**In what ways you need to improve?**

I think self-awareness has a major role on improve ourselves. By being aware of what our weakness and strengths, our inadequacy of things and the abundance of what we have will make us think on the things we need to and not to do.

Good mindset will be the start or a trigger on developing self improvement. Having clear and fixed mindset will make us stronger when it comes to trouble and adversary. Through this, we enjoy challenges, despite the risk, usually because we value learning and growth more than others thinking we know what we’re doing. That's why those with a growth mindset often build new skills more easily because they believe they can and so they really work at it.

I believe money is essential when developing or improving yourself. I’m not saying that you need money in order to develop or improve yourself, what I’m trying to say is that you need to think like an entrepreneur. You build something from nothing, from 0 to peso. Having a financial freedom will make us not to entice money but rather money will entice use.

High levels of stress are not only bad for our health and well-being that is why we need to ourself and de stress, it can prevent us from effectively pursuing and achieving our self-development goals. By learning some stress-reducing strategies, your body and mind will be more equipped to handle the challenges that will inevitably arise.

We humans are vulnerable, no one is perfect. That is why we must take risk and be out of our comfort zone but despite of our success we have many failures. That is why we need a attitude or act of resilience. It is super important skill that helps you bounce back quickly after being knocked down. This is one of the most important skills for success because none of us will ever achieve anything if we don't keep trying when we fail.

Having a good mindset is good but when your body is weak or unhealthy will make all this things nonsense. Our body is the one who act from the instruction of our thoughts. We need to keep it healthy all the time though it has a limit but at least we should take care of it. Having a healthy body give a better mind and having a healthy mind gives healthy body unless you undiscipline yourself.

The last and major key of improving ourself is “Discipline”. Having good mindset and thoughts is good but if you didn’t do any actions then everything is just nothing and a waste of time. Doing is the first step on developing or improving yourself. First step will lead to second step then to the third step, and so and so on. In this modern era, many people share their thoughts on developing ourselves through books and internet but only few people practice those things. The knowledge that they share have become a clutter due to no one practice it. That is why we need to discipline ourselves order to developer or improve ourselves.