

# Definition of Personality Development

- Personality development is actually the development from the organized pattern of attitudes and behaviors which makes an individual distinctive.

# HEALTH

- Drink plenty of water
- Eat breakfast like a King, lunch like a Prince and dinner like a Beggar
- Eat more foods that grow on trees
- Live with the 3 E's – Energy, Enthusiasm, and Empathy
- Make time for prayer

# HEALTH

- Play more games
- Read more books
- Sleep for 7 hours
- Take a 10-30 minutes' walk every day --- and while you walk, smile



# Fundamental Techniques in Handling People

- Don't criticize, condemn or complain.
- Give honest and sincere appreciation.

# WAYS TO MAKE PEOPLE LIKE YOU

- Become genuinely interested in other people.
- Smile.
- Be a good listener.
- Encourage others to talk about themselves.


# WIN PEOPLE TO YOUR WAY OF THINKING

- Show respect for the other person's opinions.
- Never say, "You're wrong."
- If you are wrong, admit it quickly and emphatically.
- Begin in a friendly way.
- Try honestly to see things from the other person's point of view.

# **BE A LEADER: HOW TO CHANGE PEOPLE WITHOUT GIVING OFFENSE**

A leader's job often includes changing your people's attitudes and behavior. Some suggestions to accomplish this:

- Begin with praise and honest appreciation.
- Call attention to people's mistakes indirectly.
- Talk about your own mistakes before criticizing the other person.
- Ask questions instead of giving direct orders.

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- Use encouragement. Make the fault seem easy to correct.
  - Make the other person happy about doing the thing you suggest.



# Stop Worrying and Start Living

## FUNDAMENTAL FACTS YOU SHOULD KNOW ABOUT WORRY

- Don't stew about the futures. Just live each day until bedtime.
- Ask yourself, "What is the worst that can possibly happen if I can't solve my problem?"
- Prepare yourself mentally to accept the worst--if necessary.
- Then calmly try to improve upon the worst--which you have already mentally agreed to accept.

# **Stop Worrying and Start Living**

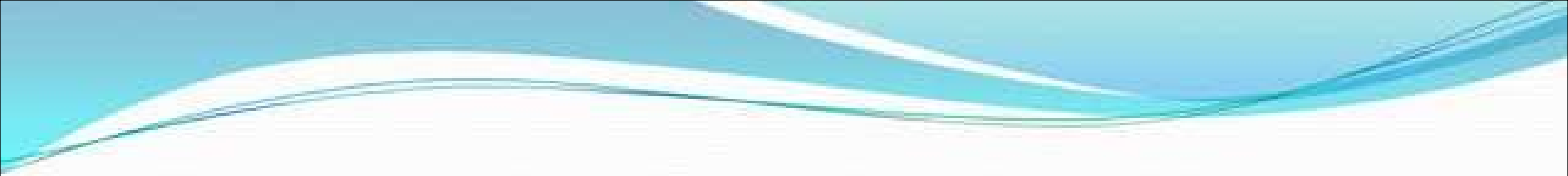
**If a problem can be solved, no need to worry about it.**

**If a problem cannot be solved what is the use of worrying?**



# TECHNIQUES IN ANALYZING WORRY

- Get the facts. Half the worry in the world is caused by people trying to make decisions before they have sufficient knowledge on which to base a decision.
- After carefully weighing all the facts, come to a decision.
- Once a decision is carefully reached, act!



When you, or any of your associates, are tempted to worry about a problem, write out and answer the following questions:

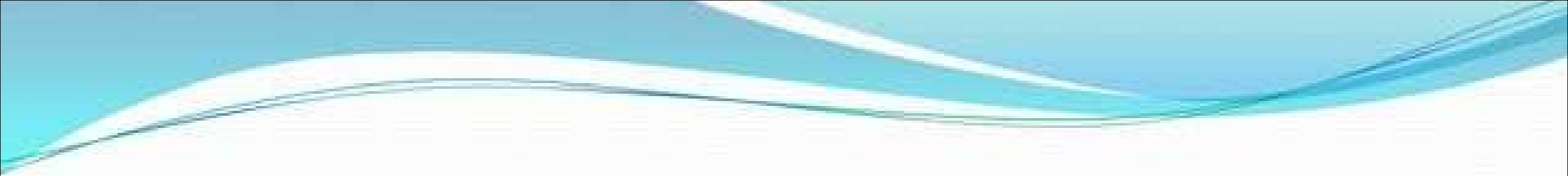
- ☐ What is the problem?
- ☐ What is the cause of the problem?
- ☐ What are all possible solutions?
- ☐ What is the best solution?

# HOW TO MAKE GOOD PERSONALITY

- Don't be loud.
- Know when to speak up.
- Don't be afraid to talk to others.
- Having a sense of humor is a plus.
- Remember personality doesn't mean that you should have looks.
- Be kind and considerate.

# TIPS

- Keep a smart head and keep cool.
- Don't shout or be aggressive.
- Don't doubt yourself.
- Be executive in dress.
- Create your own personal style.
- Don't copy anyone.



**WINNERS ARE NEVER  
DISHEARTENED WITH  
OBSTACLES AND LEAD BY  
EXAMPLE IN WHAT THEY  
DO WITH FOCUS AND  
CONFIDENCE**

## **How winners are different from losers**

- Hard work and consistency
- Never give up attitude
- Focus and determination
- Strategic planning and deliverance
- Self-confidence
- Time management
- Practical
- Positive thinking





← Trimmied Haircut

← Clean Shaved

← Warm Smile

← Feel Of Confidence

← Formal Dress

← Firm  
Handshake

↔ Correct Body  
Posture



May you  
always know  
peace, love,  
light, and  
laughter.

*Thank You*