

Boredom is DEAD

- Boredom can be Destructive
- Boredom can be Constructive :
 - › Do something Challenging
OR
 - › Do something Creative
OR
 - › Do something to Help Others
OR
 - › Ask, how may I enjoy it MORE?

Small Doors Open into HUGE Rooms

- The PODIUM principles
- Sir Dave Brailsford
- British cycling team - Olympics 2008
- 7 out of 10 Gold Medals
- Repeated at London Olympics
- 1% better in one year becomes 3778% improvement
- The Power of Tiny Gains

Peak Performance

- Brain is an electro-chemical entity
- Tamsic | Rajasic | Sattvik
- Beta : Action + Negative Emotions
- Alpha : Peaceful + Open to learning + Observations at peak + Completely Relaxed
- Theta: Super Peaceful. You impact the environment
- Delta: Selfishness = Nil
- Meditation helps me to move from Beta to Alpha to Theta to Delta
- 5 Finger Prayers
- Focus on Breathing
- Sohum

In Search of a Role Model

- Noor Inayat Khan
- The Monkey Bridge
- Tu Peele Amiras Dhara
- Who is YOUR role model?
- Excellence happens to us when we have positive role models

No Breaking Point

- Lizzie Velasquez
- My looks do NOT define ME
- An important quality in life is COURAGE
- I will use what is hard in life and make myself BETTER
- I can cry about what is NOT right or I can be grateful about what is RIGHT

The Mantra of Success

- CRSE -
Consistent
Refined
Self- Motivated
Effort

BRAIN TATTOOS 2018