

MIND TRAINING SESSIONS

SUMMARY

Five Levels Of Transformation

- # Here we learn how to integrate all our lessons into a Superbrain lifestyle.
- # The entire theme of this Quest has been "Transformation".
- # Transforming the brain, our memory, the way we learn and changing limitations into liberations.
- # There's no learning without memory
- # The Champion will push past the pain period
- # All Behaviour is Belief Driven
- # The Key to Better Comprehension is asking better questions
- # The 5 Levels of Transformation
 - * Environment - where and When
 - * Behaviour - What
 - * Capability - How
 - * Beliefs and Values - Why
 - * Identity - Who
- # Today's Task for the day
 - Review the model so far and pick the level you want to transform
 - Share and discuss in your respective whatsapp groups