

IPAC

# NEWSLETTER

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**Institute of Psychometric Assessment & Counselling**

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[www.MyMindDesigner.com](http://www.MyMindDesigner.com) [www.TheStrategicPlanning.Com](http://www.TheStrategicPlanning.Com)

## Be a Gatekeeper of Your Own Thoughts

Your thoughts determine the quality of your life. It is the conflict within your thoughts that creates conflict in your lives which in turn leads to stress. For example, conflicting thoughts like “Money is a necessity of life and I must earn Rs10 lakh per month” and “Money leads to corruption” has the potential to create a stressful situation in your life. Here we are praying to be blessed with more money and at the same time, we are cursing money. Therefore, it is important to observe the stressful situation in your life and observe your thought relating to that.

### Ask Dr. KomalPreet Kaur

**Q.1. I spend way too much time on my phone. How do I stop being addicted to my phone?**

**Ans.** Spending too much time on your phone is bad for your focus and mental health. The following tips will help you to overcome your mobile addiction:

- 1. Set limits:** Set daily usage limits on your phone or specific apps.
- 2. Get rid of distracting apps:** Move all distracting apps from your home page. Keep them in one folder where they are not easy to access, or you can lock these distracting apps.
- 3. Change Phone Setting:** Turn off notifications, set the screen to black and white, and set a longer passcode.
- 4. Put a hairband around your phone.** Place it in the middle of your phone. The hairband allows you to answer phone calls easily but makes other usages of the phone more difficult. If you really want to use the phone, set your intention for why, and remove the hairband.

## **Q.2. How I can be a better parent?**

Ans. Raising kids is the most challenging job. Here are ten tips that will help you to feel more fulfilled as a parent:

1) Praise their good work and achievement 2) Make them responsible for their actions and life 3) Encourage them to be kind and helpful. 4) Help them to improve. 5) Use “do this” statement instead of “don’t do” 6) Give them unconditional love 7) Spend quality time with them 8) Be a role model. 9) Don’t label them 10) Treat them with respect.

## **Q. 3. I am very confused about my career. How can I choose my career path?**

Remember: Choosing the right career is as difficult as choosing the right life partner. Therefore, while selecting a career it is important to take into consideration your personality, aptitude, intellectual capabilities, interest, and values. This can be done with the help of a psychometric assessment. Undergoing the Psychometric assessment will help you in choosing the right career option for yourself. A psychometric test basically judges your inner voice, your passion, your attitude, etc.

## **Is Perfection a Must for Success in Life? By Dr Rakesh Chopra**

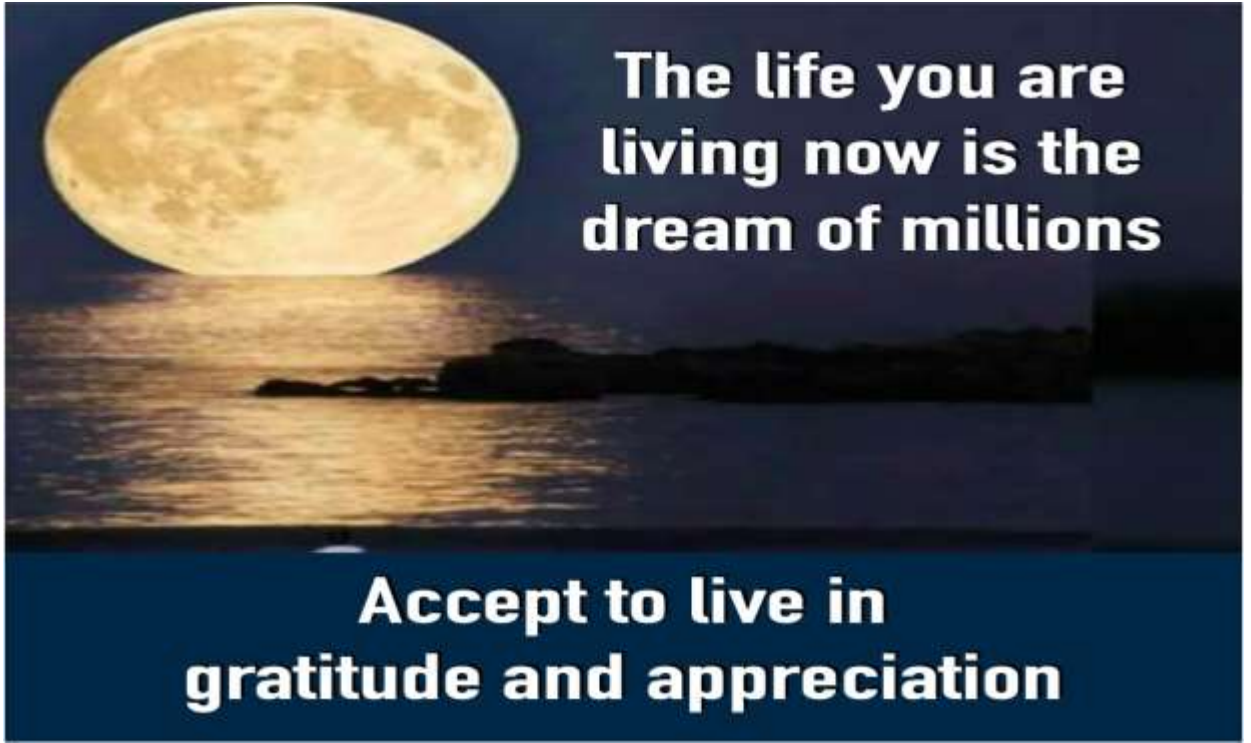
It has been seen that the person who is a perfectionist is rarely happy. Perfection is only possible when you have well defined parameters.

To watch the video, click on the link below.

<https://www.youtube.com/watch?v=6x7TpAKVh4c>



## Tip of the Week



## Laughter is the Best Medicine

दोस्त - मुझे अपनी गर्लफ्रेंड को कोई गिफ्ट देना है, क्या दूँ...?

पप्पू - ऐसा कर गोल्ड रिंग दे दें।

दोस्त - कोई बड़ी चीज बता...

पप्पू - तो फिर गोल्ड रिंग जाने दें,  
एमआरएफ का टायर दे दे...!!!



## Our Upcoming Events

**IPAC**

### Clinical Hypnotherapy

By Dr Komalpreet Kaur  
Mind Designer, Hypnotherapist

Starting on  
9th April, 2021

Join 1 Month Certificate Course

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### Graphotherapy

Basic Program for Self Development  
By Waasuli Kalsi, Compatibility Mentor

Webinar On  
17th April, 2021

**ENROLL  
NOW**

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## 5 Secrets to <sup>®</sup> Multiply Profits

By Dr Rakesh Chopra  
Mentoring Ambitious Leaders

We'd love to hear from You!

If you have any question or want to attend any of our webinar, then email us at [ipacinfo1@gmail.com](mailto:ipacinfo1@gmail.com) or contact us at +91-9911903358,+91-8860555898