

SELF DEVELOPMENT

A Journey of Personal and Spiritual Growth

MORNING DEW RCCG CTL 190524.



Brief overview of the importance of Self Development

- Any time you are consciously making an effort to improve yourself, you are participating in self development.
- The importance of personal growth cannot be understated, as it allows individuals to become the best versions of themselves, giving them the skills and confidence necessary to navigate any situation.

What is Self Development.



Self-development is **the capacity to shape one's habits, ideas, attitudes, emotions, and behavior in order to** overcome challenges and create one's character.



It is the **conscious pursuit of personal growth by improving personal skills, competencies, talents, and knowledge.**



Self development is the process of learning new things and building new skills—skills that help us increase our chances of success, achieving our goals, and manifesting our [dreams](#).

BIBLE VERSES PERTAINING TO SELF DEVELOPMENT

Romans 12:2

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Ephesians 6:11

Put on the whole armor of God, that you may be able to stand against the schemes of the devil.

Philippians 4:13

I can do all things through Christ that strengthens me.

Colossians 3:10

And have put on the new man who is renewed in knowledge according to the image of Him who created him.

Hebrews 6:1

Therefore, let us leave the elementary doctrine of Christ and go on to maturity, not laying again a foundation of repentance from dead works and of faith toward God,

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

Ephesians 4:22-23

22. That you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts,
23. and be renewed in the spirit of your mind.

Proverbs 8:12

I wisdom dwell with prudence and find out knowledge of witty inventions.

Areas of Focus for Self Development

Physical Development

Emotional Development

Spiritual Development

Social Development





Physical Development

When our bodies are in optimal shape, we have the energy, stamina, and vitality to pursue our goals. Prioritizing physical well-being is crucial for leading a fulfilling life.

Examples of Physical Development Opportunities:

- Exercise
- Eating healthy
- Learning a new sport
- Taking dancing lessons



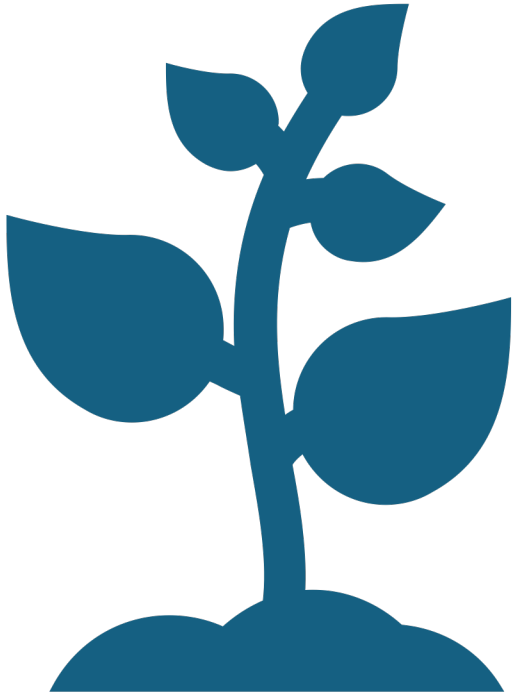
Emotional Development

Emotional development involves understanding and managing our emotions effectively, developing resilience, and fostering healthy relationships.

Learning to manage stress and cope with emotions is essential for our overall well-being.

Examples of Emotional Growth Opportunities:

- Taking classes
- Reading more
- Learning to play Chess
- Attending leadership seminars
- Mental Health Programmes.



Spiritual Development

Spiritual growth is the journey of growing in faith to know more about God and become the person that He created you to be.

Some ways to get Spiritual development:

- Read your Bible daily.
- Meet together with other believers regularly.
- Get involved in a ministry group.
- Forming prayer habits
- Obeying the Word of God.
- Showing love to others.
- Fasting.



Social Development

Developing strong social skills is an essential component of personal growth, enabling you to connect with others and build meaningful relationships.

Examples of Social Growth Opportunities:

- Focusing on being a better friend.
- Learning to communicate better.
- Studying body language and tone.
- Gaining knowledge about other's emotions.
- Improving listening skills.

7 PILLARS OF PERSONAL DEVELOPMENT

- | | |
|-------------------------------|---|
| 1 PERSONAL SKILLS | <i>dependable, adaptable, problem solver, collaborative, motivator, innovative, hardworking.</i> |
| 2 PERSONAL GROWTH | <i>bettering yourself, stepping out of comfort zone, a better version of you.</i> |
| 3 PERSONAL POWER | <i>being connected and supported by people and resources. Widen circle of contacts.</i> |
| 4 PERSONAL IMPROVEMENT | <i>good work habits/positive mental attitude.</i> |
| 5 PERSONAL EMPOWERMENT | <i>promoting positive image. Creativity in daily life - faster, better, easier, cheaper ways to do it</i> |
| 6 PERSONAL ANALYSIS | <i>personal SWOT - Strength, Weaknesses</i> |
| 7 PERSONAL OBJECTIVES | <i>short and long term goal. RCCG has vision 2032-- please do you have your own?</i> |

@Brian Tracy.

JUST SOME LITTLE THINGS TO WORK ON.

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1. BE DECISIONMAKER.



5. BODY LANGUAGE.



APPEAR MORE APPROACHABLE, CONFIDENT AND PROFESSIONAL.

8. HAIRSTYLE



DO AVOID THE GREASY AND MESSY HAIRSTYLE

2. SPEAK CAREFULLY.



6. LEARN FROM MISTAKES.



9. UPDATE YOURSELF.



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

3. INTELLIGENT CONTROL HIMSELF.



7. HELP OTHERS.



10. SET A GOALS.

JUST SOME LITTLE THINGS TO WORK ON.

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11. HAVE A SENSE OF HUMOR. 14. DRESS WELL. 19. LOOK GOOD. 20. WAKE UP EARLY.



HELPS MAKE PEOPLE
AROUND YOU FEEL BETTER



BETTER QUALITY CLOTHES
THAT YOU CAN AFFORD



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.

Watch your thoughts,
they become your
words; watch your
actions, they become
your habits; watch your
habits, it becomes your
destiny.
(LAO TZU)

TK ATOMIC HABITS James Clear

"Success is the product of daily habits - not once-in-a-lifetime transformations."



Outcomes
Processes
Identity

↑ Identity based habits instead of Outcome based habits

1% BETTER every day
37.78X
BETTER EVERY YEAR

FORGET ABOUT GOALS
FOCUS ON SYSTEMS

"Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system to change."

HABITS ARE THE PATH TO
CHANGE YOUR IDENTITY

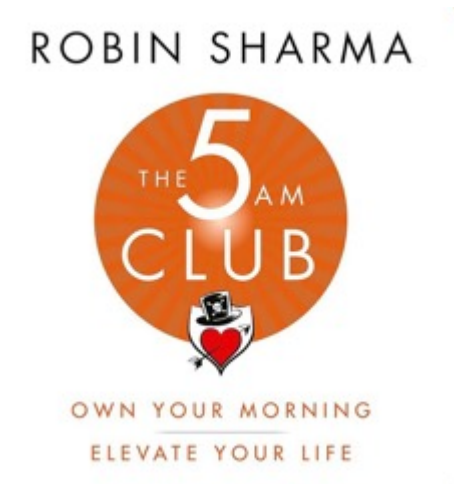
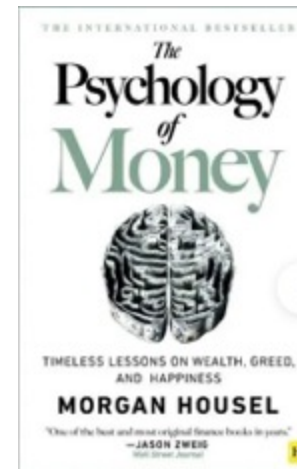
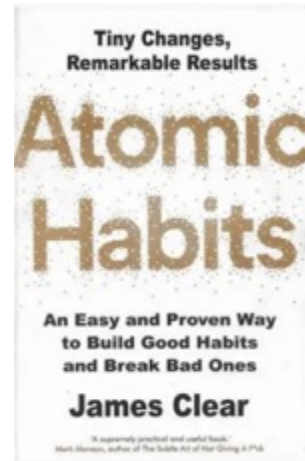
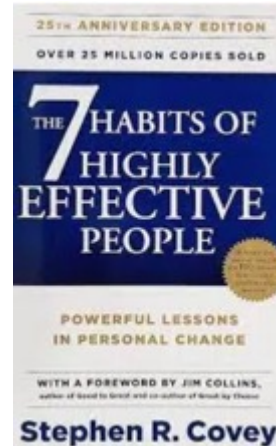
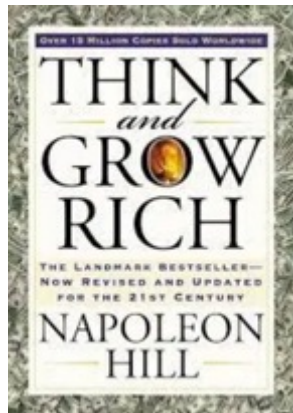
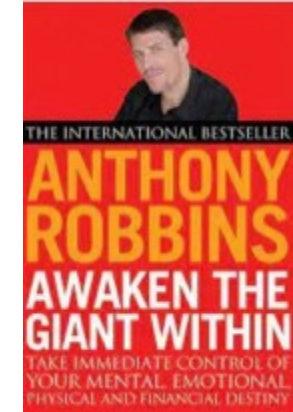
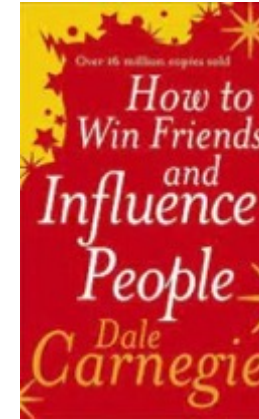
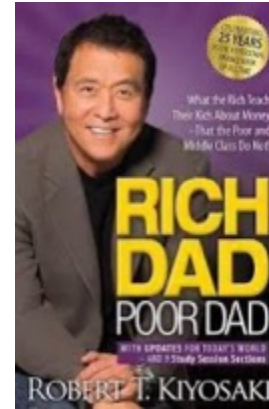
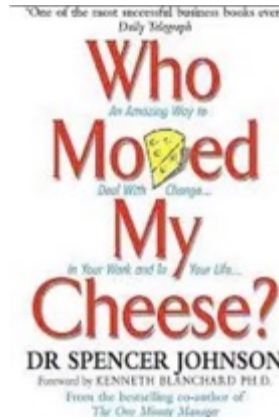
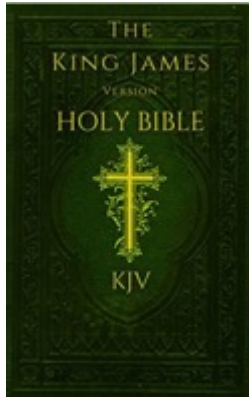
THE HABIT LOOP - THE FOUR LAWS OF BEHAVIOR CHANGE

CUE → **CRAVING** → **RESPONSE** → **REWARD**

MAKE IT OBVIOUS	MAKE IT ATTRACTIVE	MAKE IT EASY	MAKE IT SATISFYING
<p>MAKE A LIST OF YOUR DAILY HABITS</p> <p>"One of the greatest challenges in changing habits is maintaining awareness of what we are actually doing."</p>	<p>TEMPTATION BUNDLING</p> <p>Create attractive behaviors while doing something you really enjoy. Run + Netflix</p> <p>"Habits are attractive when we associate them with positive feelings."</p>	<p>REPETITION NOT PERFECTION</p> <p>With repetition you perform a behavior unconsciously, effortlessly.</p> <p>"Habits are formed by frequency, not time."</p>	<p>IMMEDIATE SATISFACTION</p> <p>Add a little bit of immediate pleasure to habits that pay off in the long run.</p> <p>"What is rewarded is repeated. What is punished is avoided."</p>
<p>HABIT STACKING</p> <p>Identify a habit that already exists and stack the new habit on top</p> <p>"After _____, I will _____."</p>	<p>WE IMITATE</p> <ol style="list-style-type: none"> 1) THE CLOSE 2) THE MANY 3) THE POWERFUL <p>Join a culture where the desired behavior is the normal behavior and you already have something in common with the group</p> <p>"The shared identity begins to reinforce your personal identity."</p>	<p>REDUCE FRICTION</p> <p>Prime the environment for future use so there is no friction.</p> <p>"A new habit should not feel like a challenge."</p>	<p>PERSONAL LOYALTY PROGRAM</p> <p>Make the avoidance visible. Whenever you pass on a purchase, put the same amount of money in the account.</p>
<p>ENVIRONMENT DESIGN</p> <p>Habits can be created more easily in new environments. If you want to learn to play the guitar, leave it in the middle of the room, not in the closet.</p> <p>"One space, one use."</p>	<p>MOTIVATION RITUAL</p> <p>Create rituals to start the day and to prepare you for a specific situation.</p> <p>"Whenever you want to get in the mood, you press PLAY."</p>	<p>THE 2-MINUTE RULE</p> <p>"When you start a habit, it should take less than 2 minutes to do."</p>	<p>HABIT TRACKER</p> <p>Measure your progress. Whenever possible, automatically.</p> <p>WARNING</p> <p>GOODHART'S LAW:</p> <p>"When a measure becomes a target, it ceases to be a good measure."</p>

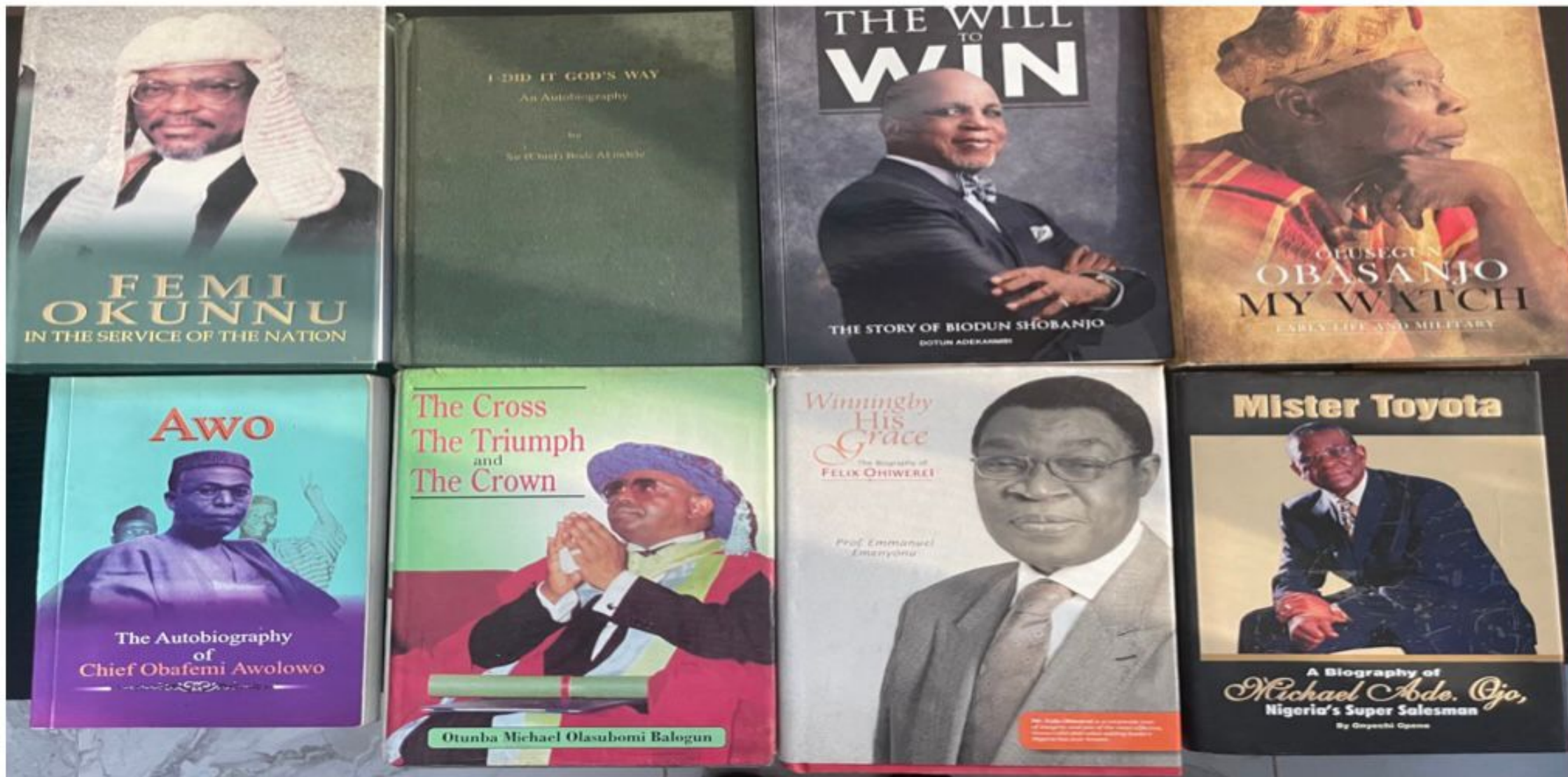
HOW TO BREAK A BAD HABIT

SOME RECOMMENDED BOOKS TO HELP IN SELF DEVELOPMENT



...and books particular to your career and business

Learn from others.



SOME PERSONAL DEVELOPMENT SITES.



udemy



coursera



Khan Academy



SKILL
SHARE.



THINKIFIC



datacamp



Conclusion



Hopefully, you now understand the different areas of personal development and are ready to take a holistic approach to your personal growth. Simply look at your strengths and weaknesses and find ways to build on them.



The journey of personal growth is never-ending. Whether you are looking for personal development at work or home, there are always ways every single one of us can be better. The most important thing is to never stop trying to be the best version of yourself.