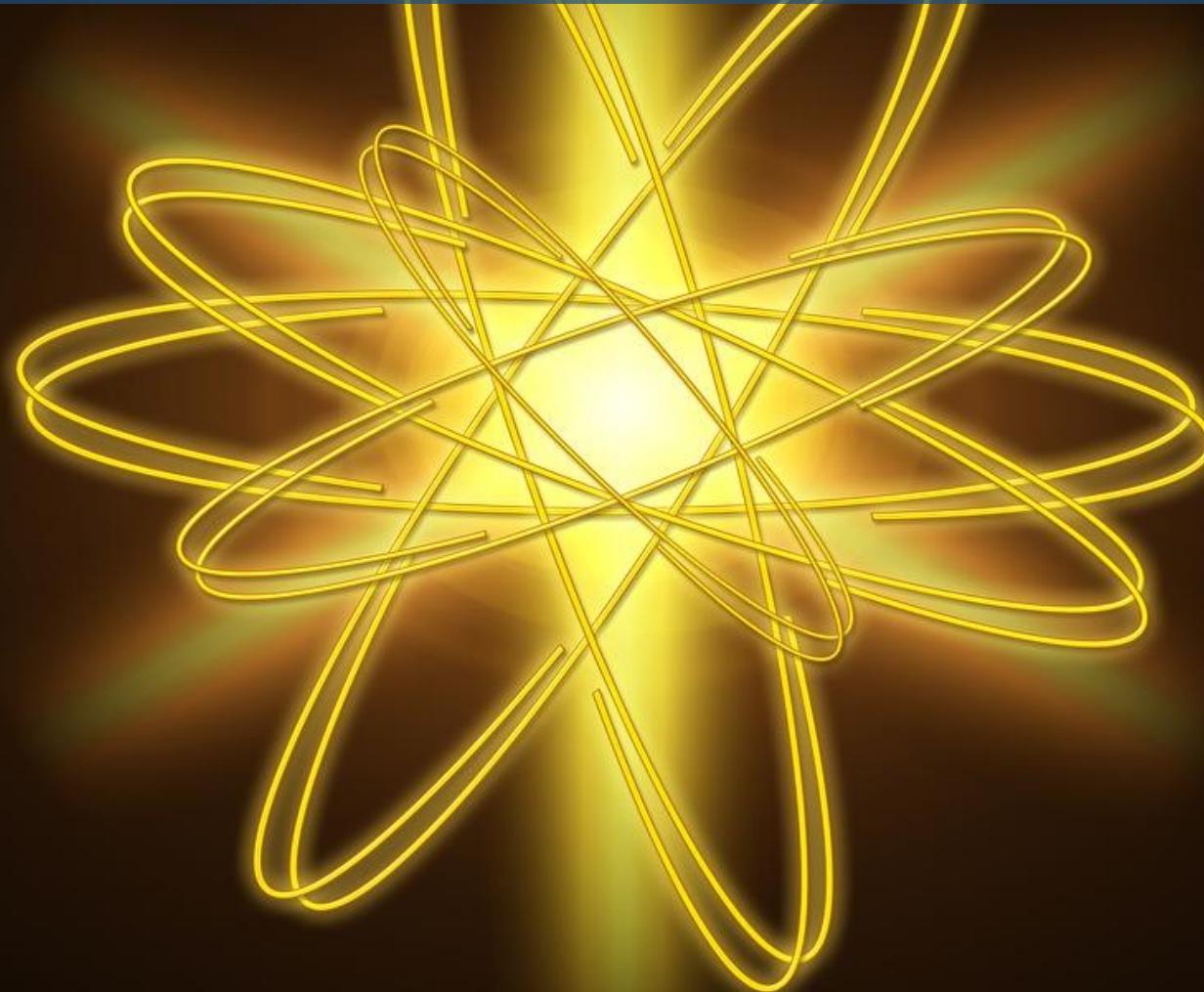
Sub Purpose

Where?

# Priorities



# Energy is a finite resource



# How..



How?



Awareness

# Awareness

Where your Awareness goes energy flows

# Concentration



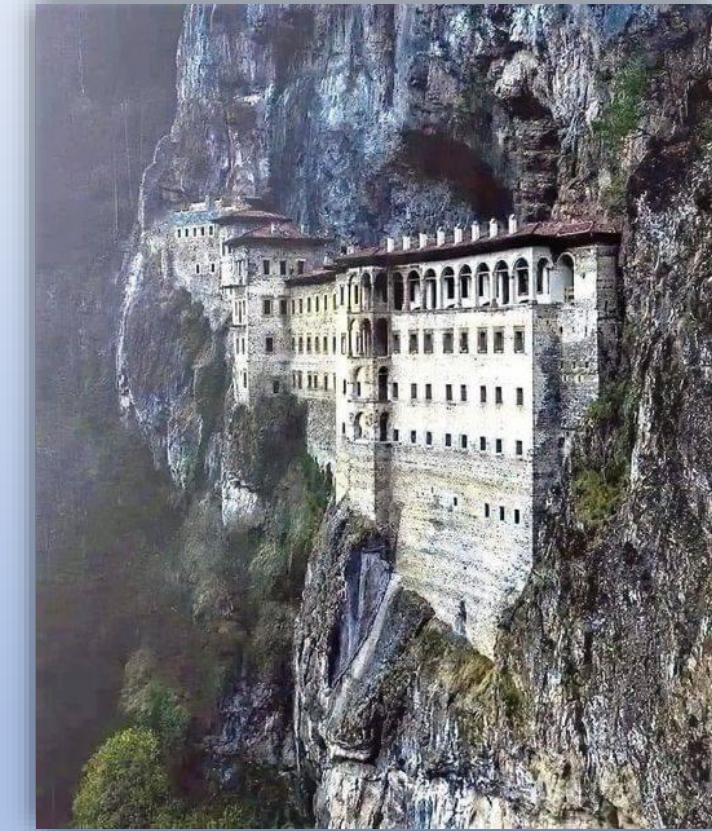
# Will Power



# Time



# Focus



# Time



# Focus



Where awareness goes, energy flows

Where energy flows, Life gets manifested into..

# Summary

Manage your mind to manage mental health

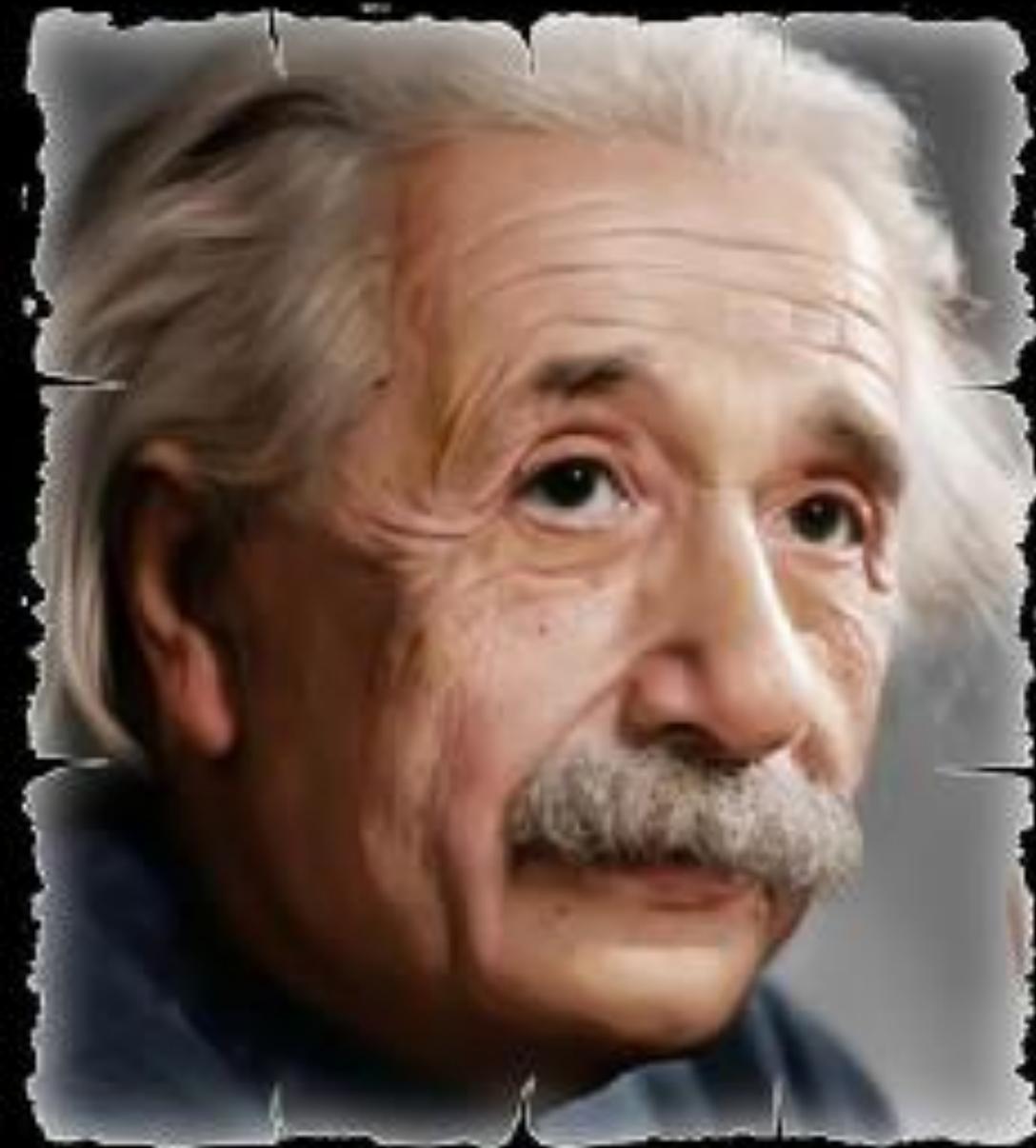
Master your mind to master your life

Understand energy in understanding mind and life  
**Life is a manifestation of where we invest our Energy**  
Energy is a finite resource

Core purpose and priorities will drive energy

Differentiate awareness from mind

Use concentration and will power to focus your energies of mind rightly



**Student is not a  
container you have  
to fill but a torch you  
have to light up.**

**Albert Einstein**  
(Theoretical Physicist, 1879 - 1955)

Q&A