

# Personal development & self growth

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Each person lists off two truths about themselves and one lie. The truths and lies can be anything or be restricted to a theme, the choice is yours. One after another, the group will decide what the two truths are and which one is a lie. It's great fun, especially if participants include something funny that has happened to them in the past.

## **Two truths, one lie**

# How do you start?



INTROSPECT AND STOP BLAMING  
THE CIRCUMSTANCES IN YOUR LIFE



GROWTH AND DEVELOPMENT  
STARTS WITH YOU!

If you don't know where you're going,  
any road will take you there.

— George Harrison





# Where am I now?

- Identify existing skills/qualifications
- Identify strengths
- What do I need to work on?



**START**

# Where do I want to go?

- Short term and long term goals
- What is required to get there?





A photograph of a road with a checkered pattern on the right side, symbolizing a never-ending journey. The road is paved and has a yellow double line on the left. The checkered pattern consists of alternating black and white squares that recede into the distance. The text "No finish line...EVER" is overlaid in white on the left side of the image.

**No finish  
line...EVER**

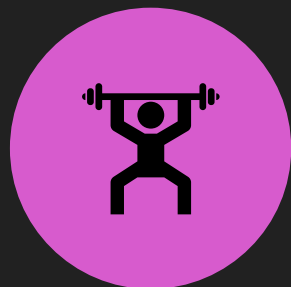
**for personal growth....**



Enjoy the journey of life  
and not just the endgame.

Benedict Cumberbatch





Personal



Professional



Spiritual



Financial

# Why is it important?

**A personal development plan helps you know where you're headed and how to get there, with specifics**

When you look at successful people, you will almost always discover a plan behind their success

# Know yourself

- What's the first thought that passes your mind in the morning?
- What's the reason you get out of bed?
- How's your day structured?
- What's your workplace? What do you do there?
- How much time do you spend with friends and family?
- What makes you feel accomplished at the end of the day?
- What gives you energy moving forward and what drains your energy?



# Outline your strengths and areas of improvement

## Strengths

- What you're good at?
- What will help you move forward?
- Do you have any qualifications that you can make more of?

## Weaknesses

- What you still need to learn?
- What do you have to get better at?
- What areas of your job do you least enjoy?

## Opportunities

- What projects may you take up in the future?
- What contacts can you employ in your industry?
- What new skills can you learn?

## Threats

- What are the main skills needed that you are not working on?
- Is there something new in your field that you will not be able to learn?

# Build your personal development plan

- What resources will you need? Books to read, courses to take, tools to subscribe to...
- What people will help you do it? Friends, mentors and so on.
- What will success look like? Set specific criteria for measuring that.
- What is the timeframe? Either put in a general deadline or milestones for different parts of the project.

# Review and adapt

- Reviews can go on a quarterly basis. Make sure you keep your eye on the prize and remind yourself why you're doing what you're doing. Reread your vision, check out your values mind map. But after that focus just on what needs to be done over the next quarter – otherwise, you might feel overwhelmed by the full picture and never get around to doing anything.



# Steps towards personal development and growth

## Know yourself

- focus on yourself and what YOU want. In a world that expects us to conform and fit in it is sometimes hard to just be ourselves,

In a **World** where you  
can be **Anything...**  
*be*  
*Yourself!*

# Learn to assert yourself

- learn is how to assert yourself. That means standing up for yourself, making your feelings known instead of bottling them up and putting your needs as first priority as well as other people's.



# Adopt good habits

- Struggling with time keeping? Learn to complete tasks earlier. Having a hard time staying organised? Get a diary and write down to-do lists and deadlines. Unable to keep yourself motivated? Remember to focus on your goals and remember why you started. Adopting good habits means that you will not fall behind and you will go even further.





## Identify the Routine:

- When you reach home after work, you have a habit of snacking on unhealthy foods and watching TV.



# Isolate the Cue:

What triggers your “bad” habit? Cues that trigger the habit usually fall into the following 5 categories

- Location With our example, the location is obviously our home, as we eat junk food and watch TV at home, sitting on our couch.
- Time late evening, once we reach home after work.
- Emotional state tired after days work, feeling bored, needing a distraction, feeling hungry, having a sense of entitlement that we have “earned it” and so on.
- People With our example – are you by yourself? Is there a family member who “encourages” or “deters” the bad habit?
- Preceding action For our example the preceding action could be changing into comfortable home clothes, or walking to the refrigerator, picking up the TV remote etc.

Which of these five cues stays the same every time you have the urge or craving?

# Experiment with new routines that provide the same rewards

- **What craving does this routine – eating junk food, and watching TV – satisfy? Eliminate hunger? Relaxation? Distraction? Entertainment? Feeling of relief?**
- **Experiment with alternative routines, that may result in the same reward and satisfy the craving. Try them one at a time. After trying any one of the alternative routines – reflect and make notes. Did this new routine satisfy your craving? If yes, this is the new routine you should substitute to get the same reward. If the answer is no, then keep experimenting with alternative routines till you find one.**

# Have a plan

- Now that you have identified the cue, the reward, and the new routine, write them down in the following format.
- **WHEN**, reach home and change into comfortable clothes, because I am bored I will not sit in my room, I will sit on the balcony and I will read a book and I **WILL**, eat a piece of fruit and go for a walk while listening to my favorite music (**BECAUSE IT PROVIDES ME WITH feeling satiated and relaxed.**
- Habits are formed through repetition. The key to making this new routine an automatic habit is to go through the habit loop – cue, routine, reward – enough number of times. Once the brain associates the cue with the reward, this behavior will become your new habit, in place of your old bad habit.

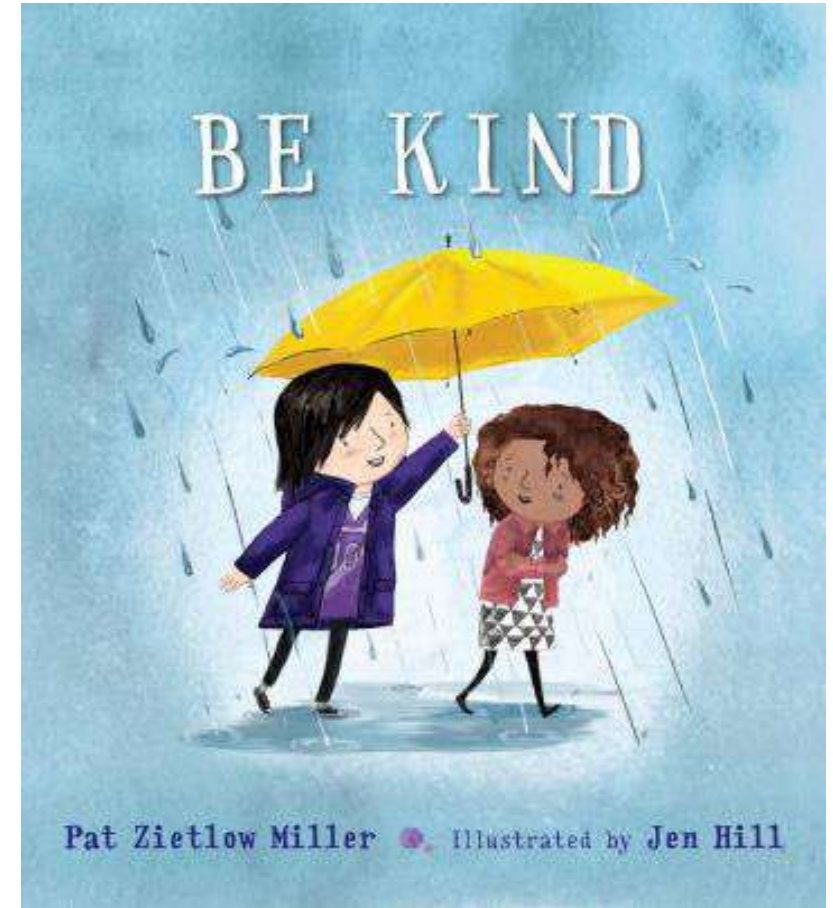


# What are some habits you want to adopt?

- List now three habits you want to adopt and how you will do it

# Be kind and generous

- Always be kind and generous, for everyone is fighting a battle and the world operates better on kindness and generosity.



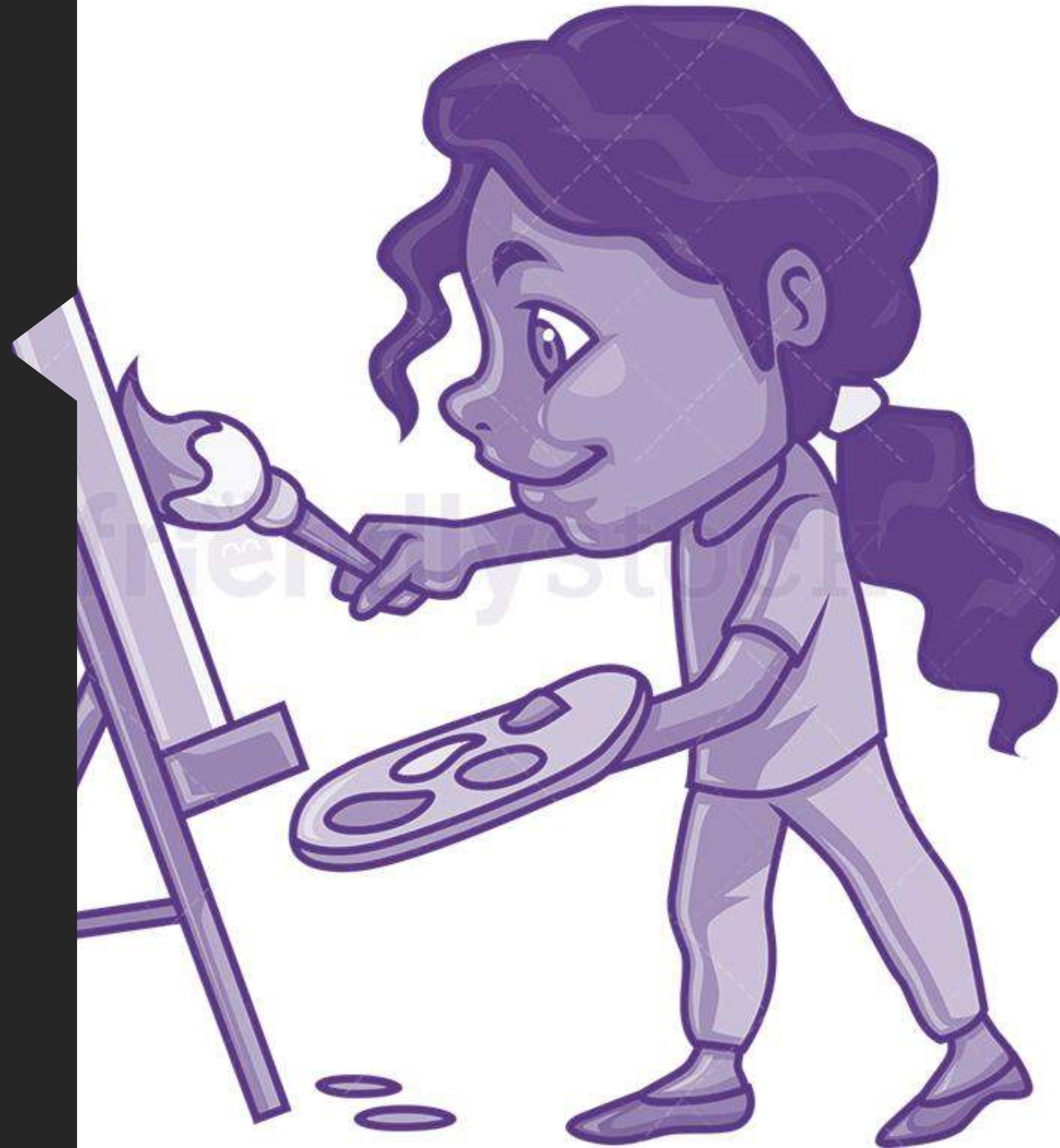
## Remember the simple and the most important things in life

- It's all about the little things, like going out on a walk in the park for fresh air, spending time with a best friend, picking up the phone to call a sibling, smelling the blossoming flowers or smiling and saying hi to a neighbour when you walk past them in the street.



# Learn new skills

- Learning doesn't end when you finish school. Learning is a lifelong journey. Take up a new hobby, whether it's crafting, designing, coding, painting, learning to play a musical instrument or taking up a new sport. Adding more strings to your bow is quite impressive and it shows that you are a well-rounded person.





# Be happy and enjoy the journey!

- It sounds like the simplest advice one could ever give, but it's so true. Be happy! Life is far too short to live in misery. See the positives and don't dwell on the negatives.

I  
CHOOSE  
TO BE  
happy