

# Unlocking Your Full Potential: The 21 Days Conditioning Method by Tani Robar

**BATTLECOCK**

**WALANG TUROK**

**21 DAYS CONDITIONING GUIDE**

Day	Medication	Medication Guide
1	<b>VitMinPRO</b>	AM: 1 Tablet before feeding.
	<b>TRIPLE SHAMPOO</b>	10 ml/2 gallons of water (Body Wash good for 10 Cocks/ Stags)
	<b>Wormal</b>	PM: 1 Tablet at 6pm (fasting) - Regular Worm Flushing.
	<b>Wormal Lite</b>	No Stress Worm Flushing
2	<b>PREMOXIL 550</b>	AM: 1 Tablet before feeding - Bacterial Flushing
3	<b>PREMOXIL 550</b>	AM: 1 Tablet before feeding - Bacterial Flushing
4	<b>PREMOXIL 550</b>	AM: 1 Tablet before feeding - Bacterial Flushing
5	<b>EL TORO</b>	PM: 1 Tablet at 8PM
6	<b>VitMinPRO</b>	PM: 1 Tablet at 8PM
7	<b>EL TORO</b>	AM: 1 Tablet before feeding
8	<b>DRAGON DRIVER</b>	5 Drops - 30 mins to 1 hr before Sparring.
9	<b>VitMinPRO</b>	PM: 1 Tablet at 8PM
10	<b>EL TORO</b>	PM: 1 Tablet at 8PM
11	<b>VitMinPRO</b>	PM: 1 Tablet at 8PM
12	<b>EL TORO</b>	PM: 1 Tablet at 8PM
13	<b>VitMinPRO</b>	PM: 1 Tablet at 8PM
14	<b>EL TORO</b>	PM: 1 Tablet at 8PM
15	<b>DRAGON DRIVER</b>	5 Drops - 30 mins to 1 hr before last Sparring for Testing and Conditioning
16	<b>VitMinPRO</b>	PM: 1 Tab after Sparring - Complete Supplements for Stress Prevention and Body Health Recovery
	<b>TRIPLE SHAMPOO</b>	10 ml/ 2 gallons of water (Body Wash good for 10 Cocks/Stags)
17	<b>EL TORO</b>	PM: 1 Tablet at 8PM
18	<b>VitMinPRO</b>	PM: 1 Tablet at 8PM
19	<b>EL TORO</b>	PM: 1 Tablet at 8PM
20	<b>VitMinPRO</b>	PM: 1 Tablet at 8PM
<b>FIGHT DAY!</b>	<b>DRAGON DRIVER</b>	<b>DERBY:</b> 5 Drops - 30 mins to 1 hr before the Fight <b>HACKFIGHT:</b> 5 Drops - After matching or 30 to 45 mins. before the Fight

**SA BATTLECOCK, LAGI KANG LAMANG!**

Have you ever felt stuck in your personal or professional life? Do you find it challenging to break free from old habits and reach your full potential? If so, you're not alone. Many individuals struggle to make lasting changes due to the

inherent resistance of the human brain. However, there's hope in the form of the groundbreaking 21 Days Conditioning Method developed by Tani Robar.

## The Power of Conditioning

To understand the 21 Days Conditioning Method, it's crucial to recognize the role of conditioning in our lives. Conditioning refers to the process of training the mind and body to respond in a specific way to certain stimuli. It's the reason we automatically pull our hand away from a hot stove or feel a sense of unease when confronted by a past traumatic experience.



### 21 Days Conditioning Method by Tani Robar (Kindle Edition)

★★★★☆ 4.5 out of 5

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Conditioning can work both for and against us. While it helps us survive and navigate daily activities effortlessly, it can also hinder personal growth by reinforcing negative patterns and self-limiting beliefs. The key lies in harnessing the power of conditioning and redirecting it towards positive behaviors and thoughts.

## **The 21 Days Conditioning Method Explained**

Tani Robar, a renowned personal development expert, devised the 21 Days Conditioning Method as a powerful tool to reprogram the brain and unleash an individual's full potential. The concept revolves around the idea that it takes approximately 21 days to create a habit or break free from an existing one.

The method involves committing to a specific behavior or action for 21 consecutive days. During this period, participants consciously and consistently engage in the chosen activity, gradually rewiring their neural pathways. By the end of the 21-day period, the new behavior becomes ingrained, replacing old patterns of thinking and acting.

The 21 Days Conditioning Method capitalizes on the brain's neuroplasticity – its ability to change and adapt throughout life. By repeating a behavior over a sustained period, the brain reinforces the neural connections associated with that particular action, making it automatic and effortless. This rewiring creates a powerful catalyst for personal growth and transformation.

## **The Science Behind the Method**

The effectiveness of the 21 Days Conditioning Method can be attributed to the principles of neuroscience. Various studies have shown that repetitive behavior leads to the strengthening of synaptic connections, forming new pathways in the brain. As these connections become more robust, the associated behavior becomes easier to execute, ultimately becoming a habit.

Additionally, the method taps into the brain's reward system, which releases dopamine – a neurotransmitter associated with pleasure and motivation. Each time you complete the chosen behavior during the 21-day period, your brain

rewards you with a surge of dopamine, reinforcing the positive association and further solidifying the new habit.

## **Implementing the 21 Days Conditioning Method**

Now that you understand the power and science behind the method, it's time to put it into practice. To effectively implement the 21 Days Conditioning Method, follow these steps:

1. Identify the behavior or habit you want to change or develop.
2. Break down the behavior into manageable daily actions.
3. Create a visual or written reminder of your commitment.
4. Choose a start date and mark it on your calendar.
5. Engage in the chosen behavior each day for 21 consecutive days.
6. Acknowledge your progress and celebrate milestones along the way.

It's important to note that while 21 days is considered a general timeframe for habit formation, the duration may vary depending on the complexity of the behavior and the individual's level of commitment. Therefore, it's crucial to persist and remain consistent until the new habit is fully integrated into your life.

## **Breaking the Shackles and Embracing Growth**

The 21 Days Conditioning Method offers a powerful tool to break free from self-limiting beliefs, embrace personal growth, and unlock your full potential. By consciously reprogramming your brain through repetitive actions, you can replace old habits with new ones that align with your goals and aspirations.

Whether you want to establish a regular exercise routine, adopt a positive mindset, or overcome a specific fear, the 21 Days Conditioning Method can

provide the structure and support needed for successful transformation. It's time to break the shackles of old conditioning and step into a brighter future.

Are you ready to embark on the journey of self-discovery and unleash your full potential? Try the 21 Days Conditioning Method by Tani Robar and witness the incredible changes it can bring into your life. Remember, true growth begins with a single step, and with each passing day, you're one step closer to realizing your dreams.



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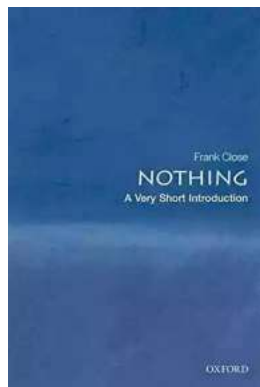
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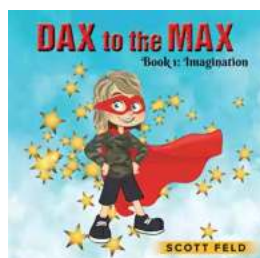
When you condition your rooster to compete in a blood sport, it is no different than preparing a professional fighter for the big event. You are the head coach, motivator, strength and conditioning coach, and nutritionist. Or you can hire someone or the experts to do the work for you. Of course, you need knowledge and experience to be able to perform well in that particular field where you must compete and show what you got which will be represented by the feathered warrior that bears your name. 21 Days Conditioning Method eBook is a manual

that guides you through one of the most important stages in the preparation of your fighting rooster for the big event.



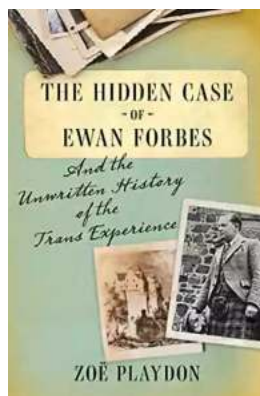
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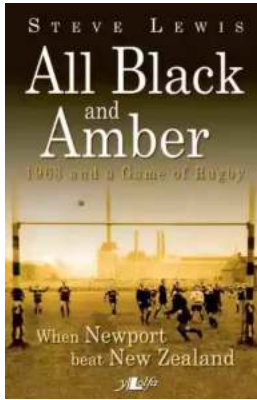
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