

禪

!□□□□□ □□ □□□□□□ □□□□ □□ □□□□□□□□

[illegible]

000000 00 00 0000 00 00000 00000 0000 000 000000000000 0000 000000 00 00 0000000 0000000000 00 00 0000 00
0000 0000 000 000000 00000 00000 00000 0000000 00 000000 00000 .0000000 0000 000000000 000 0000000 00
00000 000 00 00 0000000 0000 00 00 0000 8 0000000000 000000 00 .00000 00000000 00000 0 00000 00000000
:
:





1- **How to achieve your goals**

There are many ways to achieve your goals. Some people are very organized and plan everything out in advance. Others are more spontaneous and go with the flow. The key is to find a method that works for you. Some people prefer to work alone, while others prefer to work in a team. The important thing is to stay motivated and keep pushing forward. Remember, achieving your goals is a journey, not a destination.

2- **How to overcome challenges**

Challenges are a natural part of life. They can be difficult, but they can also be opportunities for growth. When you face a challenge, it's important to stay calm and think clearly. Break the problem down into smaller, manageable pieces. Take one step at a time and don't be afraid to ask for help. Remember, every challenge you overcome makes you stronger and more resilient.



-3 3000000 0000 00 0000

0000 00000000 0 000000 00 .000000 0000 00 0000000 000000 000000 00 00 0000 000000 00 0000000
0000000 00 000000 0 00000000 0000 0000 0000 00000000 00000000 0000 00 0000 0000 00 0 000000000
00000000 000 0000000 00 000000 00000000 00 000000 00 00 000 000 0000 0000 .0000000 0000 000000000
0000 00 00 0000000000 0000 000000 0000 00 0000000 0000 0000 00 0 0000 0000 0000 000000 00 00 00 0000000000
.0000 000000 00000000 00 0000000000 0 0000000 0 00000000 0000000

-4 00000000 0000 00 00000000 00000 000000 00 00000

0000 0000 0000 .0000 00000000 0 0000 00000 00000 000000 00000 00000 00000 00000 00000 00000 00000 00000 00000
00 .0000000 00000000 00 000000000 00 000000000 0 00000000 00000000 000000 00000 000000000 0000 .00000000
00 000000000 00 00 00000 00 00000 00000 00000000 0000 0000000000 00 00 000000000 0000 00000 000000 0000
.000000 00000 000000 00 00000 00 00000 0000000 000000000 0000 0 0000000 000000000 00000 0000000000 0000000000



-5 00000000 0000 00 00000 0000 0000 00 0000000

000000 00000000000 000000 00 000000 0000000000 0000 00000 000000 0000 0 000000 0000000 0000000000
00 00000 0000 0000 00 0000 00000000 000000 0000000 000000 0000000 00 000000 00000 00 00000 0000 000000 0000
0000000000 000000 00 000000000 00000 00 0 000000 000000000 0 00000 00000000 00000 0000 .000000 0000 000000
.00000 00000000

-6 00000000 0000 00 0000000 00000000 00 0000

0000 00000 00000 00 0000 00 0000000000 0000000 00 0000 00 .0000 0000000000 0000 00 00000000 0000 00 00000000
0000 00000 00000 0000000 00 00 00000 0000 00000000 00000000 00000 00 0000 00000 00 .0000000000 00000
00000 0000000000 0 00000 00000000 00000000 00000000 00 .00000 000000 00000 00 0000 00000 00000 0000000000
.00000 00000000000000 0000 00000000 00000000 0000 0 0000000 00000 0000000000

<https://www.shabakeh-mag.com/success-and-entrepreneurship/7933/%D8%A8%D8%B1%D8%A7%DB%8C-%D8%B1%D8%B3%DB%8C%D8%AF%D9%86-%D8%A8%D9%87-%D9%85%D9%88%D9%81%D9%82%DB%8C%D8%AA-%D8%A7%DB%8C%D9%86-%DB%B8-%DA%86%DB%8C%D8%B2-%D8%B1%D8%A7-%DA%A9%D9%86%D8%A7%D8%B1-%D8%A8%DA%AF%D8%B0%D8%A7%D8%B1%DB%8C%D8%AF>