

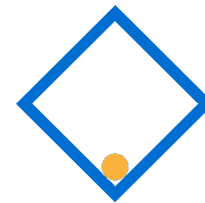


GEN 0104 Self-Development Week-2

Lecturers:

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Self-development

Self-development meaning

Self development is taking steps to better yourself, such as by learning new skills or overcoming bad habits.

Definition: Self Development

Personal Development Definition

Personal Development is **the process of improving oneself** through conscious habits and activities.

It is the pursuit of personal growth to enhance the quality of life and to achieve one's dreams and aspirations.


Three major parts to personal development | Jim Rohn | best motivational speech

- Spiritual
- Physical
- Mental.

Personality Development

20 Self Improvement Tips to Improve Your personality

<https://youtu.be/De-bLfEUeLE>



PERSONALITY DEVELOPMENT

PERFECT

**NOT EVERYONE CAN BE PERFECT
IN ALL THE ASPECTS OF LIFE**

0:16 / 5:49

996 18

แชร์ มั่นทีก ...

การดู 20,834 ครั้ง • 12 ก.ค. 2020

SUBSCRIBE

The image shows a YouTube video player interface. At the top, the title 'PERSONALITY DEVELOPMENT' is displayed in large, bold, black letters. Below the title, there are two main sections. The left section features the word 'PERFECT' in bold black text next to a checked checkbox, with a group of stylized grey human figures below it, some with their arms raised. The right section features the text 'NOT EVERYONE CAN BE PERFECT IN ALL THE ASPECTS OF LIFE' in red, with a group of stylized grey human figures below it, one of which is highlighted in green. A red 'SUBSCRIBE' button is visible on the right side of the video player. The video player includes a progress bar at the bottom left showing '0:16 / 5:49' and various control icons. Below the video player, the video title '20 Self Improvement Tips to Improve Your Personality' is shown, along with view count 'การดู 20,834 ครั้ง' and upload date '12 ก.ค. 2020'. Engagement icons for likes (996), comments (18), and share are also present.

20 Self Improvement Tips to Improve Your personality

<https://youtu.be/De-bLfEUeLE>

1. BE DECISIONMAKER.



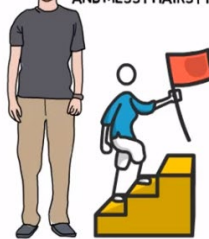
5. BODY LANGUAGE.



APPEAR MORE APPROACHABLE, CONFIDENT AND PROFESSIONAL.

8. HAIRSTYLE

DO AVOID THE GREASY AND MESSY HAIRSTYLE



2. SPEAK CAREFULLY.



DEEP BREATH

6. LEARN FROM MISTAKES.



BE PRACTICAL AND SMART

9. UPDATE YOURSELF.



SEARCH FOR CUSTOMS TO GROW AHEAD OF THE PERSON YOU WERE IN THE PAST.

3. INTELLIGENT CONTROL HIMSELF.



4. GOOD MANNERS.

Acceptable behaviors



7. HELP OTHERS.

10. SET A GOALS.
improvement & development

11. HAVE A SENSE OF HUMOR. 14. DRESS WELL. 19. LOOK GOOD.



HELPS MAKE PEOPLE AROUND YOU FEEL BETTER



BETTER QUALITY CLOTHES THAT YOU CAN AFFORD

20. WAKE UP EARLY.

EARLY TO BED, AND EARLY TO RISE



15. HAVE A FIXED EXERCISE ROUTINE.

16. LEARN THE PROGRESS.



12. OVERCOME YOUR FEARS.

prevent us from growing

13. IMPROVE INNER SELF.



YOUR PERSONALITY WILL PREVAIL IN YOUR LIFE

17. FEEL THE FEELINGS OF PEOPLE.



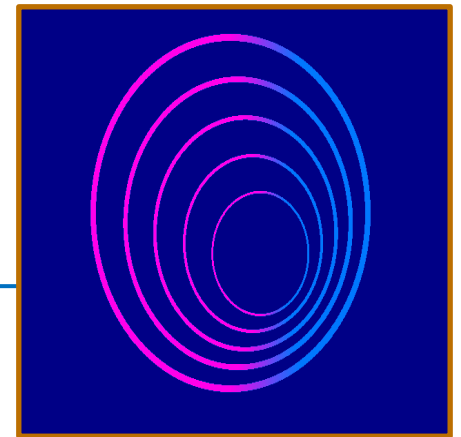
18. MAKE YOURSELF BETTER.

SUBSCRIBE



5:11 / 5:49

Discussion



2018 Self Improvement Checklist - 7
Growth-Inspiring Ideas and Tactics

<https://youtu.be/0i2gU9frCrM>



Break 15 min

Self Development Dimension

7 Dimensions of Self-Improvement ([Cindy Kay](#))

- 1. Productivity**
- 2. Work/life balance**
3. Cultural Skills
4. Emotional intelligence
5. Communication Skills
6. Finance Skills
7. Managing up

Assessment: What's Your Personal Productivity Style?

by [Carson Tate](#)

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by [Carson Tate](#)

<https://hbr.org/2015/01/assessment-whats-your-personal-productivity-style>

Indicate how often each statement applies to you. (28 Items)

1. **I use a prioritized list to complete my work.**

Never Rarely Sometimes Often Always

Assignments: Work/life balance

Are You Focusing on What's Important? by Stew Friedman

Indicate how satisfied you are presently with how things are going in each of your domains, using a 1 to 10 scale where

1 = not at all satisfied and 10 = fully satisfied.

Work/life Balance Quiz

1. On a percentage basis, how important is each one of the 4 areas (Work, Home, Community, Self) to you now.

This slider limits the total value to 100%. So you could have 100% in one area, but 0% in the others.

	Low Importance		High Importance
WORK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HOME	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
COMMUNITY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SELF	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Self Development Plan

How to create a Personal Development Plan

Personal Development Plan for Motivation in 2019
Brian Tracy

3 Steps for a Brand New Life : Jim Rohn Speech on
Personal Development

How to create a Personal Development Plan

Personal Development Plan for Motivation in 2019 Brian Tracy

<https://youtu.be/195nPfQPaoQ>



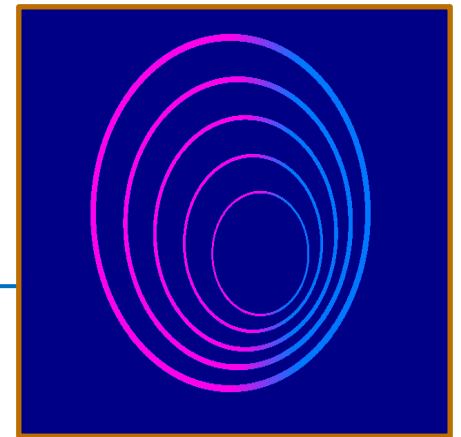
Personal Development Plan for Motivation in 2019 | Brian Tracy

3 Steps for a Brand New Life : Jim Rohn Speech on Personal Development

<https://youtu.be/ORIjy0WLPPs>



Discussion



2018 Self Improvement Checklist - 7
Growth-Inspiring Ideas and Tactics

<https://youtu.be/0i2gU9frCrM>



Assignments:

1. Answer: Quiz on
Self Development Dimension
2. Select: one Video on the topic of
Personal Development Plan
Explain why you select this video.



Thank You

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