

**5 Chhoti Chije Jo
Tum Abhi Kar
Sakte Ho To Avoid
Failure.**

[@TheMayankNegi](#)

1. Feedback ko gold samjho

- Jab bhi koi feedback mile, note karlo
- Formula: Write – Apply – Repeat
- Har baar thoda better ho jaaoge.

2. Daily 10 min clarity session

- Din ke shuru ya end me 10 min nikal lo. Ek page par likho: “Mera focus aaj kya tha? Kya achieve karna hai?”
- Tumhari direction clear hone lagegi.

3. 2-Minute Discomfort Challenge

- Roz ek chhoti uncomfortable chij karo.
- Example: bina phone ke walk, new skill try.
- Comfort zone todna hi growth ki shuruat hai.

4. Time Blocking

- Apna din 2-3 blocks me divide karo (Study / Work / Rest)
- Har block me bas usi block ka kaam karo dusre ka nahi.
- Tumhari productivity double ho jaayegi.

5. Daily Reflection

- Raat ko ek simple sawaal likho:
“Aaj maine kya seekha?”
- Ye habit tumhe self-aware banayegi aur progress track karvayegi.

Ye 5 chije tumhe abhi se clarity aur focus dene lagengi.

PDF sambhal ke rakhna kho mat dena..

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