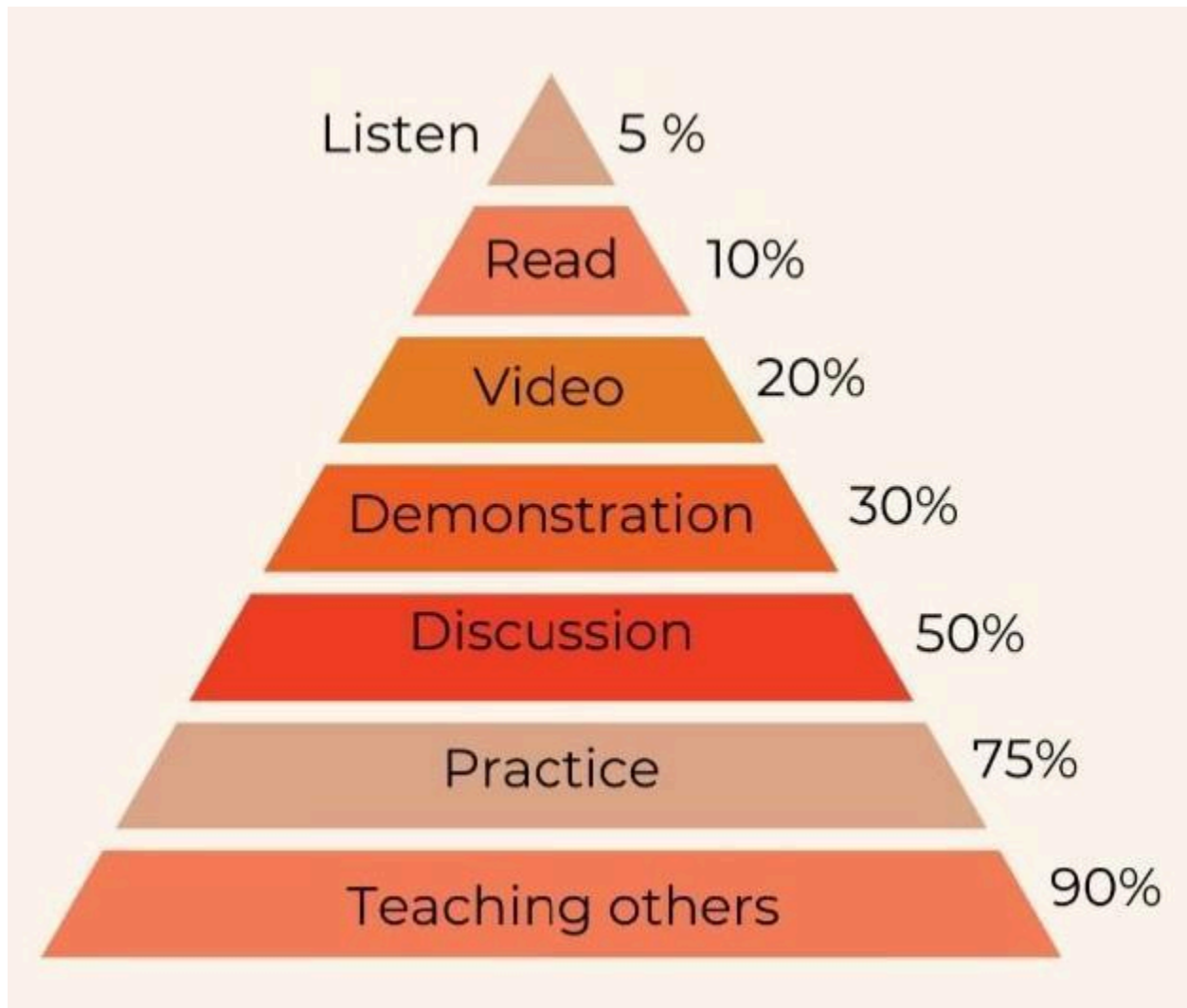


# Mental Mastery for Unstoppable Growth

## Section1- Personal Identity and Self Transformation

### Topic1- Pyramid of Learning



According to the **Pyramid of Learning**

- When you **listen** to a lecture only **5%** of it remains in our brain
- If you **read** it **10%** is stored

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- If you understand the lecture through **audio and visuals** 20% is stored
  - 30% through **demonstration**
  - 50% of the lecture remains in our brain through **discussions**
  - If we **practice** what we listened 75% of it remains stored
  - And if we **teach** others what we learned then 95% of the lecture stays in our brain!

### Basic Key Points of Learning

- Do not miss or skip the initial steps
- Strength is always in the base
- When you're not respecting the basic points or basic values, you're disrespecting your business
- For success you can't trick the system. This way you're only making yourself fool
- There is a difference between successful and unsuccessful people and that is **EFFORT**
- Those who are in a hurry and make no efforts, they do not succeed.

## “ Basic Fundamental of our System and its link with Learning ”

- The basic fundamental of our body is **Mindset**
- If there's a problem in our mindset, or it is not clear, you always become stuck in life
- If the base is weak i.e- if our mindset is not clear we will face issues and our goals will never be achieved.

## Conclusion

*Slow and steady wins the race.*

Instead of always being in a hurry it's better to do it gradually but with consistency.