

Personal Development, 3 Steps To a Better You!

Personal development is often times categorized as just goal setting or being attentive to one's health, when in actual fact it is the sum total of a range of areas that makeup, influence and control ones path in life.

The three main areas can be narrowly categorized in the following manner:

1. **Life Purpose:** What role does spirituality play in your life, what do you want to achieve, what legacy you want to build and what talents you want to harness.
2. **Goals:** How do you envision your life and future, what steps are you taking to build a brighter future for you and your family?
3. **Self-Awareness:** Contrary to popular belief self-awareness is not simply about one's self but rather a combination of emotional intelligence, evaluation of our physical health and also examining our relationship with others.

Life Purpose

Legacy often denotes money left behind after death but in the context of personal development it can also mean the outcome or impact of one's actions. Simply put, do good to others and you will feel better about yourself.

At last count there were some 4,200 religions in the world. This number alone emphasizes the need for spirituality in one's life. The belief in something higher than ourselves and the hope for something better in the future generally moves us forward, keeps us focused and creates a sense of purpose.

Many of us are naturally gifted writers, musicians, artists and technologists. By utilizing these talents to the full either daily in our professional pursuits or as part of our hobbies, we feel more in tune with the world around us. Being good or even great at something is a great way to build our confidence and overall sense of achievement.

Goals

Year in and year out, goals are the mainstay of personal development blogs, conversations with our friends and family and on our never ending to-do lists. Many people spends hours planning and mapping out in detail the steps and thoughts on how to go about achieving their goals.

There is no need for fancy visualization techniques or even apps. You simply need to write down three things that you want to achieve, by when and three steps as to how you will go about it.

Review these goals daily for a few minutes to keep them close at mind. If you feel like they are unattainable spend a few minutes jotting down what alternative steps you can take to achieve them or even seek advice from your friends or family for suggestions.

Self-Awareness

To be self-aware is to be able to see oneself in relation to the world around us. Those who are self-aware care about what they do, who are impacted by their actions and how they are seen in the

world. Furthermore, those who are self-aware are more emotionally intelligent, more resilient to the stresses of life in general and more capable of reaching their personal development goals.

Along with emotional intelligence, physical health is also of vital importance. Small conscious actions like watching what we eat, developing good sleeping habits and regular exercise also buildup small wins which leave us with an overall greater sense of fulfillment.

A key part that ties together the entire personal development process is relationships. Naturally we are all reliant, influenced and motivated by those around us. If you invest quality time in developing good healthy relationships these will pay back ten-fold.