

IMPROVING ONESELF

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How can one get better? This is a common question that many who want a fresh start pose to themselves. Some individuals asserted that in order to better yourself, you must be true to yourself or have a life purpose that will inspire you to behave in a positive way. Others contend that if you merely possess the determination to deal with life's challenges, you will unquestionably develop as a person. These are just a few of the key elements that, no matter how you decide to improve yourself, will eventually assist you in doing so.

Most people want to improve themselves in some manner, whether it's by losing weight, giving up smoking, or gaining more self-assurance. All of us strive to become better people throughout our lives, but maintaining motivation may be challenging. It can be challenging to stay motivated consistently. If we want to cultivate the motivation required for self-improvement, we must take into account the three variables that will guarantee our success in reaching our goals.

1. To become more self-aware

We spend a lot of time getting to know people and helping them with their challenges. If only we had spent that much time getting to know ourselves, things would have turned out very differently.

The first step in improving yourself is to develop your self-awareness and get to know yourself better. It makes you reconsider your beliefs and face reality head-on, no matter how unpleasant it may be.

Being more aware of your personality, ideas, and feelings is an ongoing adventure that you embark on as you encounter new situations and face new challenges. As a result, maintaining constant contact with yourself is essential if you want to advance in your self-improvement.

2. Get out of your comfort zone

The damage of staying in one's "comfort zone" even though it may feel wonderful, it also indicates stasis, and stagnation prevents growth.

If you want to focus on improving yourself, you must choose to step outside of your comfort zone. It permits you to face your fears, investigate new possibilities, take risks, and go beyond your comfort zone. Occasionally, a different side of your personality will come out, but you'll also fail.

Avoid letting your shortcomings define you. The fact that you attempted should inspire you to never get complacent and too comfortable in familiar circumstances because, as they say, life begins outside of your comfort zone.

3. Idea of Purpose

If you decide to pursue personal growth and improvement, your life will have meaning and purpose. You might be wondering why that matters. It does so because it helps you stay focused on your life's objectives, keeps you motivated, and gives you a sense of aliveness. It improves your mental and physical wellness by keeping you on the right track.

Because you are focused on the "bigger picture," which is what matters most, when you have a sense of purpose, you can get through any challenges that you face.

Take an optimistic outlook on this enlightening path of self-improvement. It's important to maintain motivation and never give up. Instead, you should accept complete

responsibility for yourself and work to overcome whatever limitations you may have caused by your preconceived ideas. This can only be done by constantly improving yourself.

Therefore, keep in mind that you are always a work in progress and that there is no end to learning about yourself, regardless of your age, whether you are 65 and retired or 26 and just beginning your job. That is what gives life meaning and enjoyment.

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