

Introduction to Personal Mastery

Personal mastery is the reason why Oprah Winfrey commands millions of followership all over the world.

“Personal mastery is the reason why Steve Jobs is the most outstanding famous entrepreneur in the world”

“It's not who you are underneath but what you do that defines you” — Peter Senge

“There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self” — Ernest Hemingway



Personal Mastery – A journey towards continuous improvement



- An essential ingredient for **super-happiness** in life is discovering personal mastery. Personal mastery is something that we all want to **achieve**, whether we know it or not. It is about our journey towards **continuous improvement** and seeing life from a different perspective.
- Personal mastery is about understanding exactly how you think, why you do things the way you do, having clarity around your **purpose** and **direction** in life and taking steps towards **continual learning** and development to evolve and enhance oneself. It is not something that is achieved overnight, but rather something that each and every one of us strive towards in our journey of life, fostering a more satisfying, **successful**, happier and fulfilling life.
- To summarize it, personal mastery guides you to develop being aware with your **beliefs**, **attitudes** and **behavior impacts**. It also enables you to accept yourself and be responsible with your own action, attitude, and thought.

Personal Mastery Principles

You cannot dream yourself into a character; you must hammer and forge yourself one.”

—Henry David Thoreau

Personal Mastery Principles



7 pathways to Personal Mastery



Maybe you know where you are, and you know where you want to go, but you don't know how to get there. This crucial middle step can be bridged by laying a **road map towards your goal**. So how does this happen?

Check out the blog on **7 pathways to Personal Mastery** which has the power to transform your life!

- **Article - 7 Pathways to Personal Mastery**

(Right click on the link and open in a new tab/window)

How do I Develop Personal Mastery



One of the first questions when it comes to personal mastery is ‘How do you develop it?’ The best approach to developing personal mastery is to take a few tips in mind and work on one at a time. You can develop exercises for figuring out each of these and then mark your progress as you go through them and figure out how you’re doing at making sure you keep up with your development over time. Here are a few examples for ways to develop yourself and tips for improving

- **Article:** ['Personal mastery' and how to develop it](#)

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Self-improvement, the lifelong journey!



To be the best version of yourself, you need work on yourself. While crafting the each aspect of you, you will come across to yourself; you understand your own flaws, scars and heal it on your own. Further, even the small improvement and achievements will strengthen your self-confidence and escalate your progress. The self improvement journey isn't just about you; it lays in each phase of life including social, personal and professional. The changed you, can inspire others to be a better one. **So be ready to meet the new you, be your own hero!**

Now let us work towards our self-improvement which has positive impacts on both personal and professional life. The course mentioned below will help you get at the heart of who you are and what you do best. The author shows you how to be unstoppable, find your flow, and create a more positive and successful future. Click on the link to learn more:

- **Linkedin Course: [Being the Best You: Self-Improvement Modeling](#) – 38mins**

(Right click on the link and open in a new tab/window)

Developing Growth Mindset

"Growth mindset is based on the belief that your basic qualities are things you can cultivate through your efforts. Although people may differ in every which way in their initial talents and aptitudes, interests, or temperaments, everyone can change and grow through application and experience. This is important because it can actually change what you strive for and what you see as success" – **Carol Dweck**



A “growth mindset,” as Dweck calls it, is pretty much exactly what it sounds like: a tendency to believe that you can grow. She explains that while a “fixed mindset” assumes that our character, intelligence, and creative ability are static givens which we can’t change in any meaningful way, a growth mindset thrives on challenge and sees failure “not as evidence of unintelligence but as a heartening springboard for growth and for stretching our existing abilities.”

Reference: *25 Ways to Develop a Growth Mindset* by Saga Briggs

People with a growth mind-set achieve ever-higher levels of performance, and help their organizations thrive. In these videos, course and article you'll learn what constitutes a growth mind-set and how to cultivate, develop and embrace it.

- **Linkedin Course:** [Cultivating a Growth Mindset](#) – 58mins
- **Linkedin Video:** [Motivate and instill a growth mindset](#) – 4mins
- **Video:** [Developing Growth Mindset with Carol Dweck](#) – 10mins
- **Article:** [25 ways to Develop Growth Mindset](#)

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