



DOROTA FILIPIUK  
UMYSŁ • NAWYK • SUKCES

# Mastermind 2

## spotkanie 7





## O czym będzie dzisiaj?

- ▶ biohacking mózgu- super nawyki stylu życia
- ▶ wyzwanie językowe- gramatyka okiełznana
- ▶ przykłady idealnych nawyków efektywnej nauki



KNOWLEDGE  
≠  
POWER

---

KNOWLEDGE + ACTION  
=  
POWER

by  
JOHN ANTONIOS



# SUPER NAWYKI ZDROWOTNE







# OKOŁO 20 MINUT

Mózg nie wchodzi jeszcze w fazę snu głębokiego, której przerwanie skutkuje zmęczeniem i długą adaptacją do reszty dnia.

Drzemka 20-minutowa to drzemka energetyczna. Jest najbardziej efektywna.

- ❖  **dodaje energii**
- ❖  **polepsza nastrój**
- ❖  **regeneruje ciało**
- ❖  **wzmacnia wydajność**
- ❖  **obniża ciśnienie krwi**
- ❖  **uzupełnia niedobory snu**



- ❖  **wzmacnia kreatywność**
- ❖  **wycisza układ nerwowy**
- ❖  **redukuje stres**
- ❖  **reguluje pracę hormonów**
- ❖  **poprawia pamięć i koncentrację**



- 1 śpij około 20 minut
- 2 nie przedłużaj drzemki
- 3 ustaw łagodny budzik
- 4 wybierz cichy i ciemny pokój
- 5 ułóż się w wygodnym miejscu



## ZASADY DRZEMKI



## PORA DRZEMKI



### **Dobra:**

ok. 6 godzin po przebudzeniu



### **Zła:**

ok. 4 godziny przed nocnym snem



### **Pamiętaj:**

drzemka nie zastąpi snu w nocy – ten powinien trwać ok. 7-9 godzin













# Metoda Wima Hofa









## Oddychanie

- ▶ Usiądź wygodnie lub połóż się
- ▶ Weź głęboki wdech
- ▶ Wypuść powietrze, jednak nie rób pełnego wydechu



## Medytacja

- ▶ W momencie wykonywania treningu oddechowego
- ▶ Ćwiczenia z jogi
- ▶ Każdego dnia rano lub przed pójściem spać

## Ekspozycja na zimno

- ▶ Zaczynij od 5 s po każdym prysznicu
- ▶ Na zmianę ciepła i zimna woda
- ▶ Zaczynij od zimnej i skończ na zimnej



# ASHWAGANDHA







KAKAO







# MGŁA UMYSŁOWA





A surreal image of a man in a brown corduroy suit, a blue and white striped shirt, and a blue tie. Instead of a head, there is a large, fluffy white cloud. Several small black birds are flying around the cloud. The background is a bright, hazy sky with a sun or moon visible on the right side.

# Brain Fog

## Screening



# WYZWANIE JĘZYKOWE



# English: work

## English verb 'work' conjugated

[Cite this page](#) | [Conjugate another English verb](#)



### Nominal Forms

**Infinitive:** to work

**Participle:** worked

**Gerund:** working

### Cognates

See the [6 cognates of work](#)

### Indicative

#### Present

I	work
you	work
he;she;it	works
we	work
you	work
they	work

#### Perfect

I	have worked; wrought
you	have worked; wrought
he;she;it	has worked; wrought
we	have worked; wrought
you	have worked; wrought
they	have worked; wrought

#### Past

I	worked
you	worked
he;she;it	worked
we	worked
you	worked
they	worked

#### Pluperfect

I	had worked; wrought
you	had worked; wrought
he;she;it	had worked; wrought
we	had worked; wrought
you	had worked; wrought
they	had worked; wrought

### Subjunctive

#### Present

I	work
you	work
he;she;it	work
we	work
you	work
they	work

#### Perfect

I	have worked; wrought
you	have worked; wrought
he;she;it	have worked; wrought
we	have worked; wrought
you	have worked; wrought
they	have worked; wrought

#### Imperfect

I	worked
you	worked
he;she;it	worked
we	worked
you	worked
they	worked

#### Pluperfect

I	had worked; wrought
you	had worked; wrought
he;she;it	had worked; wrought
we	had worked; wrought
you	had worked; wrought
they	had worked; wrought

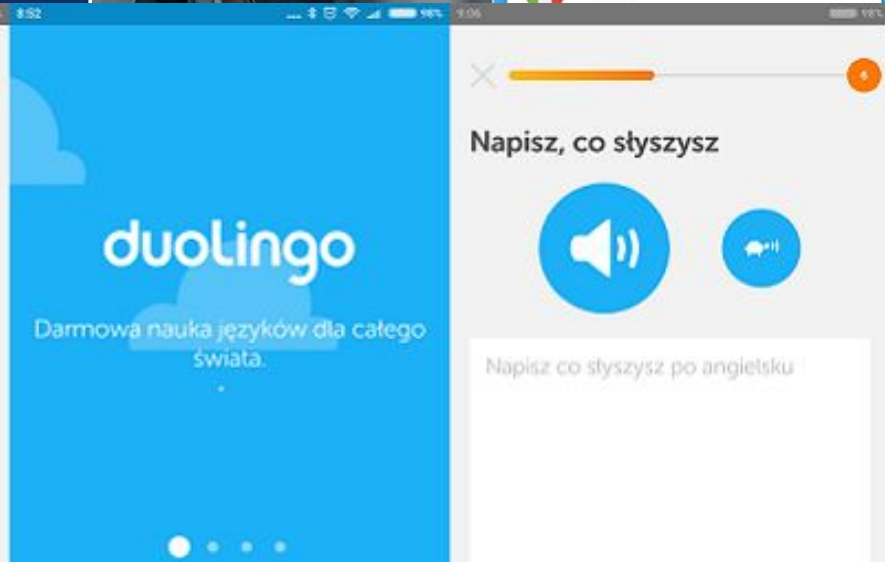
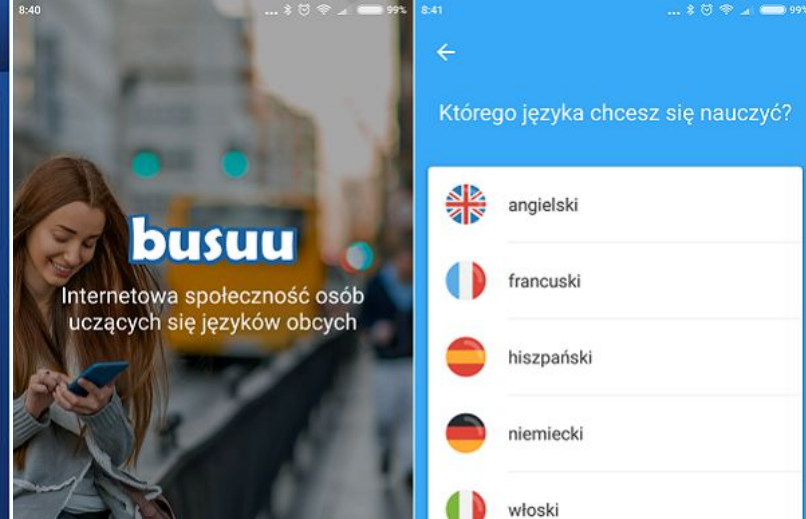
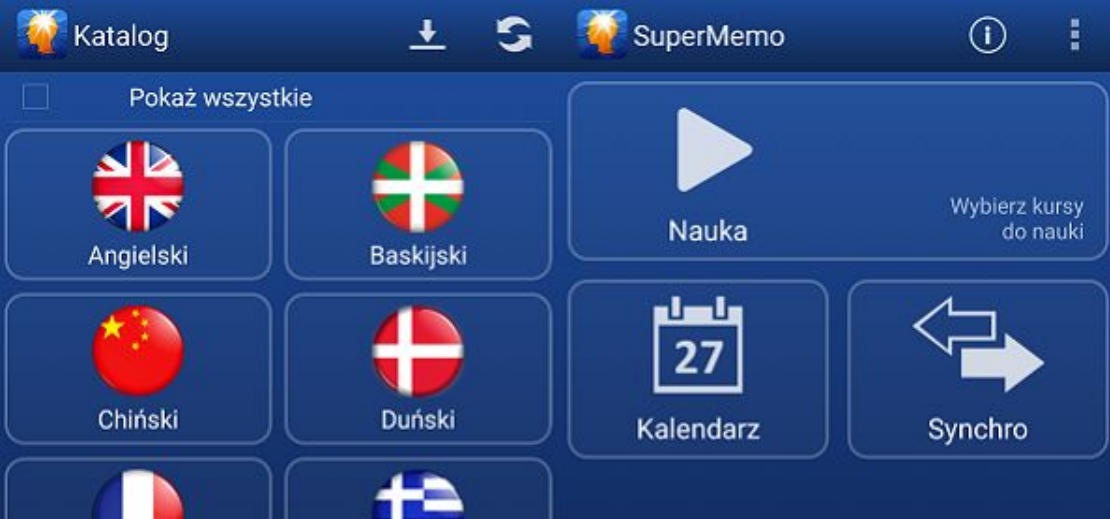


## English Tenses

Legend: S = Subject    O = Object    V = Verb (V<sub>1</sub> = present / V<sub>2</sub> = past / V<sub>3</sub> = past participle)

Tense / Form	Past	Present	Future
<b>Simple</b>	<ul style="list-style-type: none"> <li>- Past events and situations</li> <li>- Something that happened before now</li> <li>- Something that continued for some time in the past</li> <li>- Uses: "Verb-ed."</li> <li>- S + V<sub>2</sub> ± O</li> <li>- I ate pizza yesterday</li> <li>- I worked</li> </ul>	<ul style="list-style-type: none"> <li>- Something that is unchanging, general, scheduled or happening at certain intervals.</li> <li>- To express habits or general truth or facts</li> <li>- Something happening regularly in the present</li> <li>- Something happening continually in the present</li> <li>- Uses: "verb" / "verb+s"</li> <li>- S + V<sub>1</sub> ± O</li> <li>- I eat pizza everyday</li> <li>- I work</li> </ul>	<ul style="list-style-type: none"> <li>- Something that will happen later than now.</li> <li>- To indicate an action, condition, or circumstance which hasn't taken place yet.</li> <li>- We use 'going to' when we want to talk about a plan for the future.</li> <li>- If you are making a future prediction based on evidence in the present situation, use 'going to.'</li> <li>- Use 'will' to talk about future events we believe to be certain.</li> <li>- We use 'will' at the moment we make a new decision or plan. The thought has just come into our head.</li> <li>- When we want to talk about future facts or things we believe to be true about the future, we use 'will'.</li> <li>- Uses: "will + verb," "is going to + verb."</li> <li>- S + "will" + V ± O</li> <li>- I will eat pizza tomorrow.</li> <li>- I will work</li> </ul>
<b>Continuous</b>	<ul style="list-style-type: none"> <li>- Something that got interrupted by an event or a time.</li> <li>- To indicate uncompleted action of the past</li> <li>- To indicate persistent habits of the past</li> <li>- Something which happened before and after a given time in the past</li> <li>- Uses: "Was" + verb-ing</li> <li>- S + "was/were" + (V+ing) ± O</li> <li>- I was eating pizza when you arrived.</li> <li>- I was working</li> </ul>	<ul style="list-style-type: none"> <li>- Something that is happening now or in the near future.</li> <li>- To show that something in the present is temporary</li> <li>- For something happening regularly in the present before and after a given time</li> <li>- For something happening before and after the moment of speaking</li> <li>- Uses: "Is" + verb-ing</li> <li>- S + "am/is/are" + (V+ing) ± O</li> <li>- I am eating pizza right now.</li> <li>- I am working</li> </ul>	<ul style="list-style-type: none"> <li>- Something that will be interrupted by an event or a time.</li> <li>- To indicate what will be going on at some time in the future.</li> <li>- To indicate planned future events.</li> <li>- Uses "will be" + V-ing and "is going to be" + V-ing</li> <li>- S + "is/are" + (V + ing) ± O</li> <li>- I will be eating pizza when you arrive.</li> <li>- I will be working</li> </ul>
<b>Perfect</b>	<ul style="list-style-type: none"> <li>- Past perfect simple to talk about what happened before a point in the past.</li> <li>- It looks back from a point in the past to further in the past.</li> <li>- Uses: "had" + verb-ed</li> <li>- S + "had" + V<sub>3</sub> ± O</li> <li>- I had eaten all of the pizza when you arrived.</li> <li>- I had worked</li> </ul>	<ul style="list-style-type: none"> <li>- Present perfect when we want to look back from the present to the past. (talk about events with connection to present)</li> <li>- An action happened at an unspecified time before now (i.e. experience, accomplishment, change over time, uncompleted action)</li> <li>- Uses: "have/has" + verb-ed</li> <li>- S + "have/has" ± V<sub>3</sub> ± O</li> <li>- I have eaten all of the pizza</li> <li>- I have worked</li> </ul>	<ul style="list-style-type: none"> <li>- To indicate an action that will be completed or occur before another event takes place in the future.</li> <li>- It can also show that something will happen before a specific time in the future.</li> <li>- Uses: "will have done" and "be going to have done" + verb-ed</li> <li>- S + "will have" ± V<sub>3</sub> ± O</li> <li>- I will have eaten all of the pizza by the time you arrive.</li> <li>- I will have worked</li> </ul>
<b>Perfect Continuous</b>	<ul style="list-style-type: none"> <li>- Past perfect continuous to look back at a situation in progress.</li> <li>- Uses duration of time</li> <li>- Also can show cause and effect</li> <li>- Uses: "had been" + V+ing</li> <li>- S + "had been" + (V+ing) ± O</li> <li>- I had been eating pizza for 2 hours when you arrived. / I had been working / He was tired because he had been running.</li> </ul>	<ul style="list-style-type: none"> <li>- Present perfect continuous can be used to talk about an action or actions that started in the past and continued until recently or that continue into the future. (Unfinished activity)</li> <li>- Uses: "have/has" + been + V+ing</li> <li>- S + "have/has been" + (V+ing) ± O</li> <li>- I have been eating pizza for 2 hours.</li> <li>- I have been working</li> </ul>	<ul style="list-style-type: none"> <li>- To indicate an action that will have happened for some time and will not be complete yet at a certain point in the future.</li> <li>- Something will continue up until a particular event or time in the future.</li> <li>- Uses: "will have been doing" and "be going to have been doing" + Verb-ing</li> <li>- S + "will have been" + (V+ing) ± O</li> <li>- I will have been eating pizza for 2 hours when you arrive.</li> <li>- I will have been working</li> </ul>

	Tenses	Structure	Example
01.	Simple Present Tense	Subject + Verb (v1) + es/es	She <b>reads</b> book in library.
02.	Present Continuous Tense	Subject + is/am/are + Verb(+ing)	I <b>am studying</b> in a high school.
03.	Present Perfect Tense	Subject + Has/have + Verb (v3)	He <b>has made</b> this colorful chart.
04.	Present Perfect Continuous Tense	Subject + Has/have + been + Verb(+ing)+ since/for	She <b>has been working</b> there <b>since</b> 2017.
05.	Simple Past Tense	Subject + Verb (v2) or irregular verb	He <b>completed</b> the assignment.
06.	Past Continuous Tense	Subject + was/were + Verb(+ing)	He <b>was reading</b> the book.
07.	Past Perfect Tense	Subject + had + Verb (v3)	I had <b>finished</b> my home work.
08.	Past Perfect Continuous Tense	Subject + had + been + Verb(+ing)	I <b>had been playing</b> football <b>since</b> morning.
09.	Simple Future Tense	Subject+ will/shall+ verb(v1)	I <b>shall go</b> to park for a walk.
10.	Future Continuous Tense	Subject + will/shall be + verb(+ing)	He <b>will be playing</b> football.
11.	Future Perfect Tense	Subject + will have + verb(v3)	He <b>will have played</b> football.
12.	Future Perfect Continuous Tense	Subject + will have been + verb(+ing)	He <b>will have been watching</b> the TV for fifty minutes.
13.	Past Future Tense	Subject + would + verb (v1)	I told that I <b>would leave</b> in one hour.
14.	Past Future Continuous Tense	Subj + should/would be + Verb(+ing)	I told that I <b>would be doing</b> my work all the day long.
15.	Past Future Perfect Tense	Subj.+ should / would have + Verb(v3)	She said that she <b>would have done</b> her work.
16.	Past Future Perfect Continuous Tense	Subject + would have been + Verb(+ing)	He said that I <b>should have been working</b> here <b>for</b> two hours by that time.





# Najlepsze nawyki





ZWYCZAJ



WSKAZÓWKA

NAGRODA

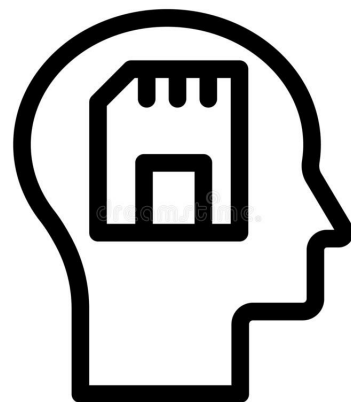


ZWYCZAJ



WSKAZÓWKA

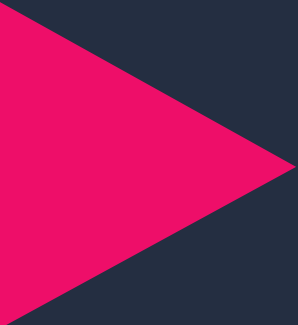
NAGRODA





Jakie macie pytania?





## Propozycja „wprawki”:

- zadbaj o swój sen- wdróż chociaż 1 nawyk
- zrób ściągawkę gramatyczną

