



## Episode 10 Exercises

Write down three challenges or skills you would like to master or decide on a habit or situation you want to change.

1. Choose one of these challenges. Practice the mirror technique for this topic for 30 minutes a day for two weeks. (If your chosen challenge is not suitable for the mirror technique, remind yourself out loud in the mirror every day of what you want to achieve.)

2. Practice the visualization technique for the chosen topic for at least 10 minutes a day for two weeks.

3. Write a two-week written plan for the above two exercises. (Time of execution, duration, method, and if a specific location is required, specify it...) This plan should be based on the notes mentioned in the conditioning training file, and the rewards and punishments should also be specified.

After two weeks of implementing the plan and observing the results, if you wish, you can renew this plan or make changes to it to improve the situation.



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