

MIND TRAINING SESSIONS

SUMMARY

Implementation Day
Spaced Repetition Concept

Pat your back for all the learning you have done so far as it is not about perfection, it is about progress. Honor yourself, appreciate yourself and don't forget to be Kind to Yourself.

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 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.

Ask questions and doubts in your respective groups, amongst yourselves or ask me on any of your missed sessions.

Let's learn together. Let's grow together.