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What is no3 in the periodic table

It's human nature to organize things. Cooks carefully organize their herbs into different groups, alphabetically or according to how often they are used. Children dump their piggy bank and sort their wealth into piles of pennies, pennies, dimes and quarters. Even the items in a supermarket are grouped in some way. Head to the international aisle and you'll find packets of Chinese egg noodles next to boxes of taco shells. Chemists, it turns out, are also organizational junkies. They look for similar physical and chemical properties among the elements, the basic forms of matter, and then try to fit them into similar groups. Scientists began trying to organize the elements in the late 1800s when they knew of about 60. However, their efforts were premature because they lacked an important piece of information: the structure of the atom. While the initial efforts failed, an attempt by a Russian chemist named Dmitry Mendeleev showed much promise. Although Mendeleev was not 100 percent correct, his approach laid the groundwork for what is now the modern periodic table of the elements. Today, the periodic table organizes 112 mentioned elements and recognizes some more nameless ones. It has become one of the most useful tools in chemistry, not only for students, but for working chemists as well. It classifies the elements based on their atomic number (more on that soon), tells us about the nuclear composition of a particular element, describes how electrons are arranged around a particular element and allows us to predict how one element will react with another. So, exactly what is this feat of organization? Keep reading as we examine the history, organization and use of this most convenient chemical tool. It is useful to know which group a particular element is in and what the atomic structure looks like, but that's not all the periodic table has to tell you. If you look at it, you casually take on work that scientists have been struggling with for a lifetime. And if you look at the table as a whole, some big trends are starting to emerge that tell us how one element will react with another. Before we can see these trends, a quick chemistry recap may be good. First, metals react with nonmetals to form ionic compounds. The non-metal atom takes one or more valence electrons out of the metal atom. When an atom acquires or loses a valence electron, it forms an ion. An ion with more protons than electrons is positively charged and called a cation (comes from the metal). An ion with more electrons than protons is negatively charged and is called anion (comes from the nonmetal). Eventually both ions have a full outer energy level. Second, nonmetals tend to share electrons, so both atoms have full outer energy levels; they form covalent compounds. But how do you know which element will react to a or a covalent connection? That depends on a few factors: Ionization energy: the amount of energy needed to remove the first valence electronsElectronegativity: a measure of how tightly an atom holds on to its valence electronsNuclear charge: the attractive force between the positive protons in the nucleus and the negative electrons in the energy levels. The more protons, the larger the nuclear payload. Shielding: Inner electrons tend to protect the outer electrons from the attractive power of the nucleus. The more energy levels between the valence electrons and the nucleus, the more shielding. Let's see how these factors can help predict what kind of chemical reactions will make a two elements. If you look at the periodic table, ionization energy tends to decrease when you go down a column and increase as you move over a period from left to right. When you compare elements in groups 1 and 2 (on the left) with those in 16 and 17 (right), you will notice that the elements in the first groups have lower ionization energies, do not hold their valence electrons so tightly and tend to form cations. Thus, elements in groups 1 and 2 will tend to form ionic compounds. Like ionization energy, electronegativity decreases as you go down a column and increases as you go over a period from left to right. Fluorine is therefore more likely to take electrons from a different element than lithium. The difference in electronegativity between two elements will determine whether they exchange electrons (ionic compounds) or share electrons (covalent compounds). You use trends in ionization energy and electrononivity to predict whether two elements will form ionic or covalent compounds. Finally, the nuclear payload increases as you go over and down, while the shielding remains constant during the periods, but increases as you decrease the columns. These tendencies tell you about the size of the atom. Atoms and ions become larger when you go down the columns, because the shielding effect outweighs the effects of the nuclear payload, so the attraction between the nucleus and electrons is weaker and the atom expands in size. In contrast, atoms get smaller as you go over the periods because the nuclear charge effect outweighs the shielding effect, so the attraction between the nucleus and the electron is greater and the atom shrinks in size. It's hard to believe that a measly sheet of paper can contain so much information. Last updated November 4, 2020 Are you someone who wants to grow? Are you constantly trying to improve yourself and get better? If you do, we have something in common: I am very about personal growth. It was only 4 years ago when I discovered my passion for growing and helping others grow. At that time I was 22 and in my senior year of college. When I thought about the meaning of life, I realized that nothing made more sense. Was, to pursue a life of development and improvement. It is by ourselves to improve that we get the most out of life. After a year and a half of actively pursuing growth and helping others to grow through my personal development blog, I realize that the journey of self-improvement never ends. The more I grow, the more I realize there's so much I don't know, so much I have to learn. Sure, there is always something about ourselves we can improve. The human potential is limitless, so it is impossible to reach a point of no growth. If we think we're good, we can be even better. As a passionate advocate of growth, I am constantly looking for ways to improve myself. I've compiled 42 of my best tips that can be helpful in your personal growth journey. Some of them are simple steps that you participate in immediately. Some are larger steps that require conscious effort to act on. Here they are:1. Read a book every day. Books are concentrated sources of wisdom. The more books you read, the more wisdom you expose yourself to. What are some books you start reading to enrich yourself? Some books I've read and found useful are Think and Grow Rich, Who Moved My Cheese, 7 Habits, The Science of Getting Rich and Living the 80/20 Way.When you're reading a book every day, you will feed your brain with more and more knowledge. Here are 5 really good books to read for self-improvement:2. Learn a new language. As Singaporean Chinese, my main languages are English, Mandarin and Hokkien (a Chinese dialect). Out of interest, I have taken language courses in recent years, such as Japanese and Bahasa Indonesian.I realized that learning a language is a whole new skill and the process of getting acquainted with a new language and culture is a total mind-opening experience.3. Get a new hobby. Besides just your usual favorite hobbies, is there anything new that you pick up? Any new sport you learn? Examples are fencing, golf, rock climbing, football, canoeing or skating. Your new hobby can also be a recreational hobby. For example, pottery, Italian cuisine, dancing, wine appreciation, web design, etc. Learning something new requires you to stretch yourself into different aspects, whether physically, mentally or emotionally. Here are 20 hobbies to give you some new ideas20 productive hobbies that will make you smarter and happier4. Take a new course. Is there a new course you're taking? Courses are a great way to acquire new knowledge and skills. It doesn't have to be a long-term course – seminars or workshops also serve their purpose. I've been to a few workshops and they've helped me get new insights that had not considered it before. In fact, anyone who wants to be a smarter student should take this free 20-minute lesson: Spark Your Learning Genius. It will help supercharge your learning ability and pick up each faster!5. Create an inspiring space. Your surroundings set the atmosphere and tone for you. If you live in an inspiring environment, you will be inspired every day. In the past, I didn't like my room because I thought it was messy and boring. A few years ago I decided this was the end - I started on a Mega Room Revamp project and overhauled my room. The end result? A room I absolutely enjoy being in and inspires me to be at my peak every day. Picture credit: Source6. Overcome your fears. We all have fears. Fear of uncertainty, fear of public speaking, fear of risk... All our fears keep us in the same position and prevent us from growing. Recognize that your fears reflect areas where you grow. I always see fears as the compass for growth. When I'm afraid of something, it represents something I still need to address, and tackling it helps me grow. Learn how to overcome your irrational fears (that stop you from succeeding).7. Get 7,000 your skills. If you've played video games before, especially RPGs, you know the concept of leveling - gaining experience so you're better and stronger. As a blogger, I am constantly leveling my writing skills. As a speaker, I am constantly leveling my public engagement skills. What skills can you level up?8. Wake up early. Waking up early (say, 5-6am) has been recognized by many (Anthony Robbins, Robin Sharma, among other self-help gurus) to improve your productivity and your quality of life. I feel like it's because when you wake up early, your mentality is already set to continue the momentum and proactively live the day out. Not sure how to wake up early and feel energized? These ideas will help: How to get motivated and be happy every day when you wake up9. Have a weekly exercise routine. A better you start with being in better physical shape. I personally make it a point to jog at least 3 times a week, at least 30 minutes at a time. You may want to mix it with jogging, gym classes and swimming for variety. Check out these 15 tips to restart the exercise habit (and how to keep it). Picture credit: Source10. Start your life manual. A life handbook is an idea I started 3 years ago. In short, it is a book that contains the essence of how to live your life to the full, such as your goal, your values and goals. Just like your life manual. I've been starting my life handbook since 2007, and it's a crucial enabler in my progress.11. Write a letter to your future self. What do you see yourself as 5 years from now? Will you be the same? Different? What kind of person are you going to be? Write a letter to your future - 1 year from now will be a good start - and seal. Create a date in your calendar to open it 1 year from now. Then get started to become the person you want to open that letter.12. Get out of your comfort zone. Real Real comes with hard work and sweat. Being too comfortable doesn't help us grow, it makes us stagnate. What is your comfort zone? Do you usually stay close? Do you stay in your own room when you're out with other people? Shake up your routine. Do something else. By exposing yourself to a new context, you literally grow as you learn to act in new circumstances.13. Put someone up for a challenge. Competition is one of the best ways to grow. Set a challenge (weight loss, exercise, financial challenge, etc.) and compete with an interested friend to see who achieves the goal first. Through the process, you both will get more than if you were to leave alone on purpose.14. Identify your blind spots. Scientifically, blind spots refer to areas where our eyes are unable to see. In personal development terms, blind spots are things about ourselves we are not aware of. Discovering our blind spots helps us discover our points of improvement. One exercise I use to discover my blind spots is to identify all the things/events/people that trigger me in a day – trigger meaning which makes me feel irritated/weird/affected. These represent my blind spots. It's always nice to do the exercise because I discover new things about myself, even if I can already think I know my own blind spots (but then they wouldn't be blind spots they would?). Then I'll work on steps to address them.15 Ask for feedback. No matter how much we try to improve, we will always have blind spots. Asking for feedback gives us an extra perspective. Some people will approach friends, family, colleagues, boss, or even acquaintances because they have no preset bias and can give their feedback objectively. Read more about how to ask for feedback and become a fast learner!16. Stay focused with to-do lists. I start my day with a list of tasks I want to complete and this helps me stay focused. By comparison, the days when I don't do this are ultimately extremely unproductive. For example, part of my to-do list for today is writing a guest post on LifeHack.Org, and this is why I'm writing this now! Since my work requires me to use my computer all the time, I use Free Sticky Notes to manage my to-do lists. It's really easy to use and it's a freeware, so I recommend you check it out.17. Set Big Hairy Audacious Goals (BHAGs). I'm a big fan of setting up BHAGs. BHAGs stretch you beyond your normal capacity because they are large and daring - you wouldn't think of attempting them normally. What are BHAGs you start, what you will absolutely be on top of the world Once you've completed them? Set them up and start working on them. Learn how to use SMART Goal to become very successful in life.18. Recognize your flaws. Everyone has flaws. The most important thing is to understand them, to acknowledge them and to address them. What do you think your flaws are? What are the flaws you working on it now? How do you want to handle them?19. Take action. The best way to learn and improve is to take action. What's something you planned to do? How can you take immediate action on it? Waiting doesn't get anything done. Taking action gives you immediate results to learn from.20. Learn from people who inspire you. Think of people you admire. People who inspire you. These people reflect certain qualities that you also want for yourself. What are the qualities in them that you want to have for yourself? How can you acquire these qualities?21. Stop a bad habit. Are there bad habits you lose? Too much sleep? Don't exercise? Too late? Slouching? Nail-biting? Smoking? Here's some good advice from Lifehack's CEO on hacking your habit loop to break bad habits and build good ones: How to break a habit and hack the Habit Loop22. Cultivating a new habit. Some good new habits to cultivate include reading books (#1), waking up early (#8), practicing (#9), reading a new personal development article daily (#40) and meditating. Is there another new habit that you cultivate to improve yourself? If you're wondering how to stick good habits, check out these tips:18 Tricks to Make New Habits Stick23. Avoid negative people. As Jim Rohn says: You are the average of the 5 people you spend the most time with. Wherever we go, there will certainly be negative people. Don't spend too much of your time around them if you feel like they're dragging you down. Not sure who the poisonous people in life are? This article can help you: 10 Toxic individuals you should just get away from 24. Learn to deal with difficult people. There are times when there are difficult people that you don't avoid, such as in your workplace, or when the person is part of your inner circle of contacts. Learn how to deal with it. These people management skills will go a long way in working with people in the future: How to deal with negative People25. Learn from your friends. Everyone has great qualities in them. It's up to how we want to tap into them. With all the friends that surround you, they'll have things you learn from. Now try to think of a good friend. Think about just one quality they have that you want to adopt. How can you learn from them and take this skill yourself? Speak to them if you need to. Sure, they will be more than happy to help!26. Start a diary. Journaling is a great way to get better self-awareness. It's a self-reflection process. As you write, clarify your thought process, and read what you've written from a third person's perspective, you'll get more insights about yourself. Your diary can be an online blog. I use my personal development blog as a personal magazine as well and I've learned a lot about myself through the past year of blogging.27. Start a blog about personal development. To help others grow, you must first walk Talk. There are expectations of you, both of yourself and others, that you must maintain. I run The Personal Excellence Blog, where I share my personal journey and insights on how to live a better life. Readers look to my articles to improve themselves, which forces me that I need to keep improving, for myself and for the people I'm reaching out to.28. Take a mentor or coach. There is no quicker way to improve than to have someone work with you on your goals. Many of my clients approach me to coach them in their goals and they achieve significantly more results than if they had worked alone. If you're looking for a mentor, don't miss these tips: What to look for in a good Mentor29. Reduce the time you spend on chat programs. I realized that having chat programs open by default result in a lot of wasted time. This time can be much better spent on other activities. The days when I don't talk, I get a lot more done. I usually turn off the auto-boot option in the chat programs and start them if I want to chat and really time for it.30. Learn chess (or a strategy game). I found chess is a great game to learn strategy and hone your intellect. Not only do you have fun, you also get to practice your analytical skills. You also learn the strategy from other board games or computer games, such as Othello, Chinese chess, WarCraft, and so on.31. Stop watching TV. I haven't been watching TV for pretty much 4 years and it's been a very liberating experience.

(Here are 10 reasons to turn off your TV) I realized that most of the programs and ads on mainstream TV are usually of lower consciousness and not very empowering. In return, the time I've freed from not watching TV is now being used constructively for other purposes, such as connecting with close friends, doing work I enjoy, practicing, etc.32. Start a 30-day challenge. Set a goal and give yourself 30 days to achieve this. Your goal may be to stick to a new habit or something you've always wanted to do, but not 30 days is just enough time to strategize, plan, take action, review and nail the goal.33. Meditate.Meditation helps to calm you down and be more aware. I also realized that during the nights when I meditate (before I sleep), I need less sleep. The rubbish clearing process is very liberating. Try it with this 5-minute Guide to Meditation: Anywhere, Anytime.34. Join Toastmasters (Learn to speak in public). Interestingly, public speaking is the #1 fear in the world, with #2 death. After I started speaking publicly as a personal development speaker/trainer, I learned a lot how to communicate better, present myself and engage people. Toastmasters is an international organization that trains people to speak publicly. Check out the Toastmaster clubs closest to you.35. Befriend top people in their field. These people have their results because they have the right attitudes, skills and know-how. How better to learn from the people who have been there and done that? Get new insights on how to improve and achieve the same results for yourself.36. Let go of the past. Is there any complaint or mishap from the past that you've detained? If so, it's time to let it go. Sticking to them prevents you from moving on and becoming a better person. Break away from the past, forgive yourself and move on. Recently I finally moved from a past heartbreak of 5 years ago. The effect was liberating and very powerful, and I have never been happier.37. Start a business venture. Is there anything you have an interest in? Why not turn it into a business and make money while learning at the same time? Starting a new business requires you to learn business management skills, develop business acumen and have a competitive advantage. The process of starting and developing my personal development business has equipped me with many skills, such as self-discipline, leadership, organization and management.38. Show kindness to those around you. You never be too nice to anyone. In fact, most of us don't show enough kindness to the people around us. Being kind helps us to cultivate other qualities, such as compassion, patience and love. If you return to your day after reading this article later, start radiating more kindness to the people around you, and see how they react. Not only that, notice how you feel when you behave kindly towards others. Chances are you'll feel even better than yourself.39. Contact the people who hate you. If you ever stand for anything, you get haters. It's easy to hate the people who hate us. It's much more challenging to love them. Being able to forgive, let go and show love to these people requires generosity and an open heart. Is there anyone you don't like or hate in your life? If so, please contact them. Show them love. Find a solution and get closure from previous grievances. Even if they refuse to reciprocate, love them all the same. It's much more liberating than hating them back.40 Take a break. Did you work too hard? Self-improvement is also about recognizing our need to take a break to walk the longer mile ahead. You don't drive a car when he's out of gas. Planning down time for yourself is important. Take some time off for yourself every week. Relax, rejuvenate, and recharge for what's further down.41. Read at least one personal development article per day. Some of my readers make it a point to read a personal development article every day, which I think is a great habit. There are many great personal development blogs out there, some of which you check out here.42. Commit to your personal growth. I can write list articles with 10 ways, 25 ways, 42 ways or 1,000 ways to improve yourself, but if you're not going to commit to your personal growth, it doesn't matter what I write. Nothing's coming through. We are responsible for our personal growth - no one else. Not your mother, your father, your friend, me or Lifehack. Kick off your growth by choosing a few of the above steps and working on them. The results may not be immediate, but I promise you that as long as you stick to it, you will see positive changes in yourself and your life. So here you are, 43 solid ways of self-improvement. Choose one or a few to start doing today. If you want to see yourself improve, you need to take some actions. More Self-Improvement TipsArture photo credit: Unsplash via unsplash.com unsplash.com

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