

ਰਜਿ: ਨੰ: 1147/2002

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

ਸਤਿਨਾਮੁ ਸਰਬ ਕਲਿਆਣ ਟਰੱਸਟ (ਰਜਿ:)

ਆਫਿਸ: ਫਲੈਟ ਨੰ 204 ਬਲਾਕ ਆਈ ਸੈਕਟਰ 117 ਵੈਲਿੰਗਟਨ ਹਾਈਟਸ ਟੀ.ਡੀ.ਆਈ ਐਸ.ਏ.ਐਸ ਨਗਰ ਮੋਹਾਲੀ

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ਹਰਿ ਕਾ ਨਾਮੁ ਰਿਦੈ ਨਿਤ ਧਿਆਈ ॥ ਸੰਗੀ ਸਾਥੀ ਸਗਲ ਤਰਾਈ ॥ ਇਸ ਪੰਗਤੀ ਤੇ 10 ਲਾਈਨਾਂ ਵਿਚ ਆਪਣੇ ਵਿਚਾਰ ਲਿਖੋ।

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ਤੇਰਾ ਕੀਆ ਮੀਠਾ ਲਾਗੈ ॥ ਹਰਿ ਨਾਮੁ ਪਦਾਰਥੁ ਨਾਨਕੁ ਮਾਂਗੈ ॥ ਇਸ ਪੰਗਤੀ ਤੇ 10 ਲਾਈਨਾਂ ਵਿਚ ਆਪਣੇ ਵਿਚਾਰ ਲਿਖੋ।

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ਵਿਦਿਆਰਥੀ ਦਾ ਨਾਂ ਤੇ ਹਸਤਾਖਰ

ਨੋਟ : ਇਸ ਪੰਨੇ ਤੇ ਵਿਦਿਆਰਥੀ ਆਪਣਾ ਨਾਂ ਲਿਖ ਕੇ ਹਸਤਾਖਰ ਜ਼ਰੂਰ ਕਰਨ।

Power of Focus

1. Laser is a focused energy which can easily cut the thick sheets of steel.
2. Sunrays focused through lens burn the paper.
3. Focused means concentration of energy at a proper place at proper time.
4. It is a total investment of mind and energy for a particular task.
5. When you are focused , you get better productivity.
6. One can be focused through persistent efforts through habits modification.
7. Prioritize your tasks and focus on most important activities to get best results.
8. Best performance can be achieved by ensuring optimum physical and mental health.
9. You normally get what you focus on. So focus on what you want.
10. Always your focus determines your reality.
11. Always focus on goals and not on obstacles or difficulties.
12. Focus on the possibilities of getting work done rather than fears of failure.
13. When you focus on the positives, you are on the path of success.
14. Focus on pushing yourself to the maximum to get the best results.
15. Have big ambitions and the focus on stretching your limits to achieve them.
16. Excuses never get results, focus on doing work.
17. You can have results or excuses not both. So always focus on results

How to Focus

1. Daily exercise for 30 minutes.
2. Meditate for 15-20 minutes.
3. Balanced nutritional diet (Fruits, vegetables and cereals)
4. Investing time in creational activities.
5. Invest quality time with family members and friends.