

# A High-Flyer's Guide to Self-Development

Four ways to lift your performance

Self-development isn't just for end-of-year appraisals. By continually building your knowledge and skills, you can face new challenges and embrace opportunities as they come up. Here are four tips to get started.

## 1. Reflect

What do you want to do more of?  
Where can you improve?  
To find out, try self-reflection.

A little goes a long way. In a study of call-centre workers, those who reflected for 15 minutes a day about what they learned performed 23% better after just 10 days.<sup>1</sup>

Keep a journal to capture thoughts and feelings while they're fresh in your mind.

Don't like scribbling? Try a journal app such as Day One or Dabble.me.

## 2. Keep sight of your goals

Long-term goals are great for pushing yourself. But they can be daunting. So:

Break down big goals into more manageable, short-term ones.

Tick off a to-do list for a burst of dopamine, the happy hormone.<sup>2</sup>

## 3. Stay on track

A poll of 1000 people on personal development courses found that 66% of efforts fail.<sup>3</sup> To improve your chances of success:

### Set a deadline

To boost on-the-job learning, impose a deadline to learn a new skill or focus. Better yet, get a colleague to do it for you. Studies show externally set deadlines motivate us more than self-imposed ones.<sup>4</sup>

### Pay high-stakes networking

At networking events, most of us mingle with people we know. Sociologist Brian Uzzi recognised 'high-stakes' activities that connect you with diverse others. Think team sports or volunteering.<sup>5</sup>

### Find a mentor

A coach, mentor or goal buddy can hold you accountable to meet your goals. Leaders who give weekly updates on their progress are 70% more successful.<sup>6</sup>

### Track your learning

It's easy to lose sight of your progress. So, record those webinars with apps such as ScribeEasy, use your tablet's 'Bookmark' feature and store news stories as a magazine in Flipboard.

## 4. Take stock

It's key to regularly review your progress. Ask yourself:

- Did you achieve what you set out to?
- What new skills are you using on the job?
- Why did that goal slip away from you?

**Now jump back to step one and keep on learning!**

#### Sources:

- 1) Jennifer Porter, *Why You Should Make Time for Self-Reflection (Even if You Have Going 9-5)* (2017).
  - 2) Dustin Vanc, *The Science of Setting Goals (And How it Affects Your Brain)* (2019).
  - 3) CNN.com, *Why 95 Percent of Personal Development Efforts Fail* (2017).
  - 4) Dan Ariely and Klaus Wertenbroch, *Procrastinate No More: Scientists and Realists' Ways to Control Your Procrastination* (2002).
  - 5) Brian Uzzi, *Why We Stay Miserably Self-Motivated According to Science* (2017).
  - 6) David Brown, *Go Ahead, Skip That Networking Event* (2019).
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# Personal Development 40 Best Articles

**Yi-Tong Ma**



## **Personal Development 40 Best Articles:**

This book delves into Personal Development 40 Best Articles. Personal Development 40 Best Articles is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Personal Development 40 Best Articles, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
  - Chapter 1: Introduction to Personal Development 40 Best Articles
  - Chapter 2: Essential Elements of Personal Development 40 Best Articles
  - Chapter 3: Personal Development 40 Best Articles in Everyday Life
  - Chapter 4: Personal Development 40 Best Articles in Specific Contexts
  - Chapter 5: Conclusion
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## **Table of Contents Personal Development 40 Best Articles**

1. Understanding the eBook Personal Development 40 Best Articles
  - The Rise of Digital Reading Personal Development 40 Best Articles
  - Advantages of eBooks Over Traditional Books
2. Identifying Personal Development 40 Best Articles
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an eBook Platform
  - User-Friendly Interface
4. Exploring eBook Recommendations from Personal Development 40 Best Articles
  - Personalized Recommendations
  - Personal Development 40 Best Articles User Reviews and Ratings
  - Personal Development 40 Best Articles and Bestseller Lists
5. Accessing Personal Development 40 Best Articles Free and Paid eBooks
  - Personal Development 40 Best Articles Public Domain eBooks
  - Personal Development 40 Best Articles eBook Subscription Services
  - Personal Development 40 Best Articles Budget-Friendly Options
6. Navigating Personal Development 40 Best Articles eBook Formats
  - ePub, PDF, MOBI, and More
  - Personal Development 40 Best Articles Compatibility with Devices
  - Personal Development 40 Best Articles Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Personal Development 40 Best Articles
  - Highlighting and Note-Taking Personal Development 40 Best Articles
  - Interactive Elements Personal Development 40 Best Articles

8. Staying Engaged with Personal Development 40 Best Articles
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Personal Development 40 Best Articles
9. Balancing eBooks and Physical Books Personal Development 40 Best Articles
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Personal Development 40 Best Articles
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Personal Development 40 Best Articles
  - Setting Reading Goals Personal Development 40 Best Articles
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Personal Development 40 Best Articles
  - Fact-Checking eBook Content of Personal Development 40 Best Articles
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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