



IYERS
MIND
CONTROL

IYERS MIND CONTROL

TIME MASTERY

AND

STRESS RELIEF

PERSONAL

IYERS
MIND
CONTROL



READING



YOGA



EXERCISE



MEDITATION

CAREER / FINANCIAL

MYERS
MIND
CONTROL



TRAINING



JOB



BUSINESS

SOCIAL/SPIRITUAL

YERS
MIND
CONTROL



FRIENDS

- URGENT (*IMMEDIATE*)

- IMPORTANT (*LONG TERM*)



Exercise



Saving

1. Use of more positive words.
2. Happiness meditation of past events.
3. Meditation with happy home, office, India.
4. Magic coin in the evening.
5. Magic of 15 Minutes.
6. Follow life management

WEEKLY PLANNER

YERS
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
P	P	P	P	P	P	
						SOCIAL WORK
					FAMILY	
				FRIENDS		

TIPS FOR STRESS RELIEF

YERS
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- It's okay to fail.
- 99 Gold coins.
- Morning ritual ---- Attitude of Gratitude.
- 15 Smiles, 5 Praise per day.
- Use positive affirmations.
- Enjoy remaining hours.
- Live for the day.
- Happiness/ Gratitude meditation.
- Depression/ Happiness.
- Ikigai

Regret

Anger

Joy

Fear

- Rules of happiness.

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ALL THE BEST