

PERSONALITY DEVELOPMENT & LIFE SKILLS





- Personal development — a lifelong process — through which you can assess your skills, understand your goals and manage tasks to accomplish your aims.
- It's a process to improve your skills and attitudes to generate patterns in life that when combined lead to accomplishment of goals.
- It brings success in various parts of life like family, profession, financial and health.



- One must have a clear vision of what you want to achieve and why you want to achieve it. The answer to '*why I want to achieve this?*' is called motivation. Motivation is a force that pushes you to stick to a plan and do needful.

SELF MOTIVATION

- Self-motivation is a skill that enables you to do things. It is a key life skill, simply a force that drives you to accomplish tasks and goals.
- If you are interested in personal development, you should consider about this skill seriously.



What is motivation?



- when working on a large project we had a short deadline but they offered such a large bonus to finish early hence we found motivation to get it done.

MIND SET & POSITIVE THINKING

- Being self-motivated means being sharp and smart enough to be manipulated and be open to positive learning.
- Positive thoughts are the only way you'll even find motivation in the first place.
- A positive person anticipates happiness, health and success, and believes he or she can overcome any obstacle and difficulty.

SELF CONFIDENCE RISKS & FAILURES

- Not only about tasks or world you have to think positive about yourself. You need to have a trust in yourself and your abilities.
- When you start along path to develop a healthy personality, must keep in mind that there will be setbacks and failures along the way.
- These failures must not forbid you for going further but act as a lesson about your *mistakes*. All decisions are not perfect. Sometimes you will fail because of you and sometimes failures will happen because of circumstances beyond your control.

SURROUND YOURSELF WITH GOOD COMPANY

- 'A man is known by the company he keeps' is a very common quote. Very few people really understand the meaning and power of this short sentence. Surround yourself with motivators.
- Avoid talking about other people. Don't care if someone has expensive mobile. If you sit with losers then you might end one as well.



PLAN YOUR FUTURE



- Fine a peaceful place for yourself. This is about planning your future, which means you need to first get into the mind-set of thinking about and for yourself.
- To spend time on your own shouldn't be discouraged. Before taking action for a better future for yourself, you need some clarity on what it is you exactly want.



START SMALL

- To get to where you want to be requires serious effort. You need to start taking small steps, so you can get to where you want to be.
- Once started, it will become easy for you to continue moving forward.

LEARN FROM MISTAKES



- When you keep focusing on your previous mistakes, you are killing your motivation.
- Learning from your mistakes can help motivate you since you know what to avoid.
- Today is a new day. Motivate yourself, so you can achieve what you want and deserve.