

Personality Development



Establish Identity

- Aims
- Goals
- Anticipated career
- Life style
- Role in the community

- **Curious**
 - **Energetic**
 - **Achieving**
 - **Unmindful**
 - **It can't happen to me**
- Syndrome (personal fable)**

What is Personality

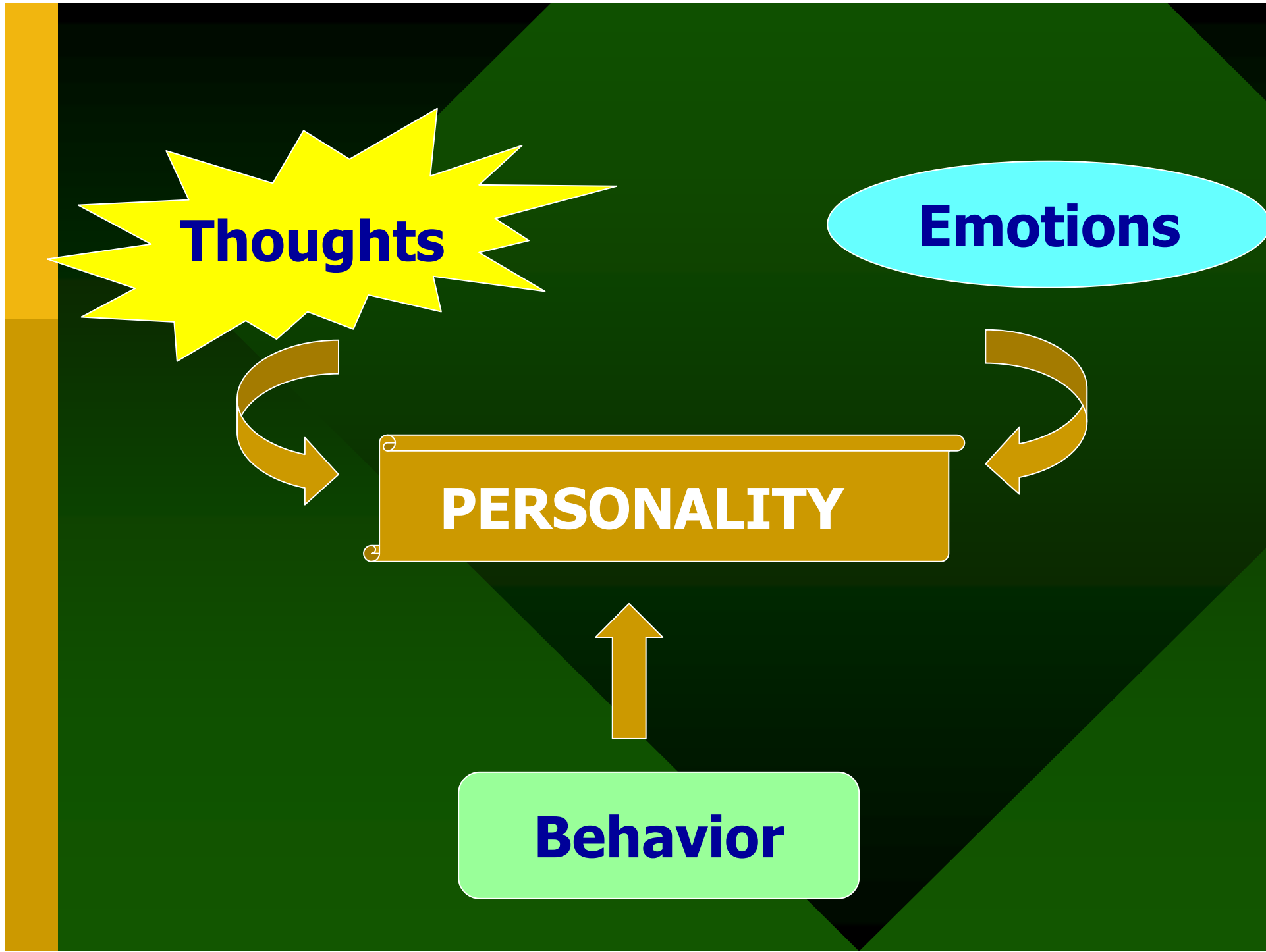
- **Personality** is the sum total of all physical, mental and emotional attitudes, values, interests and motivational factors.
- Personality is the core potential that determines one's success in life and career

Thoughts

Emotions

PERSONALITY

Behavior



Importance of Personality development

- Ensure excellence in one's chosen field
- Contribute to individual and national development
- An improvement in your personality can improve your chances for success in any undertakings

Personality development

Is it just developing

- **Mere external appearance**
- **Speech**
- **Mannerisms**
- **Behavior in accordance of expectation of a group**

**It is a struggle to march from
lower mind to higher mind**

Is the greatest of all great struggle

Personality Development

Express your

- Originality
- Creativity
- Deep thinking

Give up

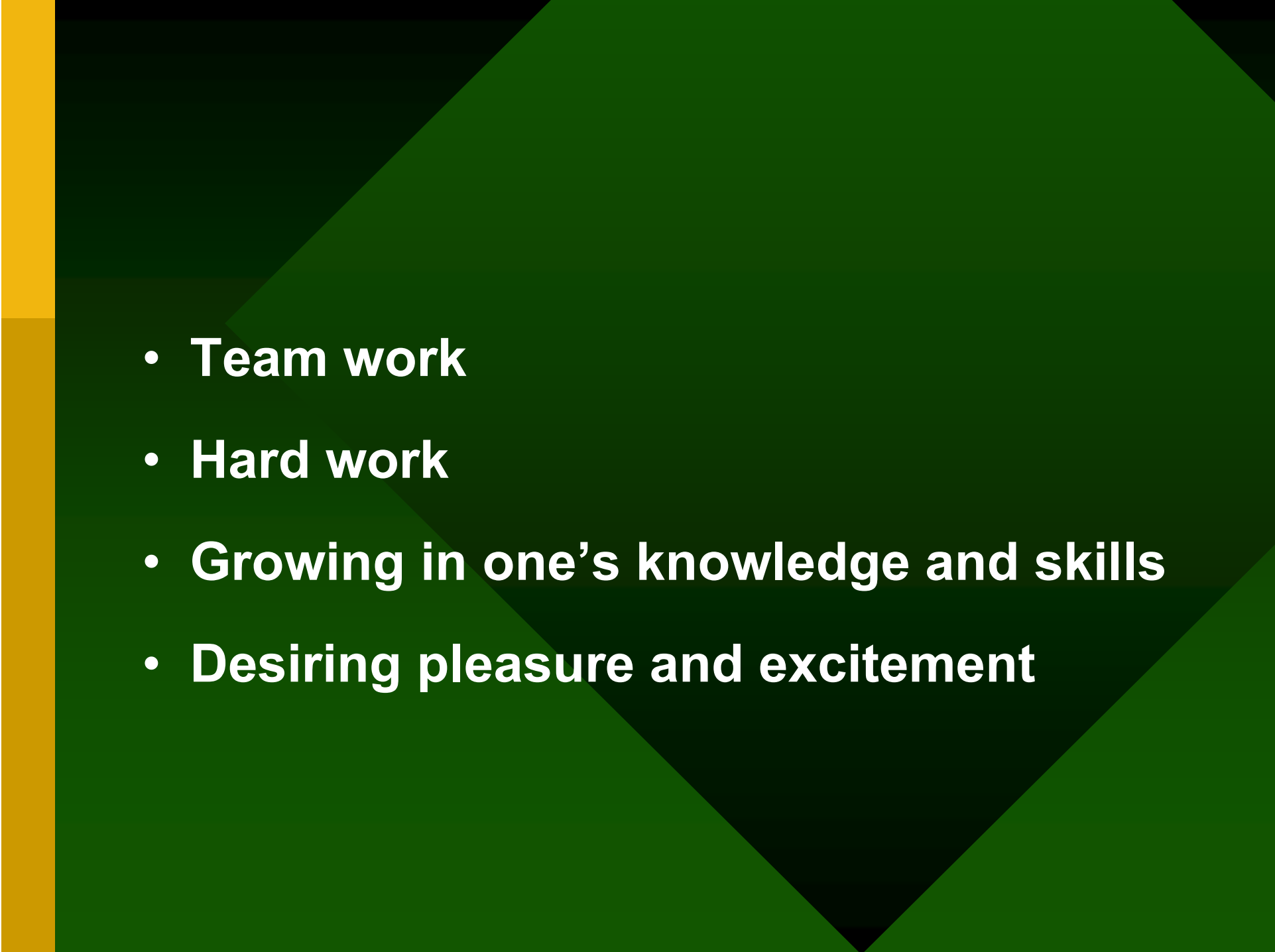
- Artificiality
- Imitation
- Shallow and superficial thinking

**Believe in innate goodness
Put effort to Manifest it**

Requirements towards the development of a fine personality

- 1. Clarity of goals and purpose in life**
- 2. Doing beyond expectation**
- 3. Learning from failures**
- 4. Initiatives**

- **Enthusiasm**
- **Character and personality**
- **Self discipline**
- **Positive mental attitude**
- **Managing**
- **Sound physical and mental health**

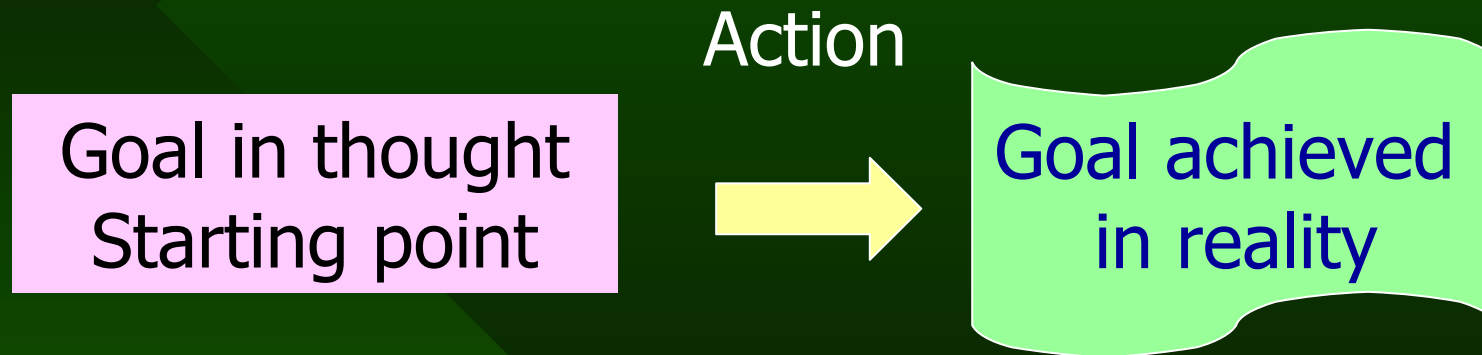
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- **Team work**
 - **Hard work**
 - **Growing in one's knowledge and skills**
 - **Desiring pleasure and excitement**

Positive attitude

- ✓ Don't find fault with others
- ✓ I can do instead of I cannot do
- ✓ I choose to do instead of I have to do or I need to do

Clarity of goals and purpose in life

Things will happen only if we make them happen



Goals can be achieved
With consistent efforts
with self control & accepting set backs without
dejection

Doing beyond expectations

- in any situation, one must try to give away more than is expected; without expecting rewards in cash or kind. Then the rewards would come automatically

Attitudes towards failures and mistakes

- Upholding the ideal once again even if a person failed a thousand times
- Learn form mistakes and change yourself
- See to that mistakes are not repeated
- Do not find fault with other for one own mistakes

Initiative

- this develops the leadership qualities

Enthusiasm

- it is energy, excitement which gives joy in work and life
- it leads to commitment and overcome feelings of tiredness, lack of sleep, disappointments and failures

Character and personality

- it includes honesty, integrity, sincerity, truthfulness and commitments

Self discipline

- the major things to discipline are thoughts, emotions, words, actions, habits and behaviours

Sound physical and mental health

Team work

Hard work – it is not number of hours, but the output doing right things at the right time.

Desiring pleasure and excitement – many simple hobbies and being help to others

Growing in one's knowledge and skills – books, meetings, personal visits and experiences.

**Attend personality
development classes**

**Watch how the successful
persons do it**

Personality Development

**Lose some inhibitions,
Gain some inhibitions**

**Read a lot. It always
help**

Qualities of Successful Person

Ambition- Need desire and ambition to succeed in life

Commitment - Success is the result of our thoughts and decision. Having a good value system will deeper our commitment.

Responsibility – Responsible people accept and learn from their mistakes.

Hard work – Excellence is the result of a lot of hard work.

Character – Character is the sum total of a person's values, beliefs and personality.

Persistence – Success implies willingness to plan and prepare.

Tips for improve your attitude at work situation

1. Develop confidence
2. Have realistic expectations of yourself
3. Determine if “adequate” is good enough
4. Re assign the work
5. Create system or use a tool
6. Ask for reassignment

Thank You

