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Last updated on November 4, 2020 Are you someone who likes to grow? Do you constantly seek to improve yourself and become better? If you do, we have something in common. I am very passionate about personal development. It was just 4 years ago when I discovered my passion for growing up and helping others grow. At that time, I was 22 and in my final year of university. As I thought about the meaning of life, I realized there was nothing more meaningful than advancing a life of growth and betterment. It's through making ourselves better that we get the most out of life. After a year and a half of actively pursuing growth and helping others to grow through their personal development blog, I know there's never an end to the journey of self-improvement. The more I grow, the more I know there's so much out there I don't know, so much so that I have to learn. For sure, there's always something about ourselves we can improve on. Human potential is limitless, so it is impossible to reach the point of development. Whenever we think we are good, we can be even better. As a passionate advocate of development, I am constantly looking for ways to improve self.' I have compiled 42 of my best suggestions which can be useful in your personal development journey. Some of them are simple steps you can quickly engage. There are some big steps that caution takes an attempt to act on. Here they are: 1. Read a book every day. Books are concentrated sources of knowledge. The more books you read, the more knowledge you expose yourself. What are some books you can start reading to enrich yourself? Some of the books I've read and found useful seem to grow rich and who moved the science of my cheese, 7 habits, getting rich and living the 80/20 Way. When you're reading a book every day, you'll feed your brain with greater knowledge. Here are 5 really good books to read for self improvement: 2. Learn a new language. As a Chinese from Singapore, my main languages are English, Mandarin and Eckkin (a Chinese dialect). Out of interest, I took language courses over the years such as Japanese and Bahasa Indonesians. I realized that learning a language is a completely new skill and the process of getting acquainted with a new language and culture is a completely one-mind-opening experience. 3 | Pick up a new hobby. Beyond just your usual favorite hobby, is there anything new you can pick up? Any new games you can learn? Examples are fencing, golf, rock climbing, football, canoeing, or ice skating. Your new hobby can also be a hobby of entertainment. For example, to learn something new, pottery, Italian cooking, dance, wine appreciation, web design, etc. you have to spread yourself in various aspects, whether physically, mentally or emotionally. Here are 20 hobbies for you to get some new ideas20 productive hobbies that will make you smarter and happier. Start a new course. Can you join a new course? Course New Knowledge There is a great way to acquire skills. This is not a long-term course of being - - Or workshops also serve their purpose. I've been to some workshops and they've helped me gain new insights which I hadn't considered before. In fact, anyone who wants to be a smarter learner should take this 20-minute free class: Spark your learning genius. This will help supercharge your learning ability and take up any skills faster! 5| Create an inspirational room. Your environment sets the mood and tone for you. If you're living in an inspiring environment, you're going to be inspired every day. In the past, I didn't like my room at all because I thought it was messy and dull. A few years ago, I decided it was the end of it - I started on the mega room improvement project and repaired my room. The end result? Going into a room I totally taste and inspire me to be at my peak every day. Photo credit: Source6. Allay your fears. We all fear. Fear of uncertainty, fear of public speaking, fear of risk... All our fears put us in the same position and prevent us from growing. Identify that your fear reflects the areas where you can grow. I always think of fear as the compass for growth. If I have a fear about something, it represents something I know so far, and addressing it helps me to grow. Learn how to dispel your irrational fear (which prevents you from succeeding). Level up your skills. If you've played video games before, especially RPG, you'll know the concept of leveling up – gaining experience so you can get better and stronger. As a blogger, I'm constantly leveling up my writing skills. As a speaker, I am constantly leveling up my public engagement capabilities. What skills can you level up? 8 | Wake up early. Waking up early (say, 5-6) has been acknowledged by many (Anthony Robbins, Robin Sharma, among other self-help gurus) to improve his productivity and his quality of life. I think it's because when you wake up early, your mindset is already set to continue the momentum and actively live the day out. Not sure how to wake up quickly and feel energetic? These ideas will help: how to get inspired and be happy every day when you wake up9. Do weekly exercise routines. A better start with you being in better physical condition. I personally make it a point to jog at least 3 times a week, at least 30 minutes each time. You might want to mix it with jogging, gym lessons and swimming for variation. Check out these 15 tips (and how to keep it) to restart the exercise habit. Photo credit: Source10. Start your life booklet. A life handbook is an idea I started 3 years ago. Basically, it's a book which includes essentials on how you can live your life to accomplish such as your purpose, your values and goals. Like your manual for your life. I've been in my life since 2007 Started and it's been an important force in my progress. 11 | Write a letter to your future self. What do you see yourself as 5 years from now? Will you be the same? detached? What kind of person will you be? Write a letter to your future self - will be 1 year from now Good start - and seal it. 1 year from now make a date in your calendar to open it. Then start working to become the person you want to open that letter to. Get out of your comfort zone. The real development comes with hard work and sweat. Being very comfortable doesn't help us grow, it makes us stable. What is your comfort zone? Do you live most of the time? Do you live out with other people when you put it in your own place? Shake your routine. Do something different. By exposing yourself in a new context, you are literally growing up as you learn to act in new circumstances. 13 | Put someone to a challenge. Competition is one of the best ways to grow. Set a challenge (weight loss, exercise, financial challenge, etc.) and compete with an interested friend to see who achieves the first goal. Through this process, you would both benefit more if you were to set on target alone. 14 | Identify your blind spots. Scientifically, blind spots refer to areas that are not able to see our eyes. In terms of personal development, blind spots are chatting about themselves we are unaware of. The discovery of our blind spots help us discover our areas of improvement. One exercise I use to discover my blind spots is to identify all things/events/people that trigger me in a day-trigger meaning makes me feel annoyed/offended. These represent my blind spots. It's always fun to do exercise because I discover new things about myself, even if I already think I might know my blind spots (but then they blind spots they won't?). After that, I work on steps to address them. 15 | Ask for feedback. As much as we try to improve, we will always have blind spots. Asking for feedback gives us an additional perspective. Some people will have friends, family, colleagues, owners, or even acquaintances to approach, because they will have no predetermined bias and can objectively give their feedback. Learn more about how to ask for feedback and become a fast learner here!16. Stay focused with to-do lists. I start my day with a list of tasks I want to accomplish and that helps me stay focused. In comparison, the days when I don't end it up being very unproductive. For example, part of my to-do list for today is to write a guest post on LifeHack.Org, and that's why I'm writing this now! Since my work requires me to use my computer all the time, I use free sticky notes to manage my to-do lists. It's really simple to use and it's a freeware, so I recommend you check it out. Set big-haired audacious targets (BHAGs). I am a big fan of setting up BHAGs. BHAGs you to your normal potential Stretch since they are big and audacious — you won't think about trying them normally. What BHAGs can you embark on, which you will feel exactly at the top of the world once you're completing them? Set them up and start working on them. Learn how to use smart goals to become highly successful in Life.18. Accept your flaws. Everybody has loopholes. The most important thing is to understand them, accept them and and them. What do you think you have flaws? What flaws can you work on now? How do you want to address them? 19. Take into action. The best way to learn and improve is to take action. What do you have been given meaning to do? How can you act on this immediately? The wait doesn't get anything. Taking action gives you immediate results to learn. 20 | Learn from people who inspire you. Think of the people you admire. People who inspire you. These people reflect some of the qualities you want for yourself as well. What qualities do you want for yourself? How can you get these properties? 21 | Leave a bad habit. Can you lose any bad habits? Overslipping? No exercise? It's getting late? Slaughtering? Nail biting? smoking? Here's some great advice from Lifehack's CEO on hacking his habit loop to break bad habits and build good ones: How to break a habit and hack The Habit Loop22. Cultivate a new habit. Some good new habits to cultivate include reading books (#1), early wakefulness (#8), exercise (#9), one day (#40) reading and meditating on a new personal development article. Is there any other new habit that you can cultivate to improve yourself? If you're wondering how to stick to good habits, check out these tips: 18 tricks to create new habits Stick23. Negative-avoid people. As Jim Rohan says, you are an average of 5 people you spend the most time with. Wherever we go, it is natural to have negative people. Don't spend too much of your time around them if you think they put you down. Not sure who are the toxic people in life? This article could help you: 10 toxic individuals you should get rid of just 24. Learn to deal with difficult people. There are times when there are difficult people, such as you at your workplace, or when the person is part of the inner circle of your contacts. Learn to deal with them. These people's management skills will go a long way in working with people in the future: how to deal with negative People25. Learn from your friends. Everyone has amazing qualities. It depends on how we want to tap into them. With all the friends that surround you, they're going to have things you can learn from. Try to think about a good friend now. Just think of a quality which they are what you want to adopt. How can you learn from them and adopt this skill for yourself? If you need, talk to them. For sure, they'll be more than happy to help! 26 | Start a magazine. Journaling is a great way to achieve better self-awareness. It's a self-reflection process. As you write, clarify your thought process and read what you've written from a third person's perspective, you get more insight into yourself. Your journal can be private or an online blog. I also use my personal development blog as a personal magazine and I have learned a lot about yourself through the last year. 27. Start a blog about personal development. To help others grow, you need to walk the point first. You have expectations, both from and from others, which you have to maintain. I run the Personal Excellence blog, where I share my personal journey and insight into how to live a better life. Readers look towards my article to improve myself, which applies to me that I need to keep improving, for myself and for the people I'm reaching out to. 28 | Get a mentor or coach. There is no fast way to improve someone to work with you on your goals. Many of my clients approached me to coach them in their goals and they would achieve significantly more results than if they acted alone. If you're looking for a mentor, don't miss these tips: what to look for in a good mentor 29. Reduce the time spent on chat programs. I realized that chat programs are open at the default result in a lot of wasted time. This time may cost much better on other activities. Days when I don't get on chat, I get a lot more done. I usually disable the auto start-up option in chat programs and launch them when I want to chat and actually have time for it. Learn chess (or any strategy game). I found chess strategy is an awesome game to learn and hone the power of your brain. Not only do you have fun, you also get to use your analytical skills. You can also learn tactics from other board games or computer games such as Othello, Chinese Chess, Warcraft, and On.31. Stop watching TV. I haven't been watching TV for too much 4 years and it's been a very liberating experience. (Here are 10 reasons to turn off your TV) I realized most of the programs and commercials on mainstream TV are generally of a low consciousness and not very empowering. In turn, the time I've been freed from not watching TV is now creatively used for other purposes such as connecting with close friends, doing the work I enjoy, exercise, etc. Start a 30-day challenge. Set a goal and give yourself 30 days to achieve this goal. Your goal may be to stick with a new habit or something you've always wanted to do, but don't. Day 30 is just enough time to strat create strategy, plan, get into action, review and nail the target. 33 | Meditation meditation helps you calm down and be more alert. I also realized that during nights when I meditated (before bedtime), I needed less sleep. The clutter clearing process is very liberating. Meditation is a try with this 5 minute guide: anywhere, anytime.34. Join toastmasters (learn public speaking). Interestingly, there is #1 fear in the public speaking world, with #2 death. After I started speaking publicly as a personal development speaker/speaker, I started speaking publicly. Toastmasters is an international organization that speaks publicly to people in trains. Check out the nearest Toastmaster Club to you here. 35 | Make friends with the top people in your fields. These people have achieved their results because they have the right perspective, skill set and information. Learning from the people there and how much better than that? Get new insights from On how you can improve and achieve the same results for yourself. 36 | Let's go of the past. Is there any complaint or sorrow from the past that you are holding on to? If so, it's time to let it go. Holding on to them prevents you from moving on and becoming a better person. Break away from the past, forgive yourself, and move on. Just recently, I finally moved on from a previous mourning of 5 years ago. The impact was liberating and very forceful, and I've never been happier. 37 | Start a business venture. Is there anything you're interested in? Why not turn it into an enterprise and make money while learning at the same time? To start a new venture you need to learn business management skills, develop business skills and gain a competitive edge. The process of starting and developing my personal development business has equipped me with many skills like self-discipline, leadership, organization and management. Show kindness to the people around you. You can never be kind to anyone. In fact, most of us don't show enough kindness to those around us. Being kind helps us develop other qualities such as compassion, patience and love. As you go back to your day after reading this article later, start exuding more kindness for the people around you, and see how they react. Not only that, pay attention to how you feel because you treat others kindly. Chances are, you'll feel even better than yourself. 39 | Reach out to people who hate you. If you ever stand for something, you're going to get haters. It's easy to hate people who hate us. Loving them back is much more challenging. Being able to forgive, let go and show these people love requires generosity and an open heart. Is there anyone who dislikes or hates you in your life? If so, reach them. Show them love. Ask for a solution and close on previous complaints. Even if they refuse to reciprocate, love them all the same. It's much more liberating than hating them back. 40. Take a break. Are you working very hard? Self-improvement is also to take a break to recognise our need to walk miles ahead now. If it does not have petrol, you cannot drive a car. It is important to set time for yourself. Take some time for yourself every week. Relax, rejuvenate and charge yourself for what's ahead. 41 | Read at least 1 personal development article a day. Some of my readers make it a point to read at least one personal development article every day, which I think is a big habit. There are many awesome personal development blogs, some of which you can check out here. 42 | Committed to your personal development. I can write list articles with 10 ways, 25 ways, 42 ways or even 1,000 ways to improve yourself, but if you have no intention of committing to your personal development, it doesn't matter what I write. anything Going to get through. We are responsible for our personal development- not anyone else. Make decisions not your mom, your dad, your friend, me or Lifehack. Commit to your personal development and embrace yourself for the journey of a lifetime of growth and change. Stop your development by picking up and working on some of the steps above. The result may not be immediate, but I promise you that as long as you keep it, you will start to see positive changes in yourself and your life. So here you are, 43 concrete ways for self improvement. Choose one or something to start doing today. If you want to see yourself improving, you must do some things. More Self-Improvement TipsFeatured Photo Credit: Unsplash through unsplash.com unsplash.com