

CHAPTER 2: THE THREE SEGMENTS

MENTAL CONDITIONING

Developing and sharpening our minds is called mental conditioning. Using imagery, visualization, and other strategies, it helps us keep our goals and objectives in mind. Self-esteem and self-confidence are boosted as a result of building good self-images and feelings. Relaxation is a key component of mental conditioning methods, which aims to alleviate stress and anxiety in order to increase attention and focus.



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HABIT CREATION

The purposeful formation of habits or concepts in an attempt to improve oneself is referred to as habit creation. A habit is a pattern of behavior or tendencies that you participate in on a regular basis without giving it much attention. It is something you do without thinking much about it. Our habits are often the motivating factor behind our actions, emotions, choices, and ideas, as well as our thoughts and feelings. The formation of positive habits may lead to an increase in the overall quality of one's life.



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SKILLS ENHANCEMENT

The process of improving one's set of talent, skills, and competencies is known as skills enhancement. Personal and interpersonal abilities are included in this category. Relationships and interactions with other

people are the emphasis of interpersonal skills. It focuses on interpersonal skills including communication, collaboration, and leadership. Personal effectiveness focuses on abilities that may be utilized independently. It includes achieving goals, resolving difficulties, organizing time, and managing stress.



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