

MIND TRAINING SESSIONS SUMMARY

One easy and small technique to put to use right away and get results right away.

The quest is going to be
* Fast * Fun * Fulfilling

The entire Quest will be in four parts :
* Techniques and Tactics
* Toughness (Mental Toughness)
* Theory
* Tribe (Social Network, Share your learning with your Team as Together everyone achieves more)

Practice every single day, because Practice makes Progress and that makes the Learning Permanent

#Remember ! A SuperBrain is fast , agile, it has energy and strength.

Let's Learn Together and Grow Together

Today's action step :
Commit to Doing the Fun Homework Assignments



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