



Contributing To Society in Positive Ways

Contributing to society assists you to create joy, fulfillment and purpose in your life and work.

One way to contribute to the wellbeing of people and society is to develop your strengths and skills. Strengths are positive qualities such as; empathy, appreciation and courage. Skills are your abilities and expertise such as the skills you develop as an engineer or artist.

You can develop positive qualities and skills individually and as a group. Expanding your strengths and skills assists you to create positive solutions for society and help people to have greater wellbeing in their lives.

This article shares exercises which assist you to develop positive qualities and skills for your life and work and for contributing to society in positive ways.

Developing My Positive Qualities Exercise

Developing your positive qualities assist you to create wellbeing and success in your life and work and contribute to society. You can work on positive qualities in your life or work, an area of your life or work or a project or activity in one area.

In our work, we define the areas of life as; health, relationships, finances, career and personal growth.

Here are the steps in this exercise.

1. Choose a positive quality you would like to develop in your life, an area of your life or a project or activity in one of these areas.
2. Write a Positive Quality Statement. This is a Statement about how this quality is assisting you to achieve a goal in one of these three ways. Write the Statement as if it is already assisting you to accomplish a goal.

Here is an example about how the positive quality of courage is assisting a professional to develop successful relationships in their life and work.

I am developing the positive quality of courage. Courage

assists me to share what I think and feel. Being authentic and open in this way helps the people in my life and work to be open and authentic too.

I am creating positive, fulfilling relationships in my life and supportive relationships with colleagues and co-workers by developing the quality of courage in my life and work.

3. Write down the actions you will take for the next 90 days to develop this quality.
4. Each week, look at your actions and their results. Revise your actions when this assists you to develop this quality and achieve positive results in achieving your goals successfully.
5. Every month, take an in-depth look at your results and revise your actions when this assists you to go forward.
6. At 90 days, continue to work with the same quality or choose another to develop for the next 90 days.

Developing My Skills Exercise

Skills are the abilities and expertise which you use in your work and projects and activities in your life. For example, a ballet dancer has abilities and skills as a dancer. An engineer has knowledge and expertise in engineering.

As with positive qualities, you can develop a skill for your life, an area of your life or a project or activity within one area of your life.

Here is an exercise to assist you to develop a skill for your life or work.

1. Decide on a skill you would like to develop for your life, an area of your life or a project or activity within one area.
2. Write a Positive Goal Statement. In our work, this is a statement about a goal you would like to achieve and the ways the skill or positive quality you are working on is assisting you to accomplish it. Write the Statement as if the skill or quality is already helping you to accomplish a goal and create success.

Here is an example of a Positive Goal Statement for the head of an engineering department who is developing specialized engineering skills for creating innovative water technologies.

Example of a Positive Goal Statement

I am developing special engineering skills which assist my staff to develop innovative water technologies. Our work helps businesses and families to receive health benefits from using and drinking clean water. This specialized training is assisting our team to help prevent disease and improve health.

3. Develop this skill for 60 days, 90 days or a year.
4. Write down the actions you will take during this time.
5. Take at least one action each day.
6. Each week, look at your actions and results. Refine your actions when this assists you to develop this skill and achieve your goals.
7. Look at your actions and results again each month. Refine your actions when this helps you to develop the skill and create success.
8. At the end of the time you have chosen to work with a skill, continue to work with it or choose another skill to develop which assists you to achieving your goals.

Contributing to Society in Positive Ways Exercise

In addition to developing positive qualities and skills for your life and work, you can develop them to contribute to the wellbeing of people and society. Here is an exercise to assist you.

1. Choose a positive quality or skill you would like to develop which assists you to contribute to society.
2. Write a Positive Quality Statement or Positive Goal Statement. Write this statement as if you are already developing a positive quality or skill which is assisting you to achieve a goal which helps people and society.

Here is an example of developing the skill of interviewing for a professional who is hosting a radio show.

I am creating a radio show which interviews people who are making unique contributions to society. I am developing the skill of interviewing, which assists me to share the work of our guests in a way which educates and inspires our listeners. Interviewing skills assists the show to share work of our guests in a way which brings new knowledge and skills to our listeners.

3. Work with this quality or skill for 60 or 90 days or a year.
4. Each week, look at your actions and their results in assisting you to contribute to people and society. Refine your actions when this helps you to develop the quality and achieve a goal.
5. Refine your actions again each month.
6. At 60 or 90 days or a year, look at your results in making a positive contribution to people and society.
7. Decide to work with the same quality or another for the next 60 or 90 days or a year.

Developing your positive qualities and skills assists you to achieve your goals, create positive solutions and contribute to society. Expanding them enhances your life and ability to create wellbeing in the world.

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