

STUDY PLAN

SMART STUDY 3.0	TOPIC NAME	Time	DATE
	Let's unlearn before we learn	7 am - 8 Am	09.03.2025
	How can we change believe blocks?	7 am - 8 Am	10.03.2025
	Mini powerfull action	7 am - 8 Am	12.03.2025
	We study for the benefits of the future	7 am - 8 Am	13.03.2025
	Unrealistic target	7 am - 8 Am	16.03.2025
	Focus on result	7 am - 8 Am	17.03.2025
	The 3 secrets	7 am - 8 Am	19.03.2025
	How to gamify consistency?	7 am - 8 Am	20.03.2025
	How do create routine?	7 am - 8 Am	21.03.2025
	5 points of life	7 am - 8 Am	22.03.2025
	How do we meditate?	7 am - 8 Am	23.03.2025
	Meditation session 1	7 am - 8 Am	24.03.2025
	Meditation session 2	7 am - 8 Am	26.03.2025
	How can you be happy in your life?	7 am - 8 Am	27.03.2025
	Everything is possible if you have the will power	7 am - 8 Am	28.03.2025