

# *Spirituality & Self Improvement*

## **What is Spirituality?**

Spirituality means different things to different people. For some, It's primarily about the quality that involves deep feelings and beliefs of a religious nature and being dedicated to God. For Others, it is an alignment of mental, physical, emotional, and spiritual worlds together to recognize the goal of life. Spirituality is like a Garden in your home. If the soil, sunlight, or stem of plants is in a certain way, it won't yield flowers. You have to take care of those things. So, if you cultivate your body, mind emotions, and energies to a certain level of maturity, something else blossoms within you\_ that is what spirituality is. Christina Puchalski contends that "Spirituality is the aspect of Humanity that refers to the way individuals seek and Express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature and to the significant or sacred".

## **What is Self-Improvement?**

Self-improvement is the improvement of one's knowledge, status or character by one's own efforts.

### **Types of Self-improvement:**

#### **Internal:**

Habits, thought patterns, confidence, beliefs, learnt skills and behaviors are all internal self-improvements.

#### **External:**

Money, fitness, credentials, status and friends are external self-improvements.

## **How to Grow Spirituality?**

You can develop your relationship with your own spirituality by increasing your mindfulness, contemplating the natural world and works of art, and making things of beauty. To move beyond yourself, do good works for others and practice empathy. You need to incorporate meditation into your daily life. Meditation helps

you develop self-awareness and resilience. To maintain your spiritual health, you have to engage in regular devotional practices like prayer and meditation. Be mindful in your daily activities. Taking care of your body can improve your spiritual life, the mind, body, and spirit work together and in order to balance each other, they need to be healthy. Let's start your spiritual journey by engaging in mindful meditations, practicing yoga classes and exploring yourself to improve your mind-body connection.

## How to Improve Yourself?

Self-coaching or checking in with yourself on daily basis has been linked to increase in self-improvement especially in terms of leadership qualities. Selfcompassion may sound like the opposite of being a better person but caring for yourself is the first step to self-improvement. Improving yourself takes patience and diligence, but it can be a rewarding experience. Becoming a better version of yourself can help you lead a happier and more successful life. Here are a few steps necessary to be followed for self-improvement.

### **PRACTICAL WAYS TO LARGELY IMPROVE YOURSELF**

1. Read a book every day
2. Learn a new language
3. Have a weekly exercise routine
4. Set a 5-year goal and list the steps to achieve it
5. Quit a bad habit each week
6. Avoid negative people
7. Stop watching TV
8. Let go of the past
9. Pick up a new hobby
10. Learn to deal with difficult people
11. Try to identify your flaws and blind spots

### **1. Break out of your norm:**

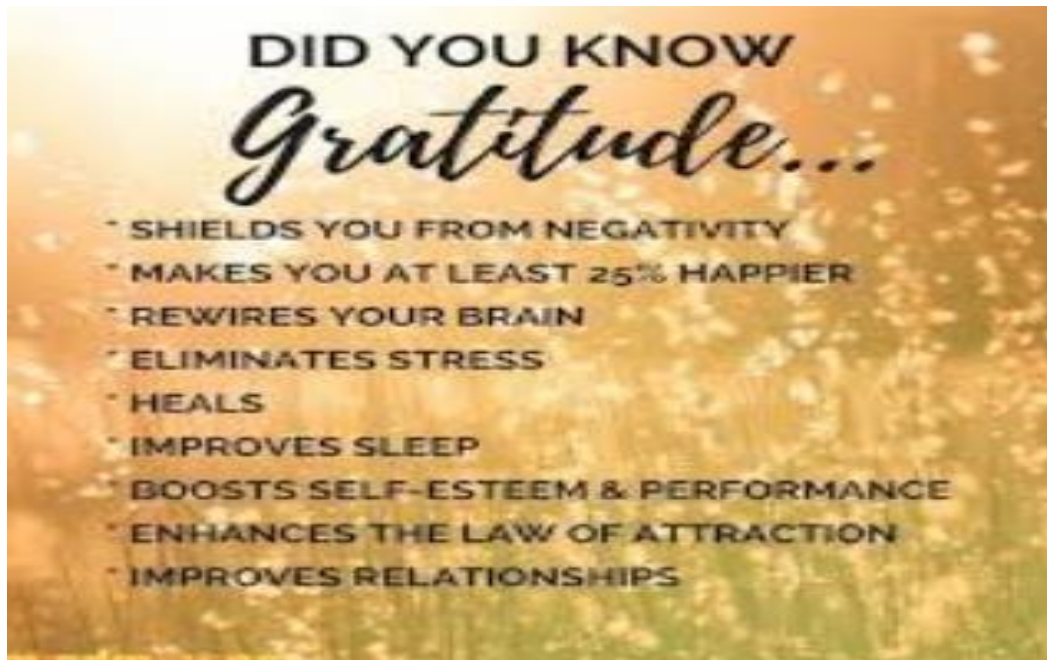
The very first thing you should do is break out of your normal routine. Routines make us stagnant and keep us from changing as people. How you break out of your routine will depend on you, but even small changes can help you get used to doing new things so don't be afraid to start.<sup>[1]</sup>

### **2. Practice positive thinking:**

Thinking negatively, about ourselves, our abilities, and the world around us, can cause us to shy away from experiences and opportunities. Stop harping on yourself and instead remind yourself of all the good things about you. Stop thinking the worst of others or only focusing on the bad things in your life and start focusing on the good things.<sup>[2]</sup>

### **3. Attitude of Gratitude:**

Learn to be grateful for the little things in life that many people don't have, such as a bed to sleep on or being able to take a shower. A gratitude journal is extremely helpful in your journey, writing down 10 things you are grateful for that day will help change your perspective in your day to day life, relationships, and even work becomes more fun. As well, changing your attitude into a more positive and grateful one sets you up for success in life.



#### **4. Stop making Excuses:**

You can't expect to change if you keep making excuses for anything that goes wrong with you, because you won't see anything that needs to be changed with you that way. Take accountability for your actions and take responsibility for your decisions. Don't blame anyone or anything for your mistakes. Instead, try to learn from your mistakes, which in turn will help you to become a better person.

#### **5. Be more Self Aware:**

In order to become a better person, learn to notice yourself and know how you behave in different situations. Then you'll know when to improve yourself if you do something improperly, and continue to do what you're doing right. This point is very important because you can't be a better person if you don't know what you should improve of yourself in the first place.

#### **6. Love yourself:**

When you love yourself, you'll want what's best for it. Thus, you'll look for whatever can make it comfortable and content. Learn to accept yourself for who you are and only then will you be able to enhance it and feel better. Tell yourself that you are kind and compassionate, that you're worthy and important, anything that would make you feel loved and accepted by yourself. You should start by loving yourself because you won't be able to love other people if you don't love yourself first.

#### **7. Set goals for yourself:**

Every person should have a certain aim in life. Every person has skills to contribute to the society in which they live. For that reason, set goals and objectives for yourself to conquer. Write them down in a note on your phone or on a journal you keep at hand. Every time you accomplish a goal, you'll objectively learn more about yourself and figure out more ways of self-improvement.

- Take some to define what success means to you, and what it will look and feel like when you achieve it. From there, create a list of the different ways you can achieve this success. Then, narrow down your list to the 3-5 options that you're most energized to go after.



## 8. Be a role model:

Being a role model to someone will encourage you to constantly strive for the better because you wouldn't want to disappoint whoever is looking up to you. You will always find ways to improve yourself and be more careful in how you behave because you'll always want to set a good example to others. For example, as a parent, be a role model to your children, so that they'll try their best to make decisions and take actions that their children will respect.

## 9. Control your Anger and jealousy:

Anger and jealousy are very common human traits. But they are unpleasing and self-destructive if they get out of control. Again, you'll be hurting yourself before others when you get angry at or jealous of someone, hence, being unhappy and dissatisfied.

- Try not to compare yourself to others and think they are better than you. Instead remember that there are so many people who are unfortunate and that you have better circumstances than them. That would help a lot.
- Also, try not to get easily angered by anything, but if you do, try to forgive who ever angered you. This doesn't mean that you're weak and that it'll be like nothing bad ever happened; on the contrary, what happened still happened but you're strong enough to relieve yourself from the heavy weight that was keeping you down, now letting you heal.

## 10. Read more books:

There are books on virtually everything. So, reading more books can help you explore your current interests, but also develop new ones. You can even learn a new skill with a book.

Some books are written specifically to help you start working on selfimprovement and personal growth. You can also read to improve your leadership skills.

But even getting deeply engrossed in a fiction novel can do wonders for you. The bottom line is that whatever passions you may have (or be curious about), carve out some time to read about them.

## References:

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HELPFULPROFESSOR.COM EDUCATIONINFLUENCE.COM