

MIND TRAINING SESSIONS

SUMMARY

The Sun is Up

- # In order to manage something you have to start measuring it
- # Basic Association
 - * Making a logical association between two things
 - * Memory works really well with the triggers or the reminders
- # Don't look for perfection, look for progress
Little incremental changes , even if 10% each day doesn't seem a lot but over a course of 30 days, it's a complete upwards graph and a new destination or a new destiny altogether!
- # There is no such thing as failure, just failure to learn.
So, try again to learn better and you won't fail.
- # Today's Action Step :
 - * Post your results in your groups and upload your results
Do a before and after
 - * Teach the Sun List to somebody and help them learn faster
 - * Try and come up with pictures or words for 21 to 30 or at least the names of how you can see an associated with names and numbers