

7 DAILY HABITS THAT GOT ME 10X GROWTH



SWIPE TO KNOW MORE



1.

5 MINUTES GOAL VISUALIZATION



SWIPE



2.

15 MINUTES READING (NON-FICTION BOOKS)



SWIPE



3.

Manjunath MS
MIND PERFORMANCE COACH

**30 MINUTES OF
EXERCISE**

(MY FAV IS CYCLING)



SWIPE



4.

Manjunath MS
MIND PERFORMANCE COACH

5 MINUTES MEDITATION

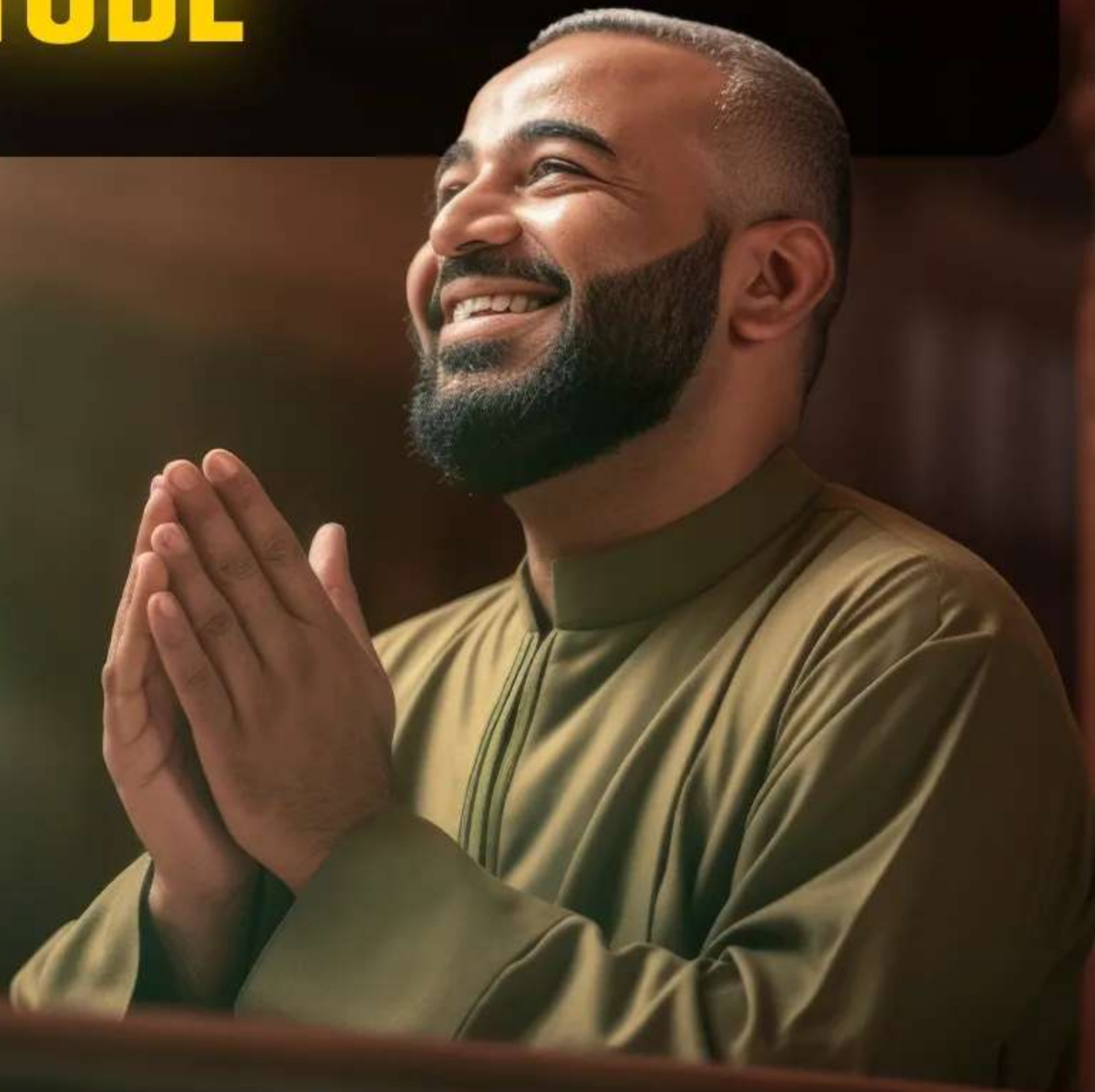


SWIPE



5.

5 MINUTES FOR AFFIRMATION & GRATITUDE



SWIPE



6.

Manjunath MS
MIND PERFORMANCE COACH

**WRITE DOWN 5 IDEAS
EVERYDAY**



SWIPE



7.

Manjunath MS
MIND PERFORMANCE COACH

1 HOUR OF FAMILY TIME

