

# MIND TRAINING SESSIONS

## SUMMARY

### Chain Linking

#### Part -2

- # Turn each element into a picture
- # Connect each picture to the next
- # Use Emotion, Visualization, Action and Exaggeration
- # The Ultimate Tip
  - T - Turn
  - I - Into
  - P - Picture
- # Today's task for the day
  - \* Come up with images for periodic table elements 11 to 20
  - \* Share your images for periodic table elements 11 to 20