

# Ready to boost your personal development?



**How much effort do you put in your personal development?**

**You may not be aware of it, but your habits determine your future. All successful people can trace their success back to their habits.**

**By simply adopting good habits you can improve yourself, and live a fulfilling personal and professional life.**

# 1. Start your day early



We're all familiar with the proverb: "The early bird catches the worm". Almost every great achiever starts their day very early.

They wake up extremely early to get a head start of the day. You can get more, if not all things done, by rising up in the early hours of the morning.

## 2. Plan ahead

You can do this by making simple lists of everything you need to do before the next day. Download an app on your mobile or get yourself a notebook.

Try to do this every day with the aim of turning it into a habit. You can write your list every single night before you tuck in, or before the start of your work day.

If you have recorded all the tasks you need to do in advance, you will not have to waste any second going back and forth trying to remember everything, when all you could do is just check your to-do list.



### 3. Get some exercise



If you're focused on self-improvement, you absolutely can't ignore staying healthy and fit.

We know that when you look good you feel good –this is an important aspect when it comes to your image and self-improvement.

There's no reason why you shouldn't make this healthy habit part of your lifestyle.

## 4. Read at least one personal development article a day

It's no secret that successful people constantly feed themselves with more knowledge.

To keep up with the latest trends and developments you need to read. You can make it a habit to read just one article on self-development a day, and before you know it you will see the transformation.



# 5: Become a contributor

When was the last time you invested some of your knowledge, time, or skills in someone else?



One of the surest ways to see personal growth is by looking for opportunities where you can make a significant contribution to the lives of others.

Your main motivation should not be money, but to be of value to others where you can be a contributor.

# Quick Recap.



**Anything you do with persistence and consistently enough eventually becomes a habit.**



**Developing good habits is that they lay the groundwork for your ability to make it to the top.**



**Start early, plan ahead, work out, read daily and contribute to society to improve your personal development.**





# *My Personal Development Plan*

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Ok so we gave you the tips on how you can boost your personal development.

It's now your turn. Write down what you can do to fulfil each one of these personal development strategies below.



*Start your day  
early*

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I currently wake up at

I want to start waking up at

I'm going to win this by:

I will start



# *Plan Ahead*

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How well do I plan ahead?

I can start planning ahead by

I'm going to win this by:

I will start



*Get some exercise*

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I will improve the way I exercise  
by

The most suitable time for me to  
work out will be

I will start



## *Read and contribute*

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The best time for me to read a personal development article will be

I will start

I can be a contributor by

I will start

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