

way of Visual communication

- Great Presentation
- improving memory







MY SKETCH NOTING!

ROTA

City

How?

How to find

3

1

2



Coffee

SUN

SHINE

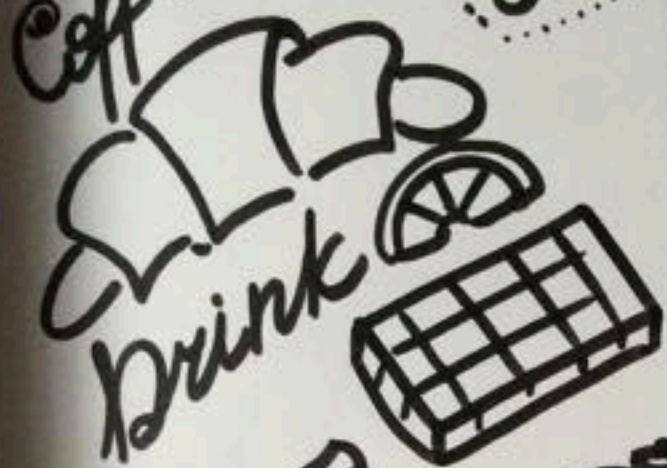


PHOTO CARD

%



Sweet

Sweet

Sweet





Like it

.com

.NET

SAMPLE

WELCOME!

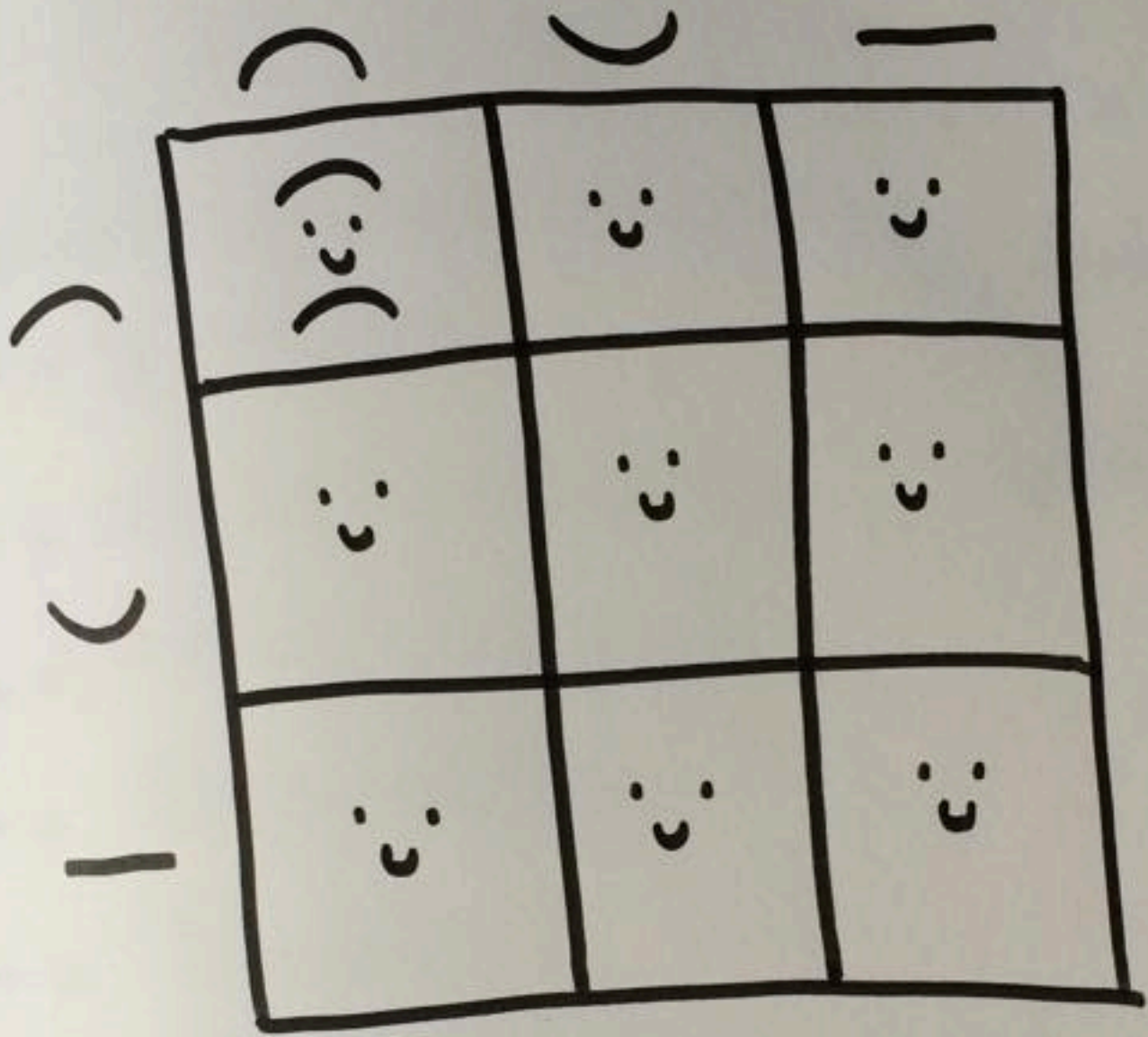
MEETING

→ PRACTICE icons

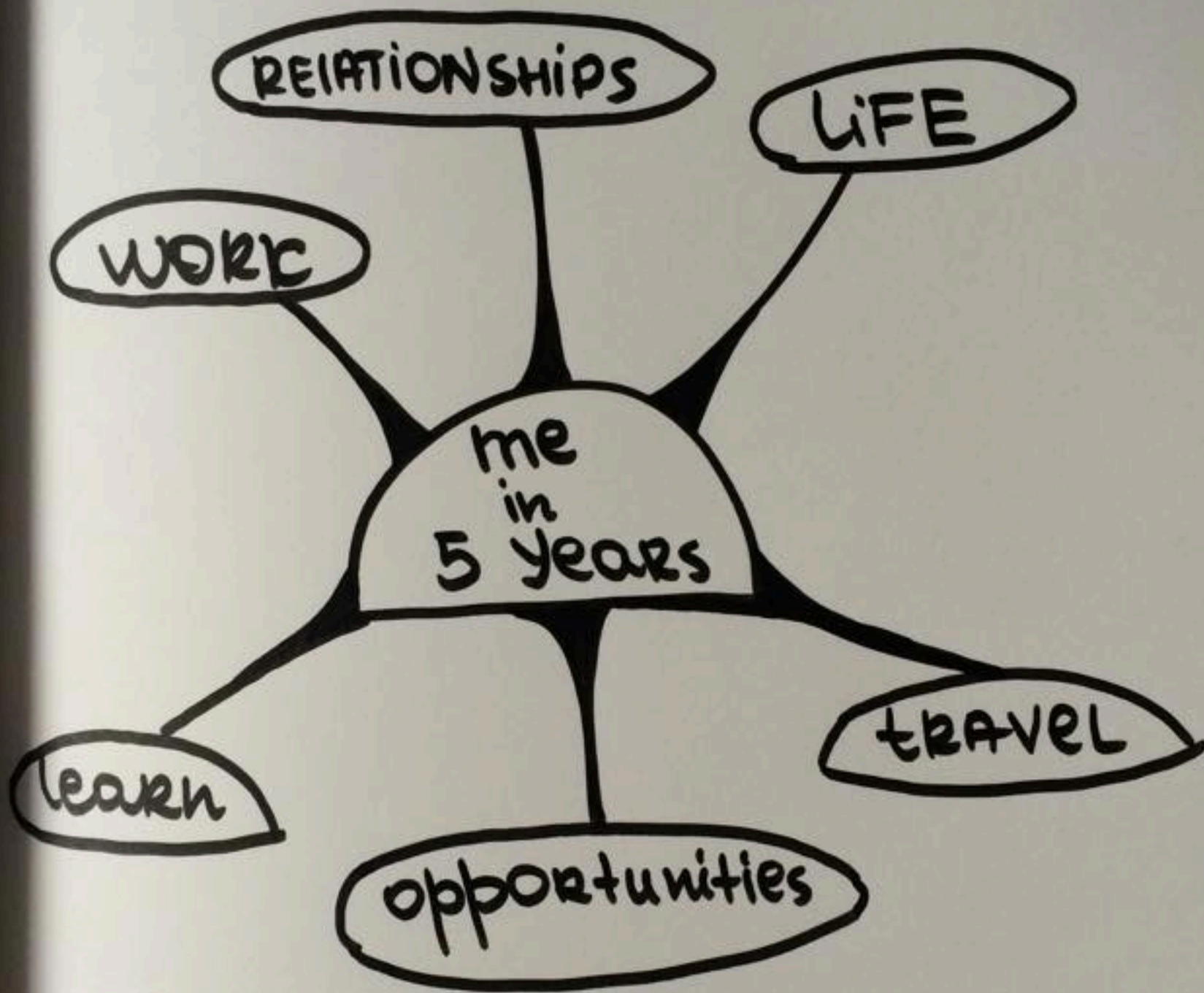
PERSON	time	travel
GOAL	tree	RESEARCH
DEADLINE	ROAD	HAPPY



# Emotions







S.M.A.R.T.E.R.

S - Specific

M - measurable

A - Attainable

R - Realistic

T - Timely

E - Exiting

R - Recorded

GOAL

# + "W" questions:

- o Who?
  - o What?
  - o Where
  - o When
  - o Which
  - o Why?
- o ?  
o ?  
o ?  
o ?

## 3 Kinds of Motivation:

① I must (negative emotions)

② I should (morality standards)

③ I want to (positive em.)

## Goal setting

- ① Use S.M.A.R.T.e.R.
- ② Share your story in public
- ③ What You'll get from it?
- ④ Whom you'll be?
- ⑤ What will be possible?
- ⑥ Is that your passion?
- ⑦ Who is your inspirator?
- ⑧ Disturbances for it?
- ⑨ Next step?
- ⑩ Evaluate yourself.

# Motivational TIPS:

- ① go out of your comfort zone
- ② make mistakes
- ③ think Positive 😊
- ④ choose to be HAPPY, joyful
- ⑤ Live NOW (fully)
- ⑥ Plan your future in details
- ⑦ Find an Inspiration
- ⑧ Visualise your goals
- ⑨ Be an Architect of your life
- ⑩ Tell other PPL about your Goal