

Topic : PERSONALITY DEVELOPMENT & LIFE SKILL





Definition of Personality Development

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

THINGS TO ENHANCE YOUR PERSONALITY

- Don't compare your life
- Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment
- Don't waste your precious energy on gossip
- Dream more while you are awake

A person is standing in a dark space, positioned between the massive, dark legs of a giant. A bright light shines through the gap between the giant's legs, creating a strong silhouette effect and illuminating the person and the surrounding area.

**Don't
compare
yourself with
any one in
this world.**

**If you compare,
you are insulting
yourself.**



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.




**If you miss an
opportunity
don't fill the
eyes with tears.**

**It will hide
another better
opportunity in
front of you**



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**

**Every successful person has a
painful story.
Every painful story has a
successful ending.**

**Accept the pain and
get ready for success.**





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

**Be bold when you loose
and be calm when you
win.**

**Heated gold becomes ornament.
Beaten copper becomes wires.
Depleted
stone becomes statue. So the
more pain you get in life you
become more valuable.**

**"God, our
Creator, has
stored within
our minds and
personalities,
great potential
strength and
ability. Prayer
helps us tap and
develop these
powers."**



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Thank You