
FRONT COVER:

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Foreword

Personal development or the actions necessary to improve one's mental and physical self or one's performance can exist on different levels; on an individual level, developing other people and beyond that it is a field of practice and research. We have all the info to get you started here.



Personal Development Quantum Leap Strategy

Grow leaps and bounds and stay there!

Chapter 1:

Personal Development Basics

Synopsis

Personal development can be undertaken in a variety of ways and making use of a range of tools and teaching techniques. It is possible for a person to work on their own personal development independently of others by using self help books, videos and a range of other materials available. Other individuals could choose to make use of professional personal developers such as counselors or life coaches.



The Basics

At the individual level it includes improving self awareness and self knowledge. Attention is given the ways that can be found to improve wealth and health and lifestyle.

An individual's personal skills are worked upon to improve the person's social ability. Improvements in this area as well as the person's enriching performance in social situations can also improve the individual's employability. Some individuals choose to focus their spirituality to improve their quality of life.

Beyond self help personal development includes developing other people. This form of personal development may take place through the role of teachers. Education systems are designed to enhance personal development and self growth.

The academic teaching given in institutions runs parallel with the assistance given by teachers to enhance the personal development of their charges.

Mentors offer enormous scope in the area of personal development and can be paid individuals or working in the voluntary capacity such as a fellow colleague or relative. Some people choose specifically to employ a life coach to help them plan out their personal development program and to guide them through it.

Professional development is also a field of practice and research. The methods employed include learning, programs, assessment systems, tools and techniques.

Like any form of development, personal development makes use of frameworks or criteria to assess whether change has occurred. The frameworks include goals, strategies, levels and feedback systems.



Chapter 2:

Have A Critical Look At Yourself

Synopsis

Any individuals giving careful consideration to embarking on a self development program of any kind need first to have a critical look at themselves. It is essential to know oneself well in order to ascertain what area or areas need improvement. It is all too easy to feel that life isn't going well and feel that things need to be improved but unless it is known exactly where there are areas of weakness it is difficult for things to be improved.



Changing

Whilst it might be a slow and sometimes painful and exhausting exercise it is necessary to examine many facets of one's life. Consideration will need to be given to all or some of the following; personal happiness, one's health and state of physical and mental wellbeing, personal wealth, work performance and career path, relationships one has with others and personal aspirations.

A person's physical and mental good health is fundamental to their performance in all aspects of life. It will be necessary to analyze one's physical health to decide whether there are areas that need focus to heal and be improved upon.

This may be something simple like taking a hearing or vision test. Diet and cardio vascular fitness are other areas that need to be considered.

A good look at one's own mental health might be able to determine if an individual is affected by stress or anxiety and determine whether or not they are areas of life that need to be worked on.

We are all engaged in relationships of some kind or other. Giving time to reflect on those that we have will allow us to ascertain whether they are positive or not. Consideration would then need to be given to whether relationships need to be terminated, developed or improved.

Most individuals, unless retired, have to spend a considerable proportion of their life in employment. Time analyzing job performance and satisfaction is crucial to self reflection. Closely linked with career and work is personal wealth and this is another area that needs very careful consideration.



Chapter 3:

Explicitly Define What You Want To Work On

Synopsis

Once a person has decided that they want to commence upon a personal development program they should then undertake some critical self analysis.

It is only by first having a critical look at their own selves that individuals can work out what areas of their lives need attention. This process of self examination can be very painful but it is essential that it is undertaken.



Decide

After having a critical look at themselves it might be that there are several components of their life and being that require to be worked upon.

Many individuals can be very hard on themselves and simply believe that everything is wrong with themselves and they need to work on every component. Such way of thinking is likely to bring about failure. It is essential to be more specific.

After having looked at themselves in a critical way and noting down the areas for self development individuals should then rank the areas according to how important they believe the areas are to improved personal performance.

Such rankings will differ from individual to individual. What is important is that the individual realizes which area is to be focused upon first.

By placing attention on one or very limited number of areas to begin with it is more likely that success will be achieved rather than striving to make many changes or learn too many strategies at once.

When the area for personal development has been determined the individual must then decide exactly what the outcome should be. It is unworkable to have undefined or woolly goals such as "I want to be

happier.” Precision is what is needed here so that there is a clear objective to work towards. Once that objective is clearly defined then the task involved to bring about its outcome can be broken down into achievable steps.



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