

ACHIEVE HAPPINESS AND SUCCESS THROUGH PERSONAL DEVELOPMENT

by Carina Casuga



I sat on my chair in my room and knew I was back in my hole again. It would come in waves, the feeling of being stuck, tired, bored, sad, and frustrated. I could not figure out how to get out of the rut. I could not even cry because I was just too tired.

Historically, I have always enjoyed reading and came across the concept of personal development. I explored it further and discovered that it equipped me with the tools I needed to get out of the metaphoric rut I was in.

Personal development essentially leads you to improved skills, awareness, and potential.

It allows you to be better prepared and able to handle difficult or challenging circumstances. It adds value and improves your relationships, living conditions, and decision-making capabilities, which ultimately will lead you to live a healthier, happier life, and purposeful life.

It is sad how much time is wasted on unnecessary dispositions like resentment, insecurities, and division. Sometimes we are our own worst enemy or critic. Life and time is a gift that is too precious to be wasted.

There are numerous areas of development that one could focus on, such as spiritual, mental, emotional, relational, etc. All of these are important. Each has its own merits based on the individual's core values and goals.

Here are tips on effective personal development execution:

1. Set a Direction to your Destination

Too many times, we get stuck in mundane, predictable and busyness of daily living; we forget life, and time is limited and fleeting. Therefore, be crystal clear on your vision, purpose and goal. Ask yourself these questions:

- Who is this for
- Why is this important?
- What do you need to accomplish it?
- What does it look like fulfilled?
- What impact or value will it have?
- What do you stand for or against?

2. Unwavering Focus and Accountability

Take a step forward and keep going. Eliminate excuses, blaming, complaining and disengagement. Learn from feedback but don't let it eat you up. Don't let fear, perfectionism or procrastination paralyze or beat you.

3. The Power of Belief

Have faith that God is with you, is for you, and not against you. You are fully equipped to accomplish what you set out to do. You won't be able to influence anyone if you do not believe it yourself or your vision.

Investing in a personal development coach provides you with a safe space to pause, focus on a specific development goal, guide you in discovering your potential, and exploring opportunities.

Could you use a boost of encouragement, direction, or new skill? Wouldn't it be fantastic if you accomplished your dreams and had an accountability partner spurring you on your journey?

Feel free to connect, explore, and discover your next steps at www.carinaspeaklife.com--

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