**The need to become a better person**

Life situations and difficulties sometimes forces us to become people with negativity and lost hope .The things we go through, our loved ones forsaking us and even giving up on ourselves. It is time to man up and realize that life is a gift and its worth changing, Embracing a positive perspective about everything that happens and realizing that they do happen for a reason. It's about time you start to change your life for good.

You will start living a good life when you realize that worries are worthless and so it's about time you stopped worrying about them. Having a strong resettlement when situations are difficult worsen it more, always stand firm and realize that it is of no point of being negative.

Fulfillment and joy are part of your destiny and so let go off your tears, worry and let joy rein in you. Never feels pity about yourself, it only draws you back and reminds you of your weakness. Focus instead on your past victories for they will give you strength and contribute to a positive change in your life.

**Changing yourself**

Becoming someone better can be quite challenging and it involves great sacrifices. The decision to do so should first come from your heart and having a positive attitude is what will drive you towards great improvements. Many people have changed their old ways and are now the paragons of change in society, people look up to them because they live a purposeful life. You might be asking yourself questions like, How to change my life? It is possible it begins with you.

You are the one to decide change in your life, choose to live a happier, successful and healthier life. Once you have believed in yourself your personal development schedule will work out. Below are some tips to improving personal development and growth. The tips are there to guide you and if you follow them to the latter you will start being a successful and better person and also improving your self esteem.

**Decide what you want to become in life**

The best favor you can ever do in life is to know yourself better as a person. Know your strengths and know your weaknesses. This may seem weird but many people don't know about their traits or anything about themselves. It is good to know your worth and note down positive things about yourself, read them daily and tell yourself that you can do better than that. Positive influence in your life will greatly accelerate change towards becoming someone better.

Have someone whom you can emulate, someone who is a positive role model, recreate yourself into that person by writing down additional traits the person has that you do not have. Read other peoples success story from the website or other sources and learn about the challenges they faced and how they overcame them. This greatly attributes towards positive thinking and as inspiration flows through your mind you attitude will change and a new dawn of hope will shine in your life.

**Construct a personal action plan**

To succeed with changing your life, it is important to come up with a well thought out plan. List down your goals and link them with an inspirational saying and read it more often. Take the lessons from the inspirations as a guideline towards finding success in whatever you have been searching. Remember that failing to plan is always a way of planning to fail.

To achieve an effective personal growth journey, come up with a separate plan for each thing you need to accomplish. This is important as your goals may differ from each other and may not necessarily affect each other. To see your plans to fruition you will have to go in a variety of directions. Put the action plan daily into practice.

**Set your personal goals**

This is a crucial step in changing your life towards a better direction. Do not get yourself mixed up by setting unrealistic goals like losing, a hundred pounds in one year or finding the love of your life in just three months. It sounds ridiculous but it is important to know that success is like climbing a stair case, the first step gets you closer. Make gradual changes by setting smaller goals and achieving them over some period. This will be motivating and will make you feel good about yourself.

Remember to always renew yourself with new inspirations daily, this will help you not feel bored with reading same old messages repeatedly. Fresh inspiration will renew your hope and thrust you towards achieving your goals, .making you a happier and better person.

**What to do next after your success**

Nothing can be more appealing than realizing your efforts paid out. Once you have succeeded in changing your life in a positive way, reward yourself for the job well done. The reward doesn't have to be expensive, go for a pedicure or a manicure as this also improves on your cleanliness development.

Don't feel that it is enough to have a single success story, think about new goals and add them to your plan. Look at life as a constantly changing thing that gives you the golden opportunity to change with it. If you continue changing your goal setting throughout your life, you will definitely become a better person.

Now that you have managed to change your life and have your own success story, help your friends who are going through challenges in life due of their own actions. Help them accept their responsibilities for life as it is, and give them hope that they can change it for better. Let them realize that they are worthy people in life and there would never be anyone like them as everyone on earth has their own uniqueness and strengths.

It is natures rule that they that shade off dark clouds in peoples life will always get It is natures rule that they that shade off dark clouds in peoples life will always get enough sunshine for themselves, they that give others light and hope in life will always be the brightest stars, they that make room for other people in their hearts will always find accommodation everywhere. Remember, the more you help others, the better you become.