

# SELF DEVELOPMENT SKILLS: AN EXCELLENT WAY FOR GOOD LIFE

Mrs. Priya Bedi  
Assistant Professor  
Moga College of Education for girls,  
Ghal Kalan, Moga

## Abstract

In order to live this 'good' life, the individual has to acquire, through the education knowledge, skills, attitudes, values and other behaviour patterns. But all these developments needs develop self firstly. This paper will therefore address concept and importance of self and development of self or personal development in one's life. This will help the individual to become responsible citizens who will use their life skills to guide their attitudes and behavior in the society.

**Keywords :** Social Demand, Resilience, Workplace, Personal Development, Self Fulfilment etc.

## Introduction

Self development skill is a much used and much maligned term. When you put the effort into developing yourself, the rewards are amazing. Many people are put off personal development because the results are not always measureable however, the greatest achievers in life know that key to success is the ability to manage yourself in a variety of situations that ability comes through personal development. Self development skill refers to all inclusive term as referring relationship between individual and his environment through which his needs are satisfied in accordance with social demand. If you want to build self confidence, then you have to focus on improving your life for the better, not on making your life more like your best friend's.

## Core Benefits of Self Development Skills

Self development is an often used but explained item. It is about investing in yourself so that Rather than wait for good things to happen, you get out there and make them happen. Making that commitment to personal development is the first step on the path of self fulfillment.

### 1. Self-awareness: Self development begins with self-awareness you get know your self

If you want to achieve lasting happiness then it is need to design your life based on who are you . Then you can chase your own goals and objectives. When you are chasing your own goals, there is much pleasure to be derived from reaching your destination. Self awareness is the first fundamental step in the personal development process.

**2. A Sense of Direction:** Once you have raised yourself awareness, you are clear on things you wish to achieve from the life. Decision making becomes a lot easier. Tasks which used to take a great deal of your time, no longer make it onto your to-do list. You now realize that they do not move you towards your objectives and therefore are not worthy of your time.

**3. Greater Resilience:** Self development cannot prevent all bad things from occurring but it will help you deal with them when they do. You will have greater confidence, resilience, personal and interpersonal skills to cope with any eventuality.

**4. More Fulfilling Relationships:** Relationships are a double-edged sword. They either lift you up or drag you down. When you improve yourself development you are better able to understand relationships which have the most positive impact on your life.

#### **Means and ways for improving self development skills:**

**1. Self-Image:** Self image can be measured by doing self evaluation, which would highlight the three forces of personality:

The man you think you are

The man other thinks you are

The man actually you are

**2. Self-Evaluation:** Through self evaluation SWOT analysis is possible, In SWOT S refers to strength, 'W' refers to weakness, 'O' represents opportunities and 'T' means threat.

**3. Good Mental Health:** Sound mind lives in sound body

Adequate physical and intellectual development

Adequate emotional and social development

Adequate development of interest and aptitude

Adequate personal worth and security

**4. Focus on your Achievements:** If you take time to think you will realize that you have achieved so many things in your life. List your achievements remember what they meant to you. It does not matter what you think about your life at present. If you are honest with yourself you will make a long list and it will make you feel good.

**5. Seeking out Positive Experiences and People:** We can give ourselves positive experience as a way of increasing our self-confidence. Also spending time with people who are like us is helpful. Surround yourself with positive influences and avoided those who are constantly being negative.

**6. Eliminate Reminders of your Negativity:** Avoid spending time around things that can make you feel bad about yourself again. These might be reminders from the past, clothing that no longer fits, or places that don't fit your new goals of gaining confidence.

**7. Be Comfortable with Fear:** You may think that people who are self confident are never fearful. This simply is not true. Fear means you are at your growing edge.

**8. Set Small Goals and Achieve them:** Starting with the very small goals, get in the habits of setting them, achieving them and celebrating that achievement.

**9. Take a Communication Class:** Not everyone has perfected public speaking, in fact, many people fear it. According to Juline Godwin, Consultant & Trainer at Dale Carnegie, we should always be aware of how we are communicating with others. Communication training builds confidence and the overall sense of professional self. When one can present themselves well confidence allows us to feel more connected to the audience and be more natural, said Godwin. Godwin further noted that the same communication skills that were important to years ago are still important in today.

**10. Tap in to your Inner Creativity:** Everyone is born with a core of creativity. Activating your creativity helps you think more creatively in the workplace. 3 important steps to take to be more fulfilled and creative. They are:

- increase self love
- recognize and silence the self critic
- actively engage in creative expression

## Conclusion

Self-development is innately tied into the concept of confidence. As you grow personally, and begin to create, identify with, and solidify your own values and beliefs, you will learn that you are also simultaneously growing more confident in dealing with the world around you.

## References

Bandura, A. (1991b). Self-regulation of motivation through anticipatory and self-regulatory mechanisms. In R.A. Dienstbier (Ed.), Perspectives on motivation: Nebraska symposium on motivation (Vol. 38, pp. 69-164). Lincoln: University of Nebraska Press.

Good, C.V. (1959). Dictionary of Education. (Second edition). New York: McGraw Hill Book Co.7, 55.

Lent, R.W., & Hackett, G. (1987). Career self-efficacy: Empirical status and future directions. Journal of 36  
Emanating Currents in Teacher Education Vocational Behavior, 30, 347-382.

Maddux, J.E., & Stanley, M.A. (Eds.) (1986). Special issue on self-efficacy theory. Journal of Social and  
Clinical Psychology, 4 (Whole No.3).

Povinelli, D.J. (2001). The Self: Elevated in consciousness and extended in time. In C. Moore & K. Lemmon  
(Eds.), The self in time: developmental perspective (pp.75-95). Mahaw, N.J.: Lawrence Erlbaum Associates.

Schunk, D.H. (1989). Self-efficacy and cognitive skill learning. In C. Ames & R. Ames (Eds.), Research on  
motivation in education. Vol. 3: Goals and cognitions (pp. 13-44). San Diego: Academic Press.

Wood, R.E., & Bandura, A. (1989). Social cognitive theory of organizational management. Academy of  
Management Review, 14, 361-384

<http://www.bizmove.com/skills/m8r.htm>

[www.boston.com](http://www.boston.com)

[www.coachingpositiveperformance.com](http://www.coachingpositiveperformance.com) › Blog › Personal Effectiveness

[www.boston.com/business/blogs/global-business-hub/2012/.../self\\_improvement](http://www.boston.com/business/blogs/global-business-hub/2012/.../self_improvement)

