

PERSONALITY DEVELOPMENT

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PERSONALITY DEVELOPMENT

Personality is depends on:-

1. Mental
2. Physical
3. Intellectual

Factor influence Personality:-

- A. Heredity: we cannot help it.
- B. General Appearances: we can do a little only.
- C. Culture: We can change our society & atmosphere to change culture.
- D. Experience: It counts valuable point to enhance personality.
- E. Education & Training: Education & Training can help one to enhance his personality.

Personality Traits (Characteristics):-

- 1) Appearance: Outer looking for example clothing, expressions and hairstyles etc.
- 2) Speech Mannerism: It contains-
 - a) Clarity of voice
 - b) Tone
 - c) Speed
- 3) Gesticulation
- 4) Mental Alertness

5) Consistency of thoughts i.e. stability of thoughts

6) Types of approach:

- a) Positive approach
- b) Negative approach

7) Leadership Qualities

8) Self-confidence in a positive approach

ABCRL Formula:-

A. Accuracy

B. Brevity

C. Clarity

D. Relevance

E. Logic

Self-Confidence Existed in-

- a) Self –respect
- b) Self- esteem
- c) Self –belief

Step for self-confidence:-

Step 1: Take off fear from mind

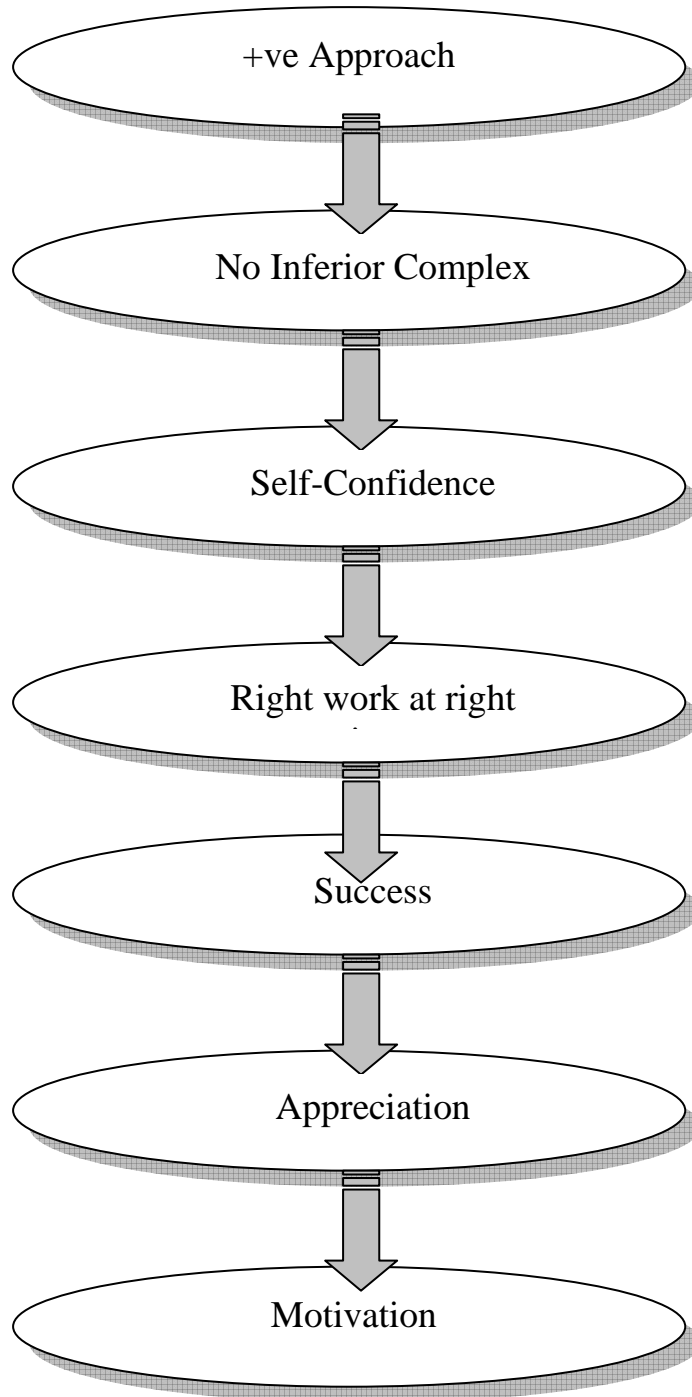
Step 2: Will (determination)

Step 3: +ve approach toward the life

Step 4: Know your shortcomings

Step 5: Inferiority complex

Formula for every step of life:



Outer Personality:

- a) Neatness, cleanliness and well mannered
- b) Active, Enthusiastic and practical
- c) Well informed and quick to act
- d) Disciplined and amiable
- e) Dynamic, flexible and reasonable

Professional Quality:

- a) Clear in mind and systematic
- b) Industrious and hard working
- c) Responsibility
- d) Clear vision and strong will power
- e) Concentration of mind

Inner Quality:

- a) Sympathetic, sweet, loving & caring
- b) Not vindictive, impulsive, touchy & non-fluctuating
- c) Calm & composed
- d) Balance of extrovert ness & introvert ness
- e) Balance of humour and sobriety
- f) Balance of love & law
- g) Confidence in self
- h) Fearless & self controlled

HOW CAN YOU CHANGE YOURSELF

Change by:

- I. Action level
- II. Thought level

Thought Level:

1. Waste thought :- impractical idea
2. Negative thought :- practical idea but harmful to self and others
3. Ordinary thoughts
4. Positive thoughts

Brain				
<i>Left Hemisphere</i>			<i>Right Hemisphere</i>	
1	Rational	C O R P O S I T I V E	1	Emotion
2	Verbal		2	Love
3	Logical		3	Patience
4	Scientific		4	Tolerance
5	Creative		5	Caring
6	Analytical		6	Picture,color,Paninting
7	Data Interpretation		7	Music
8	Etc.		8	Inspiring etc.

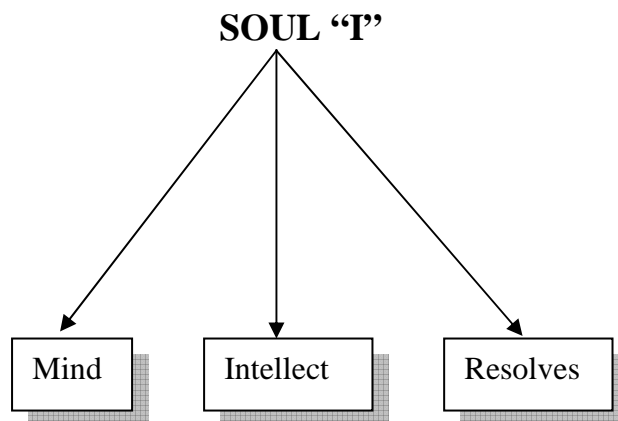
WAVES OF MIND

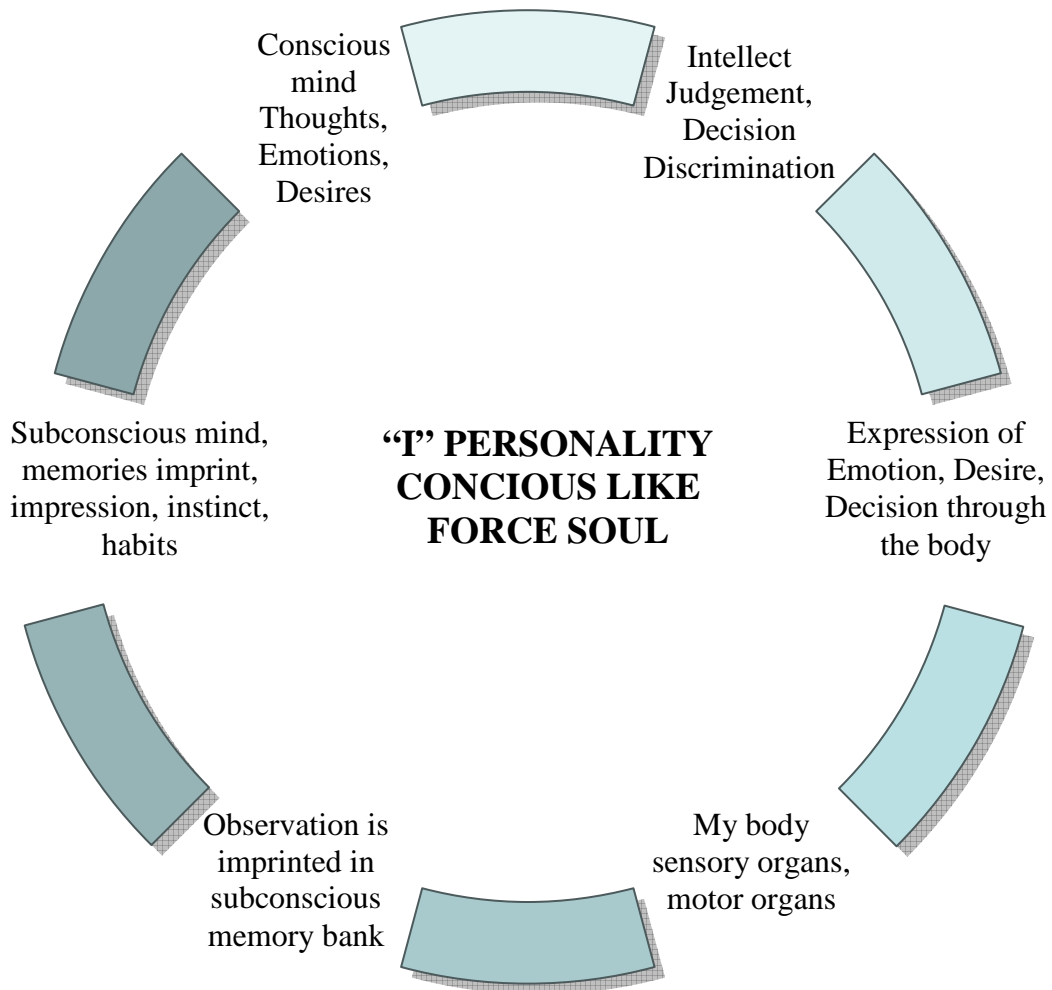
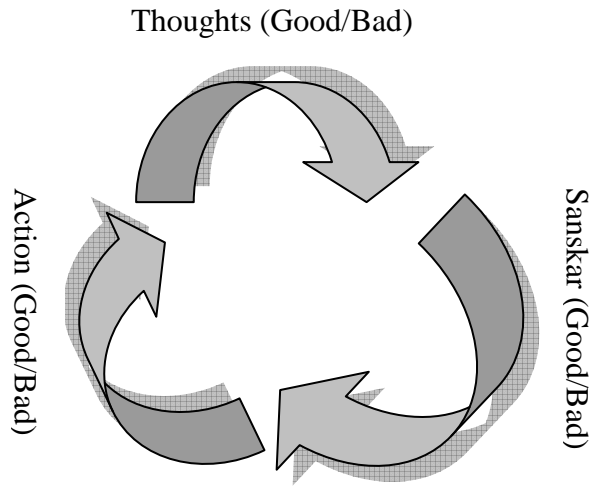
1. Beta : - 13-25 Hz.
2. Alfa : - 8-12 Hz.
3. Theta : - 4-8 Hz.
4. Delta : - 0.5-4 Hz.

Thoughts are like floods if it is controlled then it should have more benefit.

Self-realisation: - Who am I?

I am a soul.





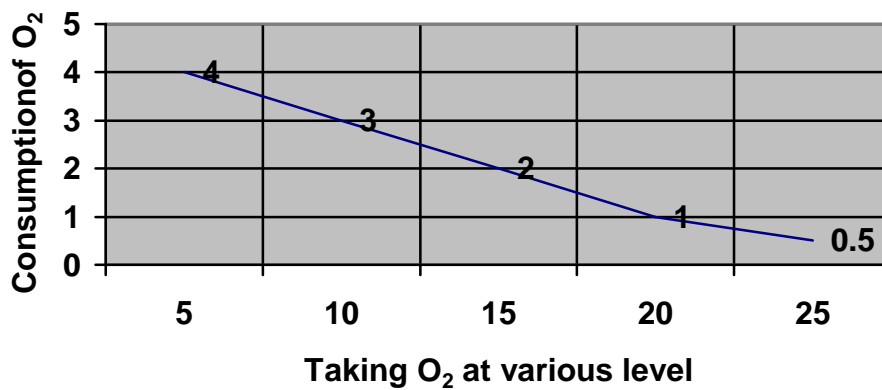
Original Quality of Mind

1. Peace
2. Purity

To activate sub consciousness (feed good information to memory bank)

1. Hypnotism
2. Sudden depression
3. Meditation

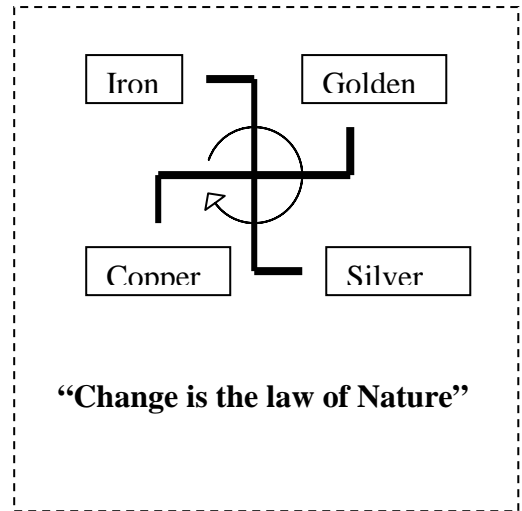
Consumption of O₂ in meditating vis-a-vis Frequency of mind



Beta = 4, Alfa = 3, Theta = 2, Delta = 1

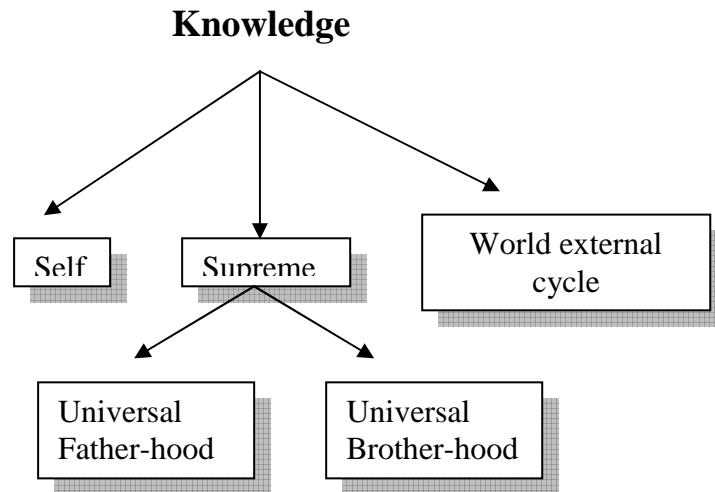
Requirement of Meditation:-

1. Confidence
2. Patience
3. Right Knowledge
4. Courage
5. Responsibilities



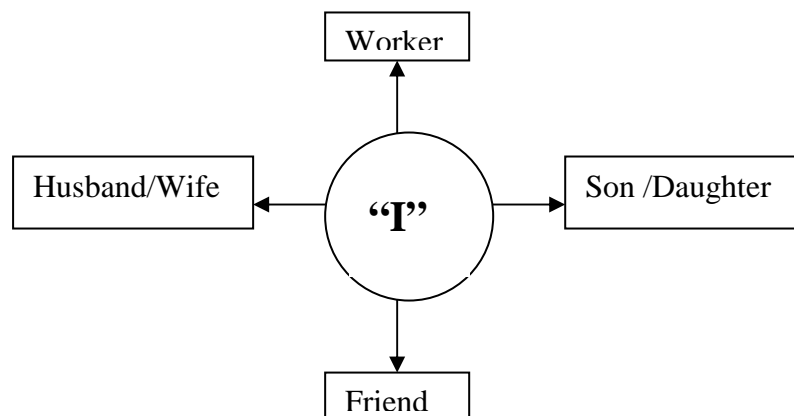
Courage: - to fight –ve & waste thoughts

Confidence: - in self



Responsibility: “to change self”

What does “I” refer?



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