



# 3 GREATEST HABITS

that can change mankind!

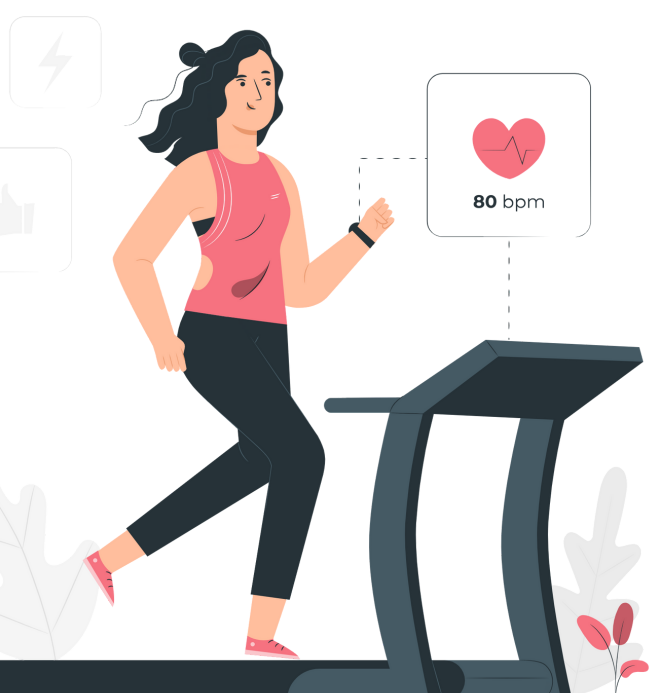


## READING

Reading is for your brain. You gain knowledge and wisdom by reading and you will always stay on pace in this ever-growing world

## MEDITATION

Meditation is for your soul. You improve your focus and calmness by meditating. It will always keep you mindful in this diversified world



## WORKOUT

Workout is for your body. You improve your physique and body health by exercising everyday. It always gives you a healthy life when growing up.