

TIPS FOR PERSONAL DEVELOPMENT!

There are five main aspects of personal development: physical, emotional, social, spiritual, and intellectual.

In order to be considered "well," it is imperative for none of these areas to be neglected.

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**1**

PHYSICAL

Exercise! Even walking 30 minutes a day three times a week will greatly improve your health. Eat Healthy. Avoid fried foods, soft drinks, processed meats, and sweets. Always include a minimum of 5 servings of fruits and vegetables in your diet every day and try to live plant based as often as possible. Don't skip meals. Especially breakfast, it slows down your metabolic rate and can cause unwanted weight gain. Drink half your weight in ounces of water every day minimum. Get at least 6-8 hours of sleep every night.

2

EMOTIONAL

Try to maintain a positive attitude even when problems arise. Discover your personal stress reliever. Manage your time wisely because it will help your lower stress. Find someone that you trust who you can openly share your feelings with. Seek professional help when you need it. Smile even when you don't feel like it to increase personal levels of positivity.

3

SOCIAL

Get involved in your environment & community. There are dozens of clubs and organizations to participate in. Know who your friends are. Recognize when you are in an unhealthy relationship and seek help to get out of it. Balance your social life with your professional responsibility.

4

SPIRITUAL

Find a quiet place and spend time there every day. Contemplate the meaning of your life. If you practice a religion or follow a spiritual path, study and practice it. Spend time appreciating the natural world around you. Become a life-long learner.

5

INTELLECTUAL

Keep abreast of current affairs. Take your work seriously and spend time with others who share your values. Seek professional guidance when you need it. Be a life-long learner.