



## **Contributing to Society.....developing my knowledge, skills and positive qualities**

Most people would like to contribute to society and create a world in which everyone has food, shelter, opportunities for education and the ability to create wellbeing in their life and the lives of other people.

One way to help people and society is to develop your knowledge, skills and positive qualities. This article shares original ways for developing each of these.

### **Develop Knowledge and Skills**

Expanding your knowledge and skills assists you to create original ideas and innovative solutions. It is a good idea to develop consistent ways to develop your knowledge and skills. Here is an exercise to assist you.

1. Choose the areas of knowledge and skills you would like to develop and how you would like to use them to help people and society.
2. Write a Goal Statement about how developing your knowledge and skills is helping other people.

A Goal Statement can be one or two sentences or several paragraphs. It is written as if you are already achieving a goal and helping other people.

#### Example of a Goal Statement

*Our engineering group is developing new farming methods for growing large quantities of food on small plots of land in developing countries. This innovative technology reduces world hunger and creates health and wellbeing for the populations of developing countries.*

3. Set aside time each week for developing your knowledge and skills through study and research and integrating them in the projects you are working

on.

4. Choose a period of time to develop them...60 days, 90 days, a year or another length of time.
5. Each month, review how you are contributing to society by developing your areas of knowledge and skills. Refine the ways you are developing them when this helps you to expand your contribution to the lives of other people.

## Create Original Work

Creating original work develops naturally when you expand your knowledge and skills. You are able to receive new ideas and create innovative solutions from the positive momentum you create when you develop your knowledge and skills in a consistent way.

In my work, I discovered a positive synergy between creating joy and achieving goals. I noticed that when my colleagues had joy in their life, they achieved their goals, developed positive relationships and created new opportunities. When they were actively achieving their goals, joy and wellbeing came naturally.

While observing my colleagues, I realized that I wanted to have joy in my life and created exercises which assisted

me. I also developed exercises for achieving goals. Working with joy and achieving goals and continuing to research these topics, I developed an original curriculum which combines several topics in an innovative way.

We each have our own original blend of knowledge, skills and positive qualities. Developing these in a consistent way helps us to be innovative in the contribution we are making to people and society.

## Develop Positive Qualities

Positive qualities are strengths. A few examples are; appreciation, courage and empathy.

Developing your positive qualities assists you to achieve your goals and create positive relationships. Strengthening the qualities in your life also helps you to create joy and new ways to contribute to other people.

You can develop a positive quality for your life, an area of your life or a project or activity within one area of your life.

Here is a Goal Statement for each of these ways of strengthening a positive quality. We identify the areas of life as; relationships, health, career, finances and personal growth.

## Goal Statement for Developing A Positive Quality In My Life

*I am developing the positive quality of courage. This assists me to be authentic with my family, friends, and colleagues. Developing courage assists me to take positive actions to achieve my goals. Courage helps me to create positive relationships and accomplish my goals successfully.*

## Goal Statement for Developing A Positive Quality In An Area of My Life

*I am developing the positive quality of appreciation in my relationships with other people. Appreciating my friends, family and colleagues helps me to listen with greater understanding and assist them achieve their goals successfully.*

## Goal Statement for Developing A Positive Quality For A Project or Activity

*Our engineering team is developing the positive quality of listening. This quality assists them to appreciate the ideas of one another about the technology we are developing and the way we work together to achieve our goals.*

*Listening helps each team member to be open to receiving new ideas from one another. This assists them to achieve their individual and group goals successfully.*

Developing your knowledge, skills and positive qualities helps you to be innovative in the ways you contribute to people and society. Creating momentum for developing these consistently assists you to bring new ideas and solutions which create wellbeing for everyone.

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