

PERSONALITY DEVELOPMENT

Personality is a natural quality of a person consisting of physical, mental and emotional traits.

Can personality be developed?

This is a question on which different people may hold different opinions. But our view-point is that one should not indulge in this wrangle. There is decidedly a great room for personality development.

The development of personality should be a continuous process.

The following points are basic to develop your personality:

GOOD HEALTH

Health is an important factor. However intelligent a person may be poor health will be a constant source of mental and physical agony to him. Efforts should be taken to keep the body healthy.

CLEAR UNDERSTANDING IN RESPECT OF SELF AND OTHERS

- ◆ Unless you know what you are and where you stand you may fail in your efforts.
- ◆ Self assessment is essential. It helps a man to know his capacity and abilities. It is equally essential to read the pulses of other people.
- ◆ Be very sympathetic and considerate and exhibit your interest in other people .

**The difficulties and struggles of today
Are but the price we must pay
For the accomplishments
And victories of tomorrow.**

WILLIAM J.H. BOETCKER

SOCIAL ADJUSTABILITY.

- ◆ Adjustability is the chief quality of a leader.
- ◆ Try to cultivate the habit of adjusting yourself in society. You should get along with others.
- ◆ Accommodate other persons—their views and feelings and try to influence them with your traits.
- ◆ Be flexible to a point. If you are considerate and kind hearted you will find people ready to accept you as their guide or leader.
- ◆ Never expect others to do what you yourself cannot do. Be honest, truthful and selfless. Have initiative to do work.
- ◆ Plan and time frame your programmes before starting to work. Do not leave the work unfinished if you come across difficulties. Be dynamic and realistic in your approach.

OTHER QUALITIES TO BE DEVELOPED ARE:

Dynamic leadership.

Good manners.

Modest appearance.

Alertness.

Enthusiasm.

Moral character and honesty.

Sweet and clear voice.

Readiness to carry out responsibilities efficiently.

There are a number of virtues that can be added to it. What is essential is that a person should always try to project his image in the public, through his thinking, action and speech, that he is honest, sincere and dependable.

QUESTIONS FOR SELF-ANALYSIS

1. **What is your family background with reference to your parents / brothers / sisters?**

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2. **What is your social background in terms of rural based / urban based?**

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3. **What is the educational background of your family members?**

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4. **To which income group you belong – Low / Middle / High?**

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5. **What is your educational background with reference to your Primary / High school / College / Higher level Education?**

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6. Who is your role model / guide / mentor in your life?

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7. What is your ambition and vision in your life?

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8. What are your major achievements in the last 3 years?

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9. What will be your immediate career plan for the next 3 years?

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**10. Are you satisfied with your personality?
Substantiate with your personality features:**

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11. Write three wishes of yours that you would like to fulfill in your life?

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12. What Career plans are your parents actually planning for you?

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13. What are the three major advantages you possess at present, that can help you to achieve your career success.

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14. Explain in 3 sentences as to how you perceive success in your life.

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15. Write 3 activities you do, during your free time, other than your studies / work. (Hobbies)

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16. Write three adjectives your friends use to describe you with.

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17. Are you satisfied with your current potential? Give one reason to justify your answer.

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18. Are you flexible, ready to modify your behaviour in order to accomplish your career goal? Explain.

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19. To what extent you are emotionally dependent on others?

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20. Would you like to be associated with successful people? If yes, How?

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PERSONALITY TRAITS

Traits are distinguishing qualities or characteristics of a person. Traits are a readiness to think or act in a similar fashion in response to a variety of stimuli or situations.

30 Positive personality traits you need to acquire -

1. Easy going
2. Amiable
3. Intelligent
4. Independent
5. Reliable
6. Emotionally stable
7. Realistic
8. Dominant
9. Assertive
10. Cheerful
11. Persistent
12. Friendly
13. Truthful
14. Smart
15. Ambitious
16. Concerned
17. Sociable
18. Committed
19. Sensitive
20. Sympathetic
21. Thoughtful
22. Aesthetic
23. Co-operative
24. Greatful
25. Creative
26. Diligent
27. Tolerant
28. Extrovert
29. Innovative
30. Respectful

30 Negative personality traits that can disturb your progress-

1. Stress
2. Lack of communication
3. Irritation
4. Inferiority complex
5. Closed mind
6. Lack of team spirit
7. Lack of credibility
8. Poor self esteem
9. Isolation
10. Poor health
11. Distrust
12. Anger
13. Prejudice
14. Morale Breakdown
15. Un Co-operative behaviour
16. Conflict
17. Frustration
18. Unhappiness
19. Lack of integrity & honesty
20. Shyness
21. Suspicion
22. Lack of respect for values
23. Lack of discipline
24. Escapist behaviour
25. Inconsistency
26. Unwillingness to accept the truth
27. Past bad experiences
28. Greed
29. Indecisions
30. Blaming others

Live your life

Don't undermine your worth by comparing
yourself with others,

It is because we are different that each
of us is special.

Don't set your goals by what other people
deem important,

Only you know what is best for you.

Don't take for granted the things closest
to your heart

Cling to that as you would your life, for without
them life is meaningless.

Don't let your life slip through your fingers by living
in the past or the future.

By living your life one day at a time, you live all the
days of your life.

Don't give up when you still have something to give

Nothing is really over... until the moment
you stop trying.



contd...

Don't be afraid to admit that you are less
than perfect,
It is the fragile thread that binds us to each other.

Don't be afraid to encounter risks,
It is by taking chances that we learn how to be brave.

Don't shut love out of your life by saying it's
impossible to find.

The quickest way to receive love is to give love.
The fastest way to lose love is to hold on too tightly,
And the best way to keep love is to give it wings.

Don't dismiss your Dreams. To be without
dreams is to be without hope.

To be without hope is to be without purpose.
Don't run through life so fast that you forget
where you've been,

But also know where you're going.
Life is not a race, but a journey to be savored
every step of the way.

- Author Unknown

