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:**

1. +ve Approach
2. No Inferior Complex
3. Self-Confidence
4. Right work at right time
5. Success
6. Appreciation
7. Motivation
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 extroversion & introversion
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

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<th>Left Hemisphere</th>
<th>Right Hemisphere</th>
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<td>1</td>
<td>Rational</td>
<td>Emotion</td>
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<td>8</td>
<td>Etc.</td>
<td>Inspiring etc.</td>
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WAVES OF MIND

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.
Thoughts (Good/Bad)

Action (Good/Bad)

Sanskar (Good/Bad)

Conscious mind, Thoughts, Emotions, Desires

Subconscious mind, memories imprint, impression, instinct, habits

Observation is imprinted in subconscious memory bank

My body sensory organs, motor organs

Expression of Emotion, Desire, Decision through the body

"I" PERSONALITY CONCIOUS LIKE FORCE SOUL

Intellect
Judgement, Decision Discrimination

Personality Development -- 7 --
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 $O_2$ in meditation vis-a-vis Frequency of mind

![Graph showing consumption of O2 vs frequency of mind](image)

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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