

8 Keys to Maximizing Your Personal Development

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Introduction

These 8 keys will help you get the most out of your personal development journey - whether you're at a live event, attending a group mentoring call, or working through an online course. Having this kind of plan for your approach to personal development will help you to be more successful in any endeavor in your life. If you haven't set an intention before starting out, how will you know that you've achieved what you've set out to achieve?

It's really important to know where you're at, where you want to go, and how to get there. These 8 keys will help.

Key #1: Make a commitment to spend this time on yourself.

Turn up fresh, ready to do the work, and ready to learn. Be on time for the class or session. If it's online, give yourself time to ensure your internet and computer are working. Create the space -- mentally, physically, and emotionally -- that you need to create for yourself to do this work properly. Leave distractions behind. Focus on what you're doing so this is purely about you.

Turn off or silence your cell phone. If there are breaks, get out and get some fresh air. Ensure that your working environment is comfortable and conducive to learning.

Key #2: Know your personality type and your wiring.

Knowing how you're 'wired' will change everything for you. When you know what your inner wiring is, you're able to identify your strengths, your challenges, and you're likely to identify the tripping point of your personal journey pretty quickly. When you know these, you'll be able to learn how to best support yourself through your personal development.

We recommend the [Genius Assessment](#) at PersonalityHacker.com.

Key #3: Determine your values.

If you haven't thought about your values you might find there's a difference between your expressed values and your practiced values. This may be a bit tricky, but your values are personal and totally unique. You will get the most from any personal development work if you are authentically yourself and aligned with your true values, rather than focusing on what your values 'should' be.

There is no right or wrong when it comes to values. Your values will change and evolve in response to your life circumstances and as you go deeper and uncover more of the innate core values that you have within. There are layers and layers of values to be discovered.

Key #4: Explore your cultural and ethnic conditioning.

Because we all have cultural and ethnic conditioning we are conditioned to behave in a certain way. Just being aware of your cultural and ethnic conditioning will massively help you maximize your personal development journey. Where are your parents from? Where are their parents from? How were the ethnic and cultural values and conditioning passed down through generations to you? How long have you lived in the country you live in? Have you always lived in one country? Have you been exposed to other cultural experiences? These are things that really affect your personal development journey because unless you are aware of them, you cannot transform the blind spots that you may have related to your conditioning.

Consider your upbringing. For example, were you raised embracing a certain religion? What was your lifestyle - rural, seaside, city, farming? Everything affects your worldview. If you know & explore your cultural and ethnic conditioning, you maximize your personal development journey because you more deeply understand why you're behaving in a certain way and why you might have issues overcoming specific learnings on your journey.

Key #5: Implement the exercises.

The exercises given are not for intellectual entertainment. Talk is cheap. Talking about how you want to change, or what you want to be, or where you want to be going will only give you a direction. Then you have to choose to go that direction. You need to be willing to commit to your transformation.

This doesn't have to be a big deal. Keep it simple and light. Don't start to berate yourself about where you shouldn't be or where you should be starting from or how you should be making better progress. Instead:

1. Let go of the "shoulds" and identify your starting point.
2. Set a goal of where you want to be. Spend the time to clearly identify your goals so that you're ready to uncover the golden nuggets you get in any personal development program.
3. Write down the captured thoughts and golden nuggets and book time into your diary/planner so you can actually execute them.
4. Book personal development time into your week and treat it with respect and commitment.

Key #6: Enlist peer support so you are not alone in your transition.

Enlist support from neutral, supportive sources rather than your close friends and family. It's important they are neutral because your friends and family may be too close to you to let you fail when you need to fail to learn the lesson that's in front of you. Grow a network of peer relationships with others who are going through a similar kind of transformation.

Key #7: Embrace accountability.

Find yourself an accountability partner or a mentor, preferably someone who has already done what you are attempting to do. An accountability partner can be at the same level of your own transformation, whereas a mentor is someone who has already done it. At the Radiant Woman community, we have loads of potential accountability partners and many are happy to help you because they themselves were helped when they were getting started. We also have a network of mentors available. The real question is, "What do you need right now -- a peer accountability partner or a mentor?" Only you know the answer. If you feel you just need a little support on your way to where you want to go, then an

accountability partner is perfect. If you need actual hard questions to be asked and additional support, then perhaps it's time to get a mentor.

Key #8: Reassess the situation.

Book the time in regularly to review your goals. Put this time into your diary/planner. Show up for yourself. If things aren't going according to the plan, just start over again and plan from your new starting point. Don't get bogged down by the thing that you didn't get done perfectly because there is no "perfect". You are moving through your challenges as well as you can with the resources and knowledge you have at this moment. You can't do anything more than you're able to, and you don't know what you don't know.

Sometimes failing to do something also means that it wasn't actually exactly right for you. This review is a good time to determine -

- What about this is working for you?
- What about this is not working for you?

Don't make it into a big deal. Maybe you need some other resources or someone outside your situation to offer objective advice or support. Maybe you need more support or the timeline to be set less ambitiously. Perhaps your priorities have changed and you don't actually want to achieve the original goal. These are all valid possibilities and represent the fluid nature of life. None of these things make you a failure.

A failure, in fact, is not a person. It's a thing that occurred. Don't be afraid to achieve your goals as you can always set new ones. Don't be afraid to ditch your goals either if you feel that you need other ones. There's a big difference between procrastination and reassessment. Your procrastination often relates to lack of direction in life, so often the people who are procrastinating actually need to do more purpose work to move past that.

Whether you meet your goals or not, always allow yourself to celebrate and be proud of your discoveries on your journey. Celebrate the achievements, but also celebrate when you realize that something wasn't exactly right for you and now you correct your course.

A call to action.

Are you ready to make yourself a priority?

Are you ready to get out of the rut and overcome whatever is, or has been, holding you back?

“What I’m trying to do is maximize the possibility of the future being better.” - Elon Musk

This is what you will do. You will maximize the possibility of your future being better if you take and implement these 8 keys to maximizing your personal development journey. We’d love to have you join us at The Radiant Woman Facebook community where you can find other like-minded women to cheer you on and support you on your journey of falling in love with yourself.