

Making Mental Health & Wellbeing, a Global Priority

The Mind



STAY INSPIRED. GO, INSPIRE...

1. Why are you in the School ?
2. What do you want to do ?
3. What do you want to have ?
4. What do you wanna become or achieve ?



STAY INSPIRED. GO, INSPIRE...



The Mind



STAY INSPIRED. GO, INSPIRE...

When you Master your mind, you can master your life





Notebook User Guide

1.3 The Inside of the Notebook

The notebook computer is compact with features on every side. First, look at the inside of the system. The following sections describe inside features.

1 ● Color LCD Display	6 ● Internet Button
2 ● E-Mail Button	7 ● Status LED Indicator Panel
3 ● Touchpad Pointing Device	8 ● Power On/Resume Button
4 ● Cooling Fan Vent	9 ● Keyboard
5 ● Power Indicator	10 ● Battery Charging LED

- Color LCD Display
 The notebook computer comes with a color LCD that you can adjust for a comfortable viewing position. The LCD can be a 12.1" TFT (Thin Film Transistor) DSTN (Dual Scan Super-Twisted Nematic) color LVDS with



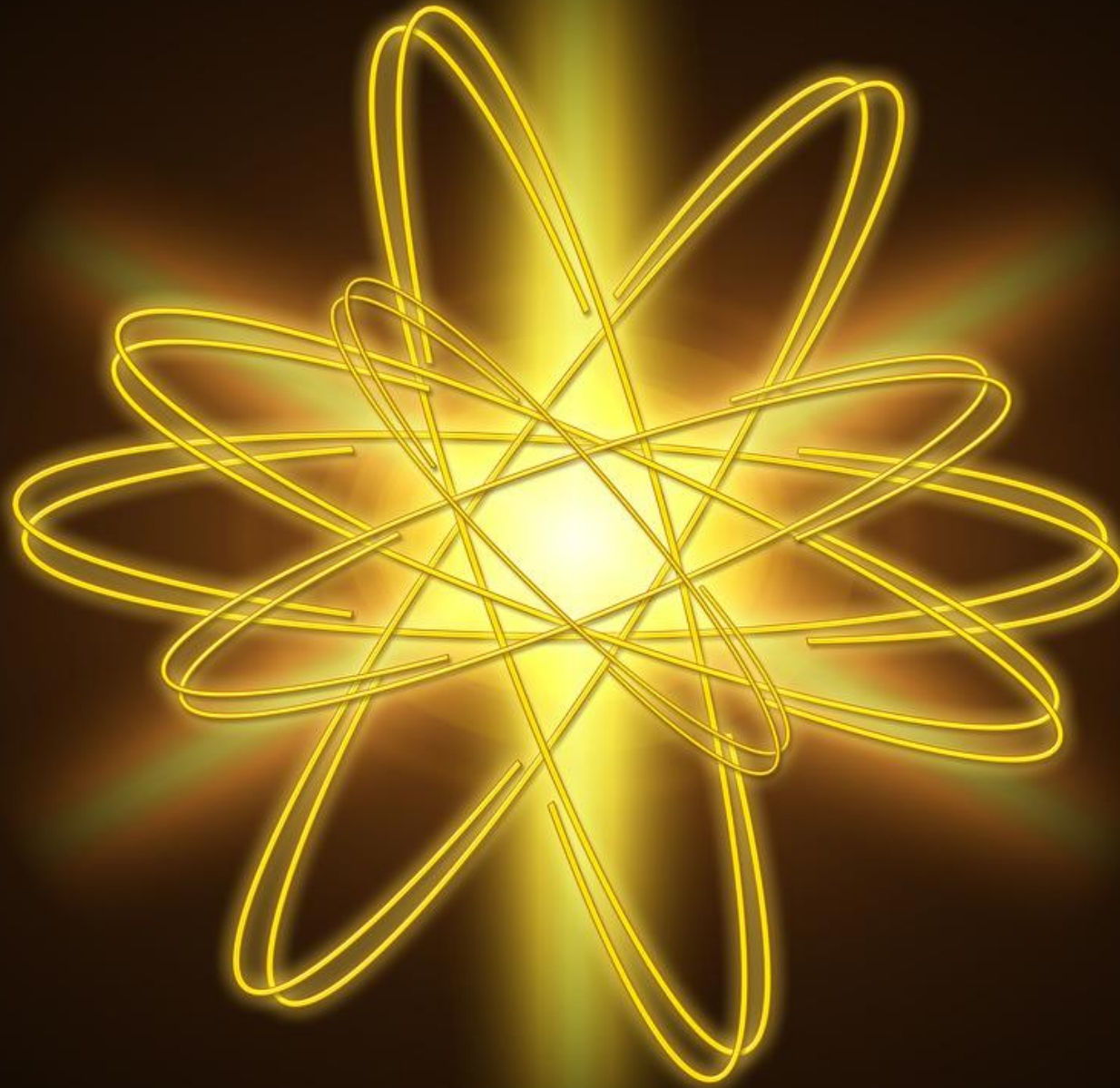
PART NAMES 11

1 Microwave oven door with ease-through window
 2 Door hinges
 3 Microwave cavity
 4 Turntable motor shaft
 5 Microwave oven light
 6 In right corner microwave oven is operating, door is open
 7 Status door lock
 8 Microwave oven will not operate unless door is securely closed
 9 Handle
 10 Light is in part 11
 11 Push light on for high, below for light low, then turn on light off
 12 Vent exhaust hood and fan
 13 Use when fan is used for extra cooling for high speed for fan speed
 14 Push fan button for fan speed for extra cooling
 15 Auto-Reset control panel
 16 Cook display: digital display 60 minutes, 60 seconds
 17 Microwave opening
 18 Removable turntable glass coating

Accessories

15 Removable turntable support
 16 Removable turntable support for the microwave oven
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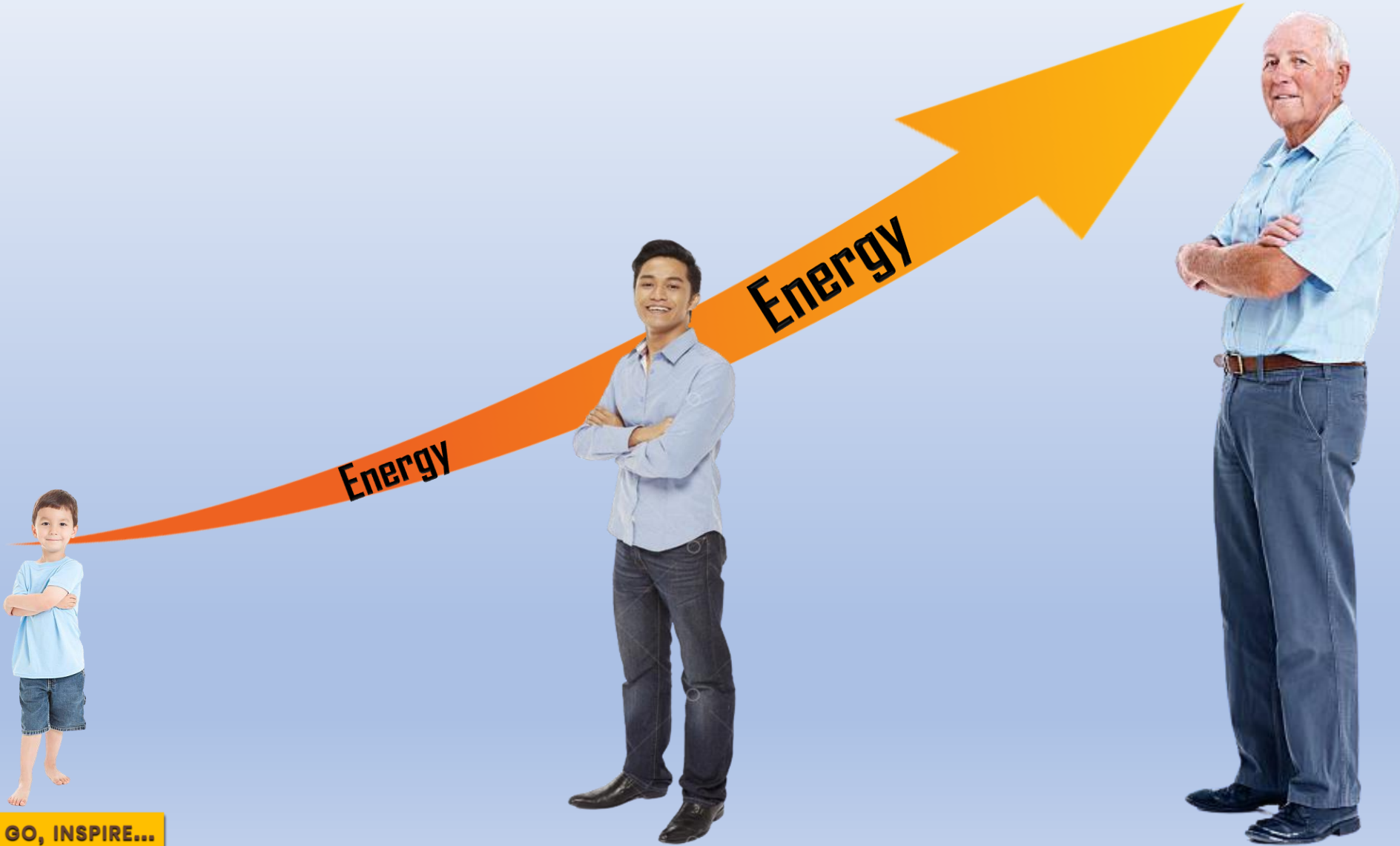
Energy



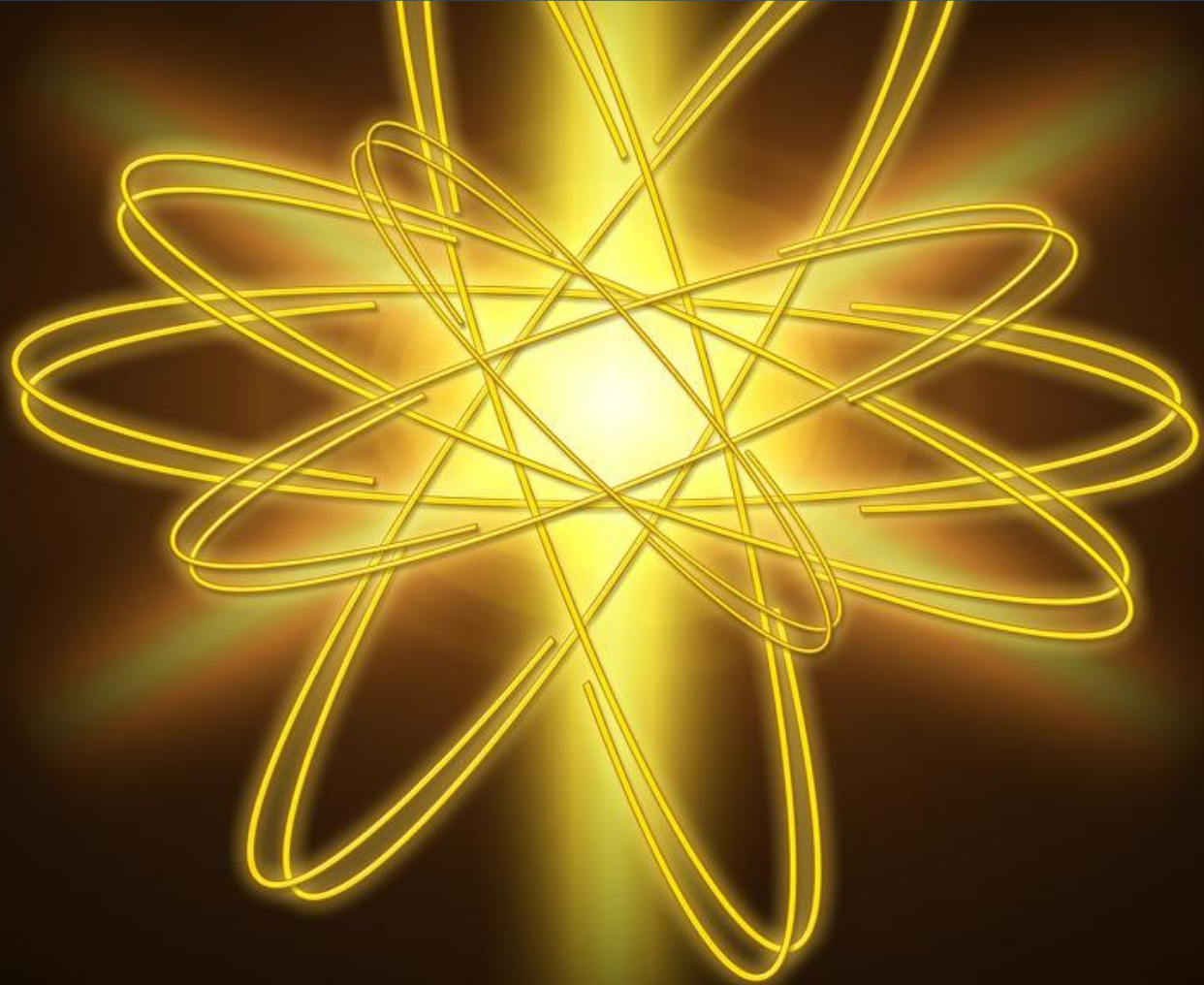


Energy

Life is a manifestation of where we invest our Energy



Energy is a finite resource



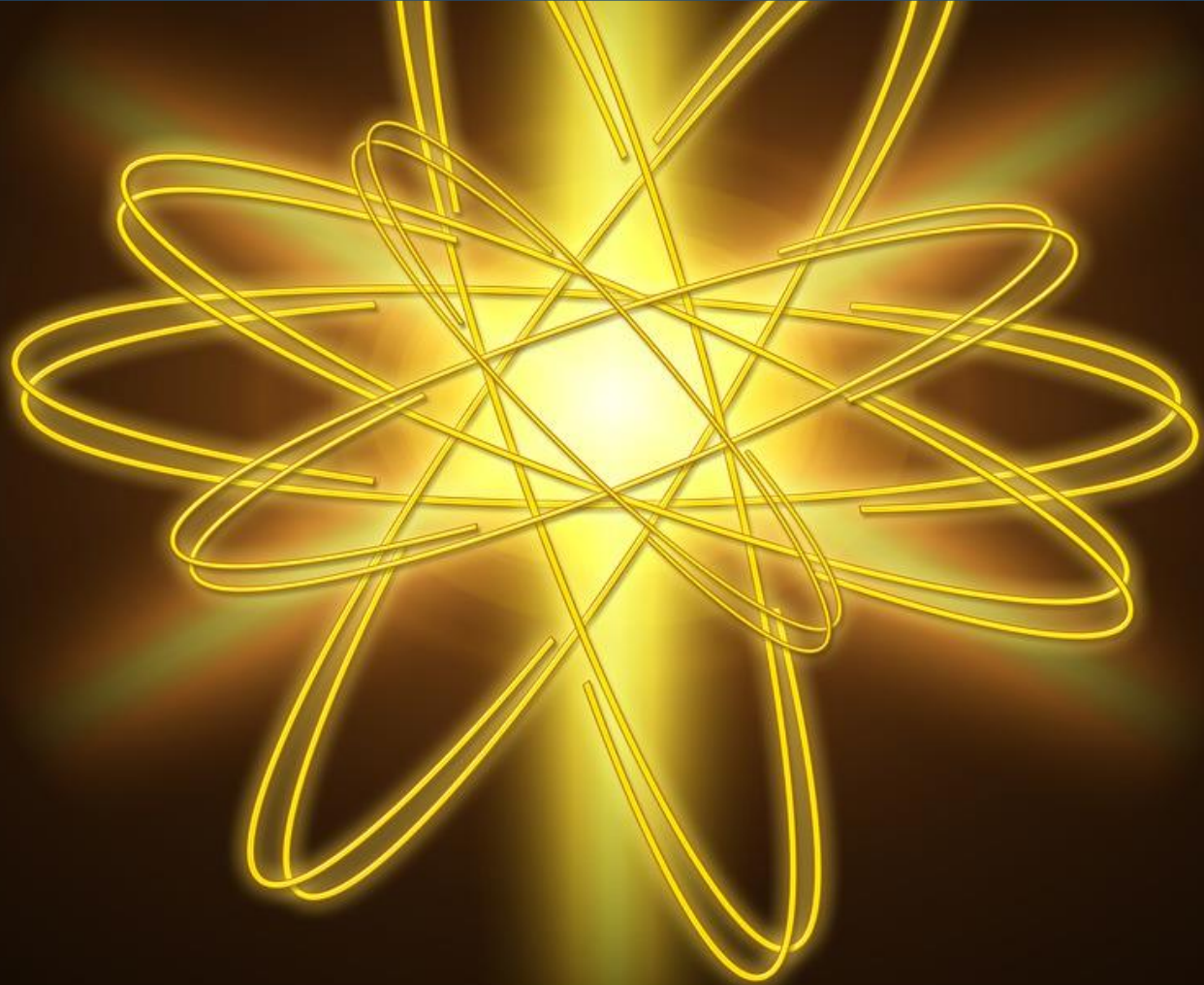
What is equal among them ?



Time



Energy is a finite resource



Where?



How?

STAY INSPIRED. GO, INSPIRE...

Where?

Purpose

Core Purpose

Sub Purpose

Where?

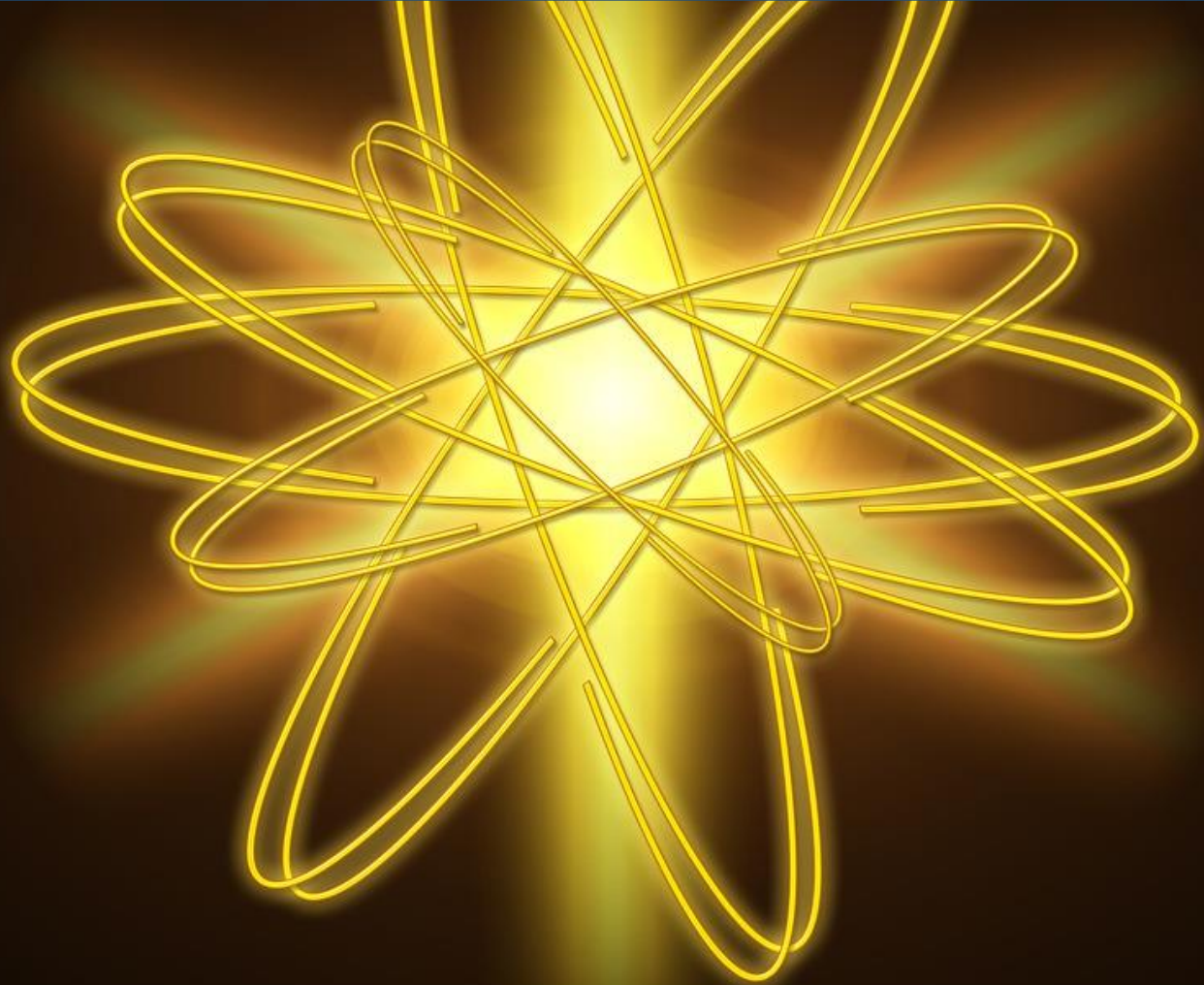
Priorities

PERI
@
PERSONAL
MASTERY

STAY INSPIRED. GO, INSPIRE.

STAY INSPIRED. GO, INSPIRE...

Energy is a finite resource



How..



How?

Awareness

Awareness

Where your Awareness goes, energy flows

Concentration

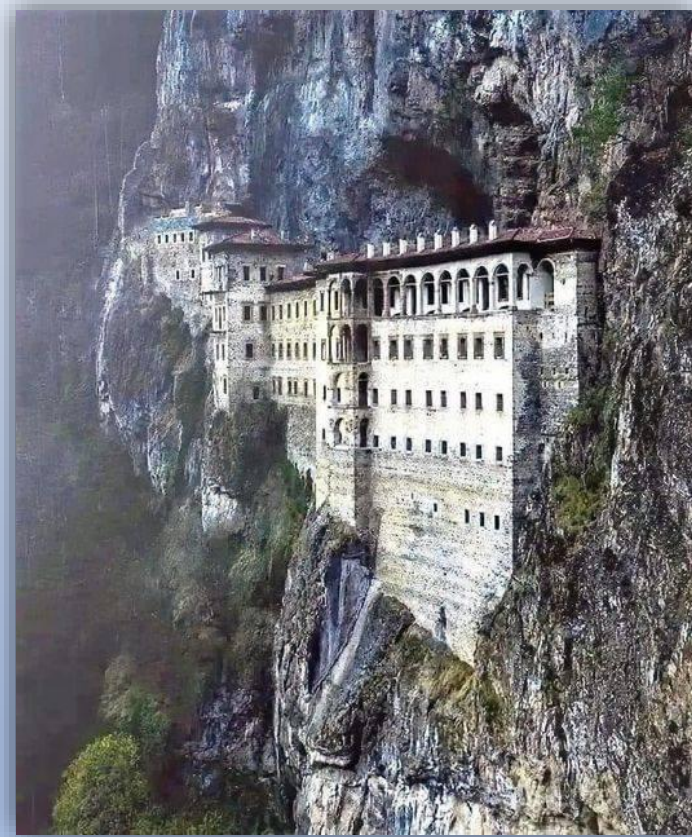


Will Power

Time



Focus



Time



Focus



Where awareness goes, energy flows

Where energy flows, Life gets manifested into..

Summary



Manage your mind to manage mental health

Master your mind to master your life

Understand energy in understanding mind and life

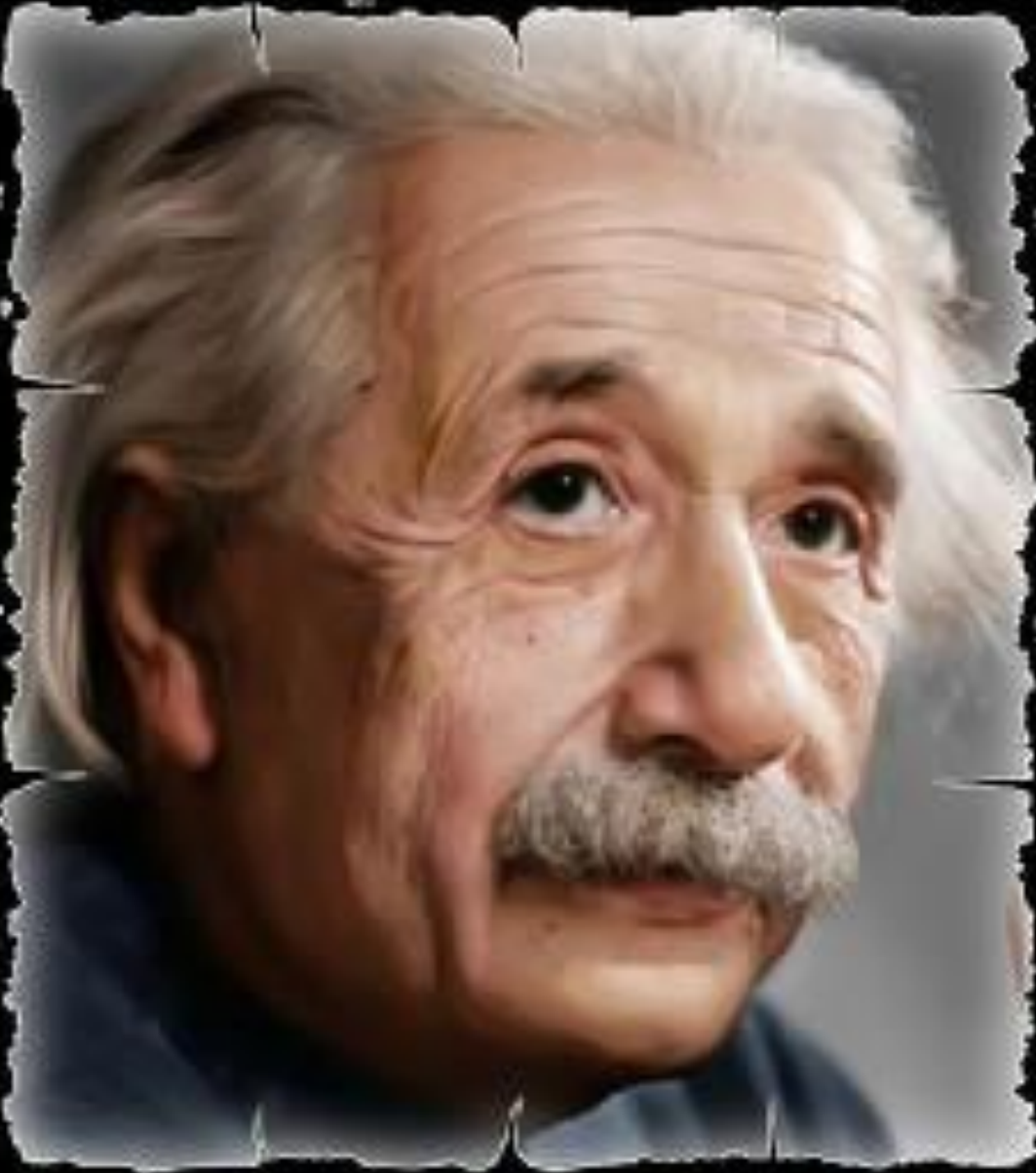
Life is a manifestation of where we invest our Energy

Energy is a finite resource

Core purpose and priorities will drive energy

Differentiate awareness from mind

Use concentration and will power to focus your energies of mind rightly



**Student is not a
container you have
to fill but a torch you
have to light up.**

Albert Einstein
(Theoretical Physicist, 1879 - 1955)

