

"Just face it with the SMILE"

☞ Schedule systematically

- Set timings for a prepared schedule/ plan
- Try your best to finish it within that stipulated time, so that you can move to the next one as per your schedule
- Do not overburden yourself by rushing through the things.



Be TUNED IN to know more.....

For more guidance & tips email to - smile@wellnessway4u.com