

MIND TRAINING SESSIONS

SUMMARY

Implementation Day Juggling Exercise

- # Let's Use This Implementation day to do the following :
 - *Go through all the summaries shared with you so far.
 - *Review sessions for better understanding | Go through your notes | Let ' s review and revise all the concepts learnt so far.
 - *Let's do the pending work, any funwork that you have missed, complete that.
 - *Practice what you have learnt.
 - *Be active and share your progress within your groups.
- # What you practice in private, you are rewarded for in public.
- # As your body moves, your brain grooves | Learning the act of juggling actually boosts the Brain Power.
- # Soften your gaze and take more information in, and that's the similar gaze that you want to have while you're speed reading.
- # Pomodoro Technique | Schedule a Brain Break | Set your alarm, every 30 - 45 minutes, because that's about our attention span | Take a 5 minutes break - Hydrate, Stretch, do deep breathing and the Brain Exercises
- # Novelty and nutrition help the Brain to develop.
- # Task for the day
 - * Learn how to juggle and practice it a little bit each day.