



The Benefits of Life Training

Life training assists you to create wellbeing, positive relationships and contribute to society.

Working with highly-skilled professionals in several fields, I discovered that when they develop life skills at the same time they achieve their goals, it is easier for them to accomplish their goals successfully.

While the steps you take to develop yourself as a person are not as visible as the actions you take to achieve a goal, they are as significant in creating wellbeing and success.

This article shares three life skills that assist you to create wellbeing and achieve your goals successfully. These are:

- Create Momentum.
- Develop Positive Qualities.
- Use Time Well.

Here is a description of each of these three ways and exercises to assist you.

Create Momentum

Momentum is the ability to 'go forward' successfully. It is developed through consistency in the actions you take to accomplish a goal.

Working with clients, I noticed that even though they were highly-skilled in their areas of expertise, they often lacked consistency in the actions they were taking to achieve a goal.

Here is an exercise which helps you to achieve a goal in an area of your life or a project or activity in one of these areas. It is a yearly life planning exercise which helps you to organize your goals and actions and create momentum and consistency so that you accomplish your goals successfully.

Here are the steps in this exercise.

1. Create a circle for each area of your life. In our work, we identify the areas of life as; relationships, health, finances, career and personal growth.
2. Now, create a circle for each project or activity you are working on or would like to work on in each of these areas for the calendar year or the next 12 months.
3. For each area of your life and the projects and activities you are working on in each area, write a Positive Goal Statement. This is a Statement about a goal as if you are already achieving it successfully.
4. Here is an example of a Positive Goal Statement for a professional who is creating a home delivery service for families in his/her local community.

Example of a Positive Goal Statement

My home delivery service assists families to have products delivered to their home. Our delivery service saves our customers time so they have more time for their families and work. We are assisting the families in our community to have greater wellbeing in their lives.

5. Write down the actions you will take to achieve goals for each area of your life and each project or activity in these areas for the calendar year or the next 12 months.
6. Divide the actions into quarters of the year.
7. For the first quarter, list your actions for each month.
8. For the first month, list the actions you will take each week.
9. For the first week, decide on the action(s) you will take the first day of the week.
10. The same day,, review your actions and results and decide on the actions you will take the next day. Review your actions and results each day in this way.
11. Each week, look again at your actions and their results. Refine your actions each week.
12. Every month, take an in-depth look at your actions and results. Refine your actions for the next month.
13. Do this again each quarter.
14. After one year, look at all of your results and create a new Yearly Life Planning Exercise for the new year.

Develop Your Positive Qualities

Developing positive qualities brings many benefits to your life. Positive qualities are strengths such as courage, empathy and appreciation. Developing them assists you to create positive relationships, achieve your goals and contribute to society.

Here is an exercise which assists you develop your positive qualities.

Exercise for Developing Your Positive Qualities

This exercise assists you to develop positive qualities within yourself. You can also develop positive qualities within a group. Working on your positive qualities as an individual helps you to create fulfillment, wellbeing, and success.

1. Choose a positive quality you would like to develop in your life.
2. Write a Positive Quality Statement. This is a Statement about the quality and the ways it is assisting you in your life and/or work. Write the Statement as if you are already receiving the benefits this quality brings to your life and/or work.

Here is an example of a Positive Quality Statement.

I am developing the positive quality of listening. This assists me to understand my family, friends and colleagues and develop ways to be supportive to them. Developing the positive quality of listening is helping me to appreciate and assist the people in my life and work.

3. Make a list of the actions you will take to develop this quality in your life.
4. Take at least one action each day. This can be the same action or different actions for the length of time you are developing this quality. Ninety days is often a good period of time to begin to develop a positive quality.
5. Each week, look at your actions and results. It may take time to create visible results.
6. Look at your actions and results each month.
7. Continue to develop this quality for 90 days. After 90 days, decide to continue to work with the same quality or choose another to work on for the next 90 days.

Using Time Well

The ability to use time well also helps you to achieve your goals successfully.

In our work, we developed several ways to use time in a way which assists you to create wellbeing and success. One of them is to use small amounts of time effectively. Here is an exercise to assist you.

Exercise for Using Small Amounts of Time Effectively

1. When you are working on a project, taking short breaks for the same amount of time assists you to continue your focus on the project and accomplish other activities too.
2. The breaks should be short enough that they enable you to return to the project with continued focus. Taking breaks for the same amount of time helps you to create consistency with the project you are working on.

If the breaks are too long, they will undermine their purpose - to keep your attention focused on the project and have time to accomplish other activities too.

3. When I use this exercise, I often take breaks for 10 or 20-minutes. It is a good idea to choose an amount of time which works for you.
4. When you take a break, decide on the type of project or activity you would like to work on. It can be work-related or a personal activity. I find that when I am engaging in a personal activity, such as preparing a meal or taking a walk, I often have new ideas which contribute to the project I am working on.
5. Continue to take breaks with small amounts of time in a way which assists you to work on your projects effectively and have time to accomplish other activities too.

Life training assists you to develop positive relationships, wellbeing and success. Developing your life skills helps you to achieve your goals and develop strengths and skills in ways which contribute to the lives of other people and society.

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