Day 3

4. Self

Mind

- Self Motivation
- Self confidence
- Visualize
- Ask believe receive
- Positive self talk
  - Tell to yourself you are progressing well
  - Every little helps
  - Focus on the progress
  - Focus on what you can do today

Body

- Sleep well
  - Your brain needs good sleep
  - Reorganizing, cleaning and storing happens when you sleep
- Meditate
  - Just close your eyes, and get the mental picture of the topics
  - Try to recollect the topics, early in the morning
- Do minimum 30 mins walking
- Listen to your Otter recording while walking or exercise
- Take breaks
  - Listen to meditation music
  - Visualize you are growing
- Swap your reading source (book to screen ratio)

5. CISSP mind set

6. Plan