

MIND TRAINING SESSIONS

SUMMARY

Implementation Day

Let ' s Use This Implementation day to do the following :

- * Go through all the summaries shared with you so far.
- * Do spaced repetition | Go through your notes | Let ' s review and reviewal | 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.

It's not what you do every so often it is what you do consistently that help you progress.

First you make your habits and then your habits make you

Morning Routine for the Win (Win the First Hour and you win the Rest of the Day)

- * Remember your Dreams
- * Make your Bed
- * Drink lots of Water
- * Brush your teeth with the opposite hand
- * Breathing Techniques | Get more Oxygen
- * Brain Tea
- * Physical Exercise
- * Mental Exercise
- * Brain Power Smoothie