

# WORKSHOP #2 - LIFE CHANGING HABITS

A Framework to reduce the *GAP* between *KNOWLEDGE* & *HABIT*

## #3 RIGHT USE OF MEDIA

WHAT ARE THE 3 LOSSES / FAILURES YOU GOT DUE TO OVERUSE / MISUSE OF MEDIA? (TV, Video Games etc.)

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Which are the 3 unnecessary Medias you will stop using completely? (Tik-tok, Twitter, Snapchat, etc.)

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WHAT ARE THE ALTERNATIVE ACTIVITIES. YOU WILL GET ENGAGED IN, TO GET FREE FROM THE UNNECESSARY USE OF MEDIA ?


What is your BIG GOAL in life ?

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**#4 INVEST YOUR TIME****ARE YOU INVESTING YOUR TIME OR WASTING YOUR TIME?**

**Write any 2 Skills you developed during last 2 Months**  
(If you have answer then you are investing your time)

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**WHAT UNNECESSARY & UNPRODUCTIVE ACTIVITIES YOU ARE DOING WHICH WASTE YOUR TIME?**


**HOW WILL YOU INVEST YOUR TIME?**

**Write any 2 Skills you will develop in next 2 Months**  
(Which can make you victorious like Arjun in future)

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