



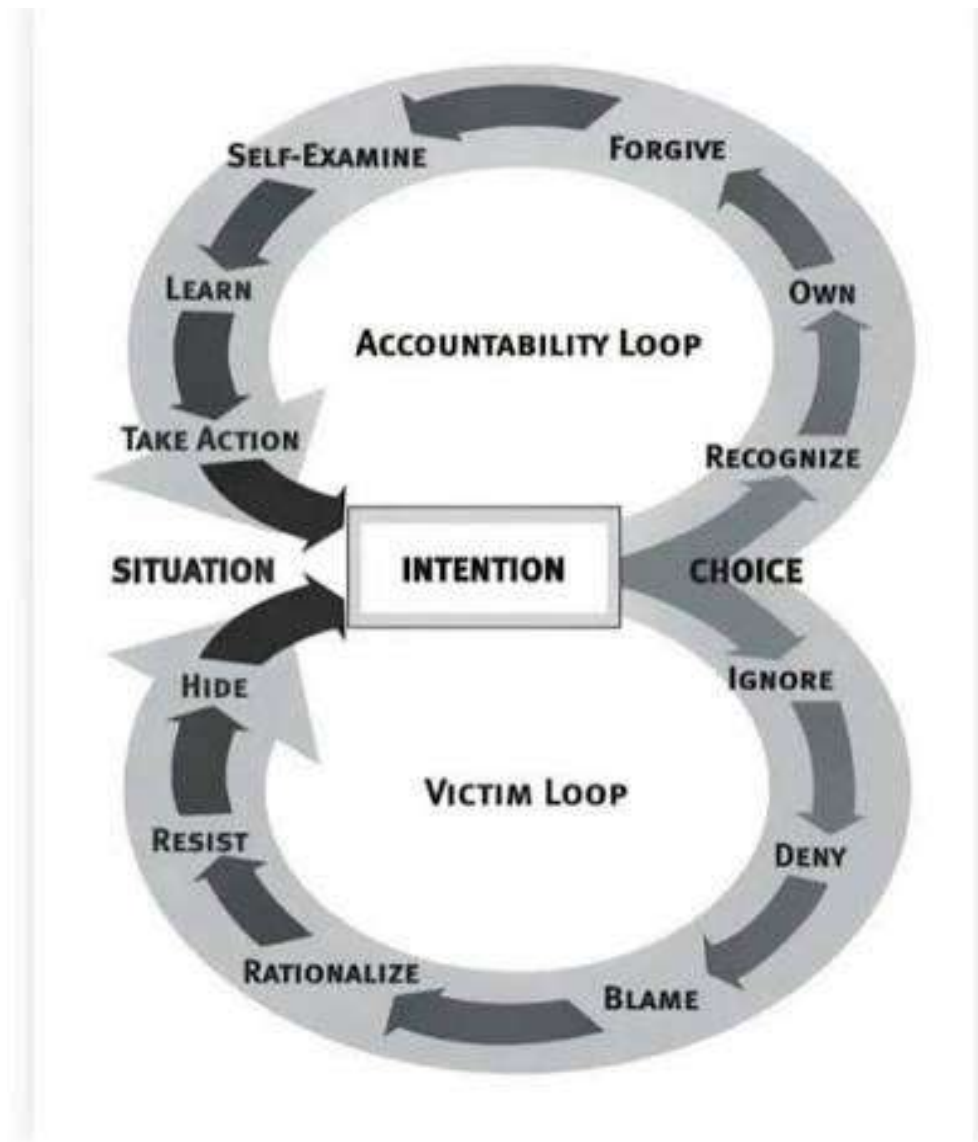
Self Improvement

There is no need to improve yourself if you are happy being you as the person you are, and you are happy living the life you have.

No one is telling you to do anything; it's up to you to choose or not to improve yourself. Generally though, life is not black and white, there are grey areas and life can get messy if you're not paying attention to it. Self improvement is not about saying you are perfect and not about saying you are not perfect, it's knowing that we can all make little improvements and upgrades to our lives and current circumstances in this ever changing world.

Who Cares?

The person who always has the best answers and solutions to resolve your unique specific issues, is always going to be you! Yes, there are many groups out there that are willing to assist and help you, but ultimately, they will seek the answer from asking you what you think needs to be done to help you improve your life.



1. Self Accountability

Acceptance

Accepting that life is imperfect, taking responsibility for your own actions and words, being conscious of what you do and how it affects you and others. To effect change you have to change yourself first and then external changes happen.

Current Stock Take

Make a list of the things in your life that you wish to change:

A list of things you'd like to improve and keep
(causing you joy)

A list of things in your life you would like to clear
and remove
(causing you suffering)

Your Permission, Power & Trust

Stop giving away your authority and trust to external sources and other people. If you do you are a slave to them and their whims.



Maslow's hierarchy of needs

2. Hierarchy of Needs Pyramid

What Everyone Needs

Maslow's hierarchy of needs pyramid covers all aspects of a person's life and what they need to be thriving. From physical necessities to psychological needs.

Looking at the various aspects and areas in your life that you decide if they need more attention and focus on.



3. Ikigai

Your Creative Powers

Asks you four questions to help you to find out what you are good at, what the world needs, what you love to do, and what you can get paid for. It asks you to answer these about your own personal experiences, skills and talents, and helps people look at how to put them to best use.

A Transformative Process

The world only changes when you do, it is through us each individually taking conscious aware actions that make the changes happen. Nothing is ever permanent and you are also able to change your life if and when you choose to.

Good things Happen

This process of looking at oneself with a conscious presence of mind, or mindfulness can help you assess what can be improved and what can be removed. The process of removing and changing what no longer suits you then allows for new good positive things to replace the old tired, worn out, no longer useful things that are now no longer part of you. Allowing for transformation from within by you, and with the right tools and information.

Not done Alone

You don't have to go through this process of self transformation and improvement alone. It's not others telling you what needs improving, it's you identifying what needs to change and improve. Along the way you will find that there are also people who wish the best for you and will offer their support, kindness, wisdom and love.

Most people will find it too difficult to look at themselves and look at how they can improve themselves. The few individuals who do make the effort are generally rewarded with an improved psychology about themselves and a more positive outlook on life. You feel more in control of your reality and less pulled by the demands of the external world as you are actively shaping your life in the eternal present moment.

Self Governing

If you can control the way you look at your past, you can control the way you see yourself presently. If you can control the way you see yourself presently you can control more of your future reality.

If you cannot control your emotions and nervous system and you are always reacting to external narratives, then these narratives and other people will always control you. It's up to you to take back control of your life because no one else will do it for you.

