The 7 ‘Senses’ of Self-Development

Committing your development is step-one to living your personal legend.

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The most fulfilling path to success and personal fulfillment comes through the pursuit of your own self-development. The radically successful and happy immerse themselves in self-development and a deep interest in life and relationships. Through self-exploration they remain openly curious and passionate about their self-education and improvement. They hold the belief that they can only learn if they are willing to risk themselves personally and professionally.

Through life’s experiences, good and bad, you become able and ready to be proactive in all your efforts, challenges and successes. You choose to no longer wait for success or happiness or success, you go out and make it happen. Making a commitment to your own development is the first step on the path to living your personal legend.

1. Sense of self.

Self-improvement begins with a keen awareness of who you are, your values, beliefs and the larger purpose you wish to pursue. True satisfaction can only manifest from chasing your own dreams. Life, people and business can be hard and insensitive, so remind yourself that you are more than the sum total of other people’s opinions and continue pursuing what is

meaningful to you.

The experiences you have in life can only have true meaning when you seek to understand them. To become a pristine student of life is to always remain teachable-ready. Examine how each experience life brings can be used for greater self-knowledge and better decisions going forward. As you gain a more solid sense of who you are you become ready to start planning, designing and pursuing your own identified goals and objectives.

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2. Sense of curiosity.

To live successfully, be endlessly curious about all the possibilities your future holds. It is important to have an unquenchable thirst for your advancement and for adventure. Curiosity inspires you to push through the unusually painful trials and errors in your lif5e and business, leading. This type of resiliency is an acquired self-discipline which teaches you to cast your fears aside bringing you to the fullest experience of the adventures success can bring.

Curiosity creates a longing to know more and do more. It inspires that energy which makes it possible to see all situations as opportunities for your advancement. When you approach life and business with a sense of adventure, there is no situation, however limiting, physically or economically, which cannot be filled to the brim with the interest and curiosity of how it will all work out.

Without a sense of curiosity it is impossible to grow.

3. Sense of direction.

The more you develop yourself the more pristine you become in achieving what you want. This clarity makes decision-making

easier because having a direction improves your ability to prioritize. You know which objectives are important in the short term and which are necessary for your long term. With a sense of direction you become focused and effective.

There is nothing more organizing to an effort than being focused. Direction provides commitment. It is difficult to commit to something that has no foreseeable future or path. If you are filled with doubt and a lack of clarity there is no way to launch your ideas. Self-development gives you direction, and thereby, the commitment to achieve your ends.

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4. Sense of follow through.

Knowing what you want to achieve makes it easier for you to see the benefits of taking action. Even when the tasks at hand are not enjoyable, seeing the benefit of following through on them, will make it easier to motivate yourself into taking the necessary actions to achieve your set goals. There is much truth in the saying, *when there is a will there is a way.*

When you are committed to personal development, you always find a way to develop the necessary will. Your idea of success and the vision of what that will look like is where you grab your incentive to always follow through.

5. Sense of urgency.

A sense of urgency drives inspiration. Urgency creates the mindset to work as if your life depends upon it, especially if you have fewer resources than others. When you are the underdog you will dig deep inside yourself for the advances you need in order to thrive.

Urgency causes you activate quickly when making decisions. You get out of your routine and do something different. It

motivates you to get results quickly and efficiently, but it does not eliminate assessment. If want to produce getting results faster you must assess what is and what is not working, then eliminate the efforts which have been identified as wasteful. Keep in mind it is easier to steer a moving object, so if you realize you have made a poor decision, a sense of urgency allows you to adjust. If you wait too long you miss opportunities and chances.

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6. Sense of resiliency.

There will be tough times in life and business. When tough times occur, you need the skills and attributes to deal effectively with them. Personal development cannot prevent all bad things from occurring but it helps you deal with obstacles as they surface.

Resiliency teaches you never to view any challenge as the end of the world. Resilience allows you the patience, awareness and fortitude to continue moving forward, even if that means completely changing course.

Self-development deepens your maturity to trust that everything happens for reasons which can only be in line with your best interest. With this type of mindset, there is no obstacle that will hold you back. You will have greater confidence, pliability, and the personal and interpersonal skills to cope with any obstacle you face in climb up the ladder of success.

7. Sense of connectedness.

Relationships can be double-edged swords. They either lift you up or drag you down. They either bring you closer to your

goals or push you further away. When you improve your personal development, you are better able to see which relationships and partnerships are worth investing in and which you need to cut loose. This type of self-awareness gives you the skills to make the best of the relationships which have a positive impact on your life, your business and your overall success.

If you aren't learning then you aren't living. Make the commitment to invest in your greatest resource – You. Many people are put off by personal development because it viewed as a weakness or something which shows you do not already possess the skills necessary for success. If you assume you already it all, you will not be happy or successful. The greatest achievers in life and business know the key to success is their ability to manage themselves in a variety of situations. That ability comes through personal development.

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