

How to remove  
restrictions?

Let's talk about procrastination and the 72 Hour Principle, which refers to how information moves through the layers of memory in the human cerebral cortex.

The top layer contains the latest information and is used intuitively, but after 72 hours, there is a slow decline in activity and information passes to the second layer, where it is stored but not used as frequently. If information is not used from the second layer, it moves to the third layer, which is long-term memory. Experts suggest reviewing plans and ideas every 72 hours to prevent them from being forgotten and to consistently take steps towards achieving them.

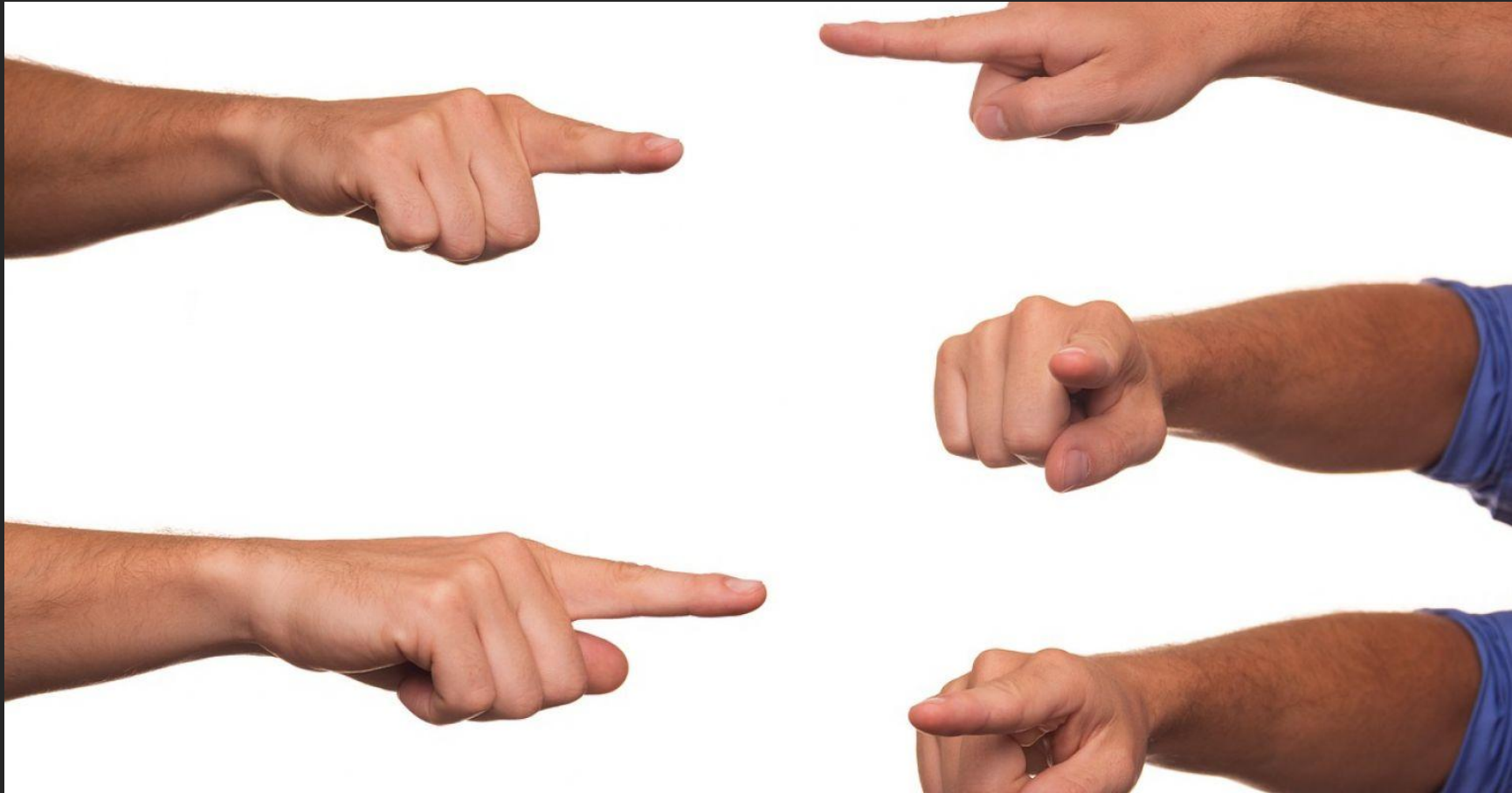
Experts emphasize the importance of sincerity and emotional connection in communication and suggests that personal example is a more effective form of education than explanation. Experts encourage constant mind training and exercise for the development of thinking, memory, intuition, confidence, looseness, and self-esteem.



**BREAK  
THE  
LIMITS**

Some people tend to blame external factors for their misfortunes instead of taking responsibility for their actions. Blaming others or circumstances does not solve any problems and may lead to a negative response. We should examine their own flaws and take steps to improve themselves rather than looking for someone else to blame.

Mutual understanding and cooperation are the keys to success, and people should strive to understand others and work towards common goals



- Self-confidence is essential for achieving goals.
- Don't hesitate to take action when you decide to do something.
- Surround yourself with successful, purposeful people.
- Review your plans regularly and take the first steps towards implementation.
- Take responsibility for your failures and work on improving yourself.
- Don't make excuses for your poverty, failures, family issues, or lack of results.
- Your weaknesses are the main reason for your failures, so focus on self-improvement.

Sources:

Davlatov S. (2009) "Me and money. The psychology of wealth"(232pages) ,  
Publisher: Sultanberdiev A.A.

Thank you for your attention!