***Instructions:-***

1)The two challenges:

a)Red pill

b)Blue pill

2) **RED PILL**:- represents awakening to a harsh reality.

"The more points you earn, the more daring the challenges become; point deductions involve similar risks and consequences, so choose your actions wisely."

* Earn Points for Daring Actions: The more daring the action, the higher the points earned.
* Point Deduction for Risky Choices: Every task or challenge in the program has a set time limit. If the time limit is exceeded, **points will be deducted** as a penalty for not completing the task within the designated time frame.
* Completion and Reflection: At the end of the challenge, reflect on your actions. Review the points you’ve accumulated, the risks you took, and the lessons learned.

3)***BLUE PILL:-*** comfortable but false illusion.

**“**Safe, less daring, fewer points, easier tasks, minimal penalties, minimal growth”

* **No Extreme Consequences**: : The Blue Pill allows you to complete tasks without worrying about facing major setbacks or penalties.
* **Fewer Rewards**: The points earned are usually fewer

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