



An initiative to transform learners to become SELF-MADE . You are welcome and you now have a great tool 'take10' in your hands. The chances of you becoming more proficient will be multiplied from here.



ONE MINUTE PRACTICE

One Minute Practice is a induced habit, that focuses on accelerating **Punctuality, Positivity and Productivity** of an individual by spending one minute of the day.

Three simple steps to begin with,

1. Choose a specific one minute of the day based on your Convenience.

My one Minute is

2. Choose one or more one Minute activity for the specific one minute of the day.

My activity is

3. Perform it everyday on the same time, activity can differ but should be done on the same one min.

I do it everyday on the same time

Shade the days with one minute practice, leave it blank when you miss your one minute.

01 02 03 04 05 06 07 08 09 10

11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29

Rate your self ,



Want to know what your rating means, 7 star - Punctual, Positive and Productive, 6 star - Positive and productive, 5 star - Positive, 3 star - need to be Productive, 1 star - not Punctual.

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My one Minute is

6:00 - 6:30 AM

My activity is

Meditation

I do it everyday on the same time

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01	02	03	04	05	06	07	08	09	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	

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The above representation is an sample for One Minute Practice, Take Print out of Page 2 and Start your One Minute Practice !



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