**TIME WORDS**

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| Chronon | One - billionth of a trillionth of a second. |
| Femto Second | 0.000000000000001 of a second. |
| Pico second | 0.000000000001 of a second (one – trillionth) |
| Nano second | 0.000000001 of a second (one – billionth) |
| Micro second | 0.000001 of a second (one – millionth) |
| Milli second | 0.001 of a second (one – thousandth)(The blink of an eye takes 50 - 80 milliseconds) |
| Centi second | 0.01 of a second (one hundredth) |
| Second | 1/60 of a minute |
| Minute | 60 seconds |
| Hour | 60 minutes |
| Day | Sunrise to Sunrise, Sunset to Sunset, Midnight to Midnight |
| Week | Seven days also called **sen night** or **seven nights**. |
| Fortnight | Two Weeks (14 Nights) |
| Month | 4 Weeks, 1/12 of a Year 28, 29, 30 or 31 days depending on the month |
| Bi- mester | Two Months |
| Trimester | Three Months |
| Year | 365 1/4 days, 52 Weeks or 12 months. |
| Solar Day | The time it takes for a place on the earth directly Facing the sun to make one revolution and return to the same position. (23 hours 56 minutes) |
| Solar Year | The time it takes for an earth to make a complete Revolution around the sun, equal to 365.24219 solar days (or) 365 days, 5 hrs 48 minutes, 45.51 seconds also called a tropical year or astronomical year. |
| Leap Year | 366 days. |
| Decade | 10 Years also called a decennium. |
| Century | 100 Years |
| Millennium | 1000 Years also called a Chiliad. |
| Bi-millennium | 2000 Years |
| Era | A period of time measured from some important event. |
| Aeon or Eon | Usually thousands of years. |
| Epoch | A geological era or very long period of time.  In geology and astronomy it is one billion years. |

**WINNER Vs LOSER**

The **winner** is always a part of the answer

The **loser** is always a part of the problem.

The **winner** always has a plan

The **loser** always has an excuse

The **winner** says “let me do it for you”

The **loser** says “that is not my job”.

The **winner** sees an answer in every problem

The **loser** sees a problem in every answer.

The **winner** says “it may be difficult but it is possible”

The **loser** says “it may be possible but it is difficult”.

***“Do You Want To Become A Winner Or A Loser?”***