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A tools to improve of human life

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Abstract

Happiness begins from the moment you do something for others. Those who consistently help others, are happy, and do not come across any obstacles in their lives. Research indicates that they are less stressed and experience improved mental health.

Keywords: Human life, mental habit

Introduction

The purpose of life is to serve others. However, when doing so, you should not expect something in return; your intention should be to lessen other people's misery. "Service to others should be sincere and done from the heart; only then it is fruitful." Do any trees eat their own fruit? No. This teaches us that human beings should not only use their mind, body and speech for themselves, but also to serve others. When you do this, nature in turn will reward you.

Your constant inner intent should be towards helping others. If you are unable to do so for any reason, you can also make sure that you do not hurt anyone. This is an indirect way to help those around you.

Fundamental indicators of quality of life include having sufficient nutrition, adequate accommodation and environment, social and psychological fulfillment, and health. Defining "quality of life" in greater detail than the above may be subjective. Individual, cultural, and ideological perceptions of life quality will vary. It may be argued that quality of life can be achieved at any mode of existence as long as there is fulfillment of some or all of the above factors. By the same token, contemporary development is seen as improving the quality of life by improving the conditions of the above factors to enable people to enjoy longer, healthier and fulfilling lives. Although development since the industrial revolution has significantly improved the lives of many people, many people, whether in developed or developing countries, have in the past as well as now suffered from the effects of modern development. Whether its effects are direct or indirect, perceived or real, modern development is responsible for creating and/or facilitating many of the world's ills. They include a sense of spiritual and cultural loss, environmental degradation, rapid population growth, third world debt, social unrest, unemployment, vastly increased capabilities of humanity's destructive potential, and a sense of declining societal standards. The phenomenon of modern development will almost certainly continue to dominate the transformation of the planet. It is argued, that the quality of human life can only be improved within the context of improving the nature of development.

Human Life Value (HLV)

Human Life Value (HLV) — the monetary value of a human life, measured by determining the net present value of benefits that others (the decedent's spouse, dependents, partners, employers) might reasonably expect to receive from the future efforts of the individual whose life is being valued. The amount of HLV is used to calculate the benefit amount needed to replace lost future earnings of a wage earner to set the amount of life insurance or the amount of a liability award or settlement. Also known as the economic value of an individual life.

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The Human Life Cycle

According to the *American Journal of Clinical Nutrition*, the human life span, or the maximum length of time possible for human life, is 130 years. Ordovas, J. M. "Living Well to 100: Nutrition, Genetics, Inflammation." *Am J Clin Nutr* 83 (2006): 401S490S. Human bodies change significantly over time, and food is the fuel for those changes. People of all ages need the same basic nutrients-essential amino acids, carbohydrates, essential fatty acids, and twenty-eight vitamins and minerals-to sustain life and health. However, the amounts of nutrients needed differ. Throughout the human life cycle, the body constantly changes and goes through different periods known as stages.

The major stages of the human lifecycle are defined as follows

- Pregnancy. The development of a zygote into an embryo and then into a fetus in preparation for childbirth.
- Infancy. The earliest part of childhood. It is the period from birth through age one.
- Toddler years. Occur during ages two and three and are the end of early childhood.
- Childhood. Takes place from ages four to eight.
- Puberty. The period from ages nine to thirteen, which is the beginning of adolescence.
- Older adolescence. The stage that takes place between ages fourteen and eighteen.
- Adulthood. The period from adolescence to the end of life and begins at age nineteen.
- Middle age. The period of adulthood that stretches from age thirty-one to fifty.
- Senior years, or old age. Extend from age fifty-one until the end of life.

Changes during Pregnancy

In this articles we will focus on the human life cycle from the prenatal period into early childhood. We begin with pregnancy, a developmental marathon that lasts about forty weeks. It begins with the first trimester (weeks one to week twelve), extends into the second trimester (weeks thirteen to week twenty-seven), and ends with the third trimester (week twenty-eight to birth). At conception, a sperm cell fertilizes an egg cell, creating a zygote. The zygote rapidly divides into multiple cells and within two weeks becomes an embryo and implants itself in the uterine wall, where it develops into a fetus. Some of the major changes that occur include the branching of nerve cells to form primitive neural pathways at eight weeks. At the twenty-week mark, physicians typically perform an ultrasound to acquire information about the fetus and check for abnormalities. By this time, it is possible to know the sex of the baby. At twenty-eight weeks, the unborn baby begins to add body fat in preparation for life outside of the womb. Elaine U. Polan, RNC, MS and Daphne R. Taylor, RN, MS, *Journey Across the Life Span: Human Development and Health Promotion* (Philadelphia: F.A. Davis Company, 2003), 81–82. Throughout this entire process, a pregnant woman's nutritional choices affect not only fetal development but also her own health and the future health of her newborn.

Changes during Infancy

A number of major physiological changes occur during infancy. The trunk of the body grows faster than the arms

and legs, while the head becomes less prominent in comparison to the limbs. Organs and organ systems grow at a rapid rate. Also during this period, countless new synapses form to link brain neurons. Two soft spots on the baby's skull, known as fontanelles, allow the skull to accommodate rapid brain growth. The posterior fontanelle closes first, by the age of eight weeks. The anterior fontanelle closes about a year later, at eighteen months on average. Developmental milestones include sitting up without support, learning to walk, teething, and vocalizing among many, many others. All of these changes require adequate nutrition to ensure development at the appropriate rate.

Changes during the Toddler Years

Major physiological changes continue into the toddler years. Unlike in infancy, the limbs grow much faster than the trunk, which gives the body a more proportionate appearance. By the end of the third year, a toddler is taller and more slender than an infant, with a more erect posture. As the child grows, bone density increases and bone tissue gradually replaces cartilage. This process known as ossification is not completed until puberty. Developmental milestones include running, drawing, toilet training, and self-feeding. How a toddler acts, speaks, learns, and eats offers important clues about their development.

Changes during Childhood

Early childhood encompasses infancy and the toddler years, from birth through age three. The remaining part of childhood is the period from ages four through eight and is the time when children enter school. A number of critical physiological and emotional changes take place during this life stage. For example, a child's limbs lengthen steadily, while the growth of other body parts begins to slow down. By age ten, the skull and the brain have grown to near-adult size. Beverly McMillan, *Human Body: A Visual Guide* (Sydney, Australia: Weldon Owen, 2006), 258. Emotional and psychological changes occur as well. Children's attitudes and opinions about food deepen. They not only begin taking their cues about food preferences from family members, but also from peers and the larger culture. All of these factors should impact the nutritional choices parents make for their children. This time in a child's life provides an opportunity for parents and other caregivers to reinforce good eating habits and to introduce new foods into the diet while remaining mindful of a child's preferences. Parents should also serve as role models for their children, who will often mimic their behavior and eating habits.

Changes during Puberty

The onset of puberty is the beginning of adolescence and is the bridge between the childhood years and young adulthood. Medically, adolescence is defined as the period between ages eleven and fourteen for girls and between twelve to fifteen for boys. For the purpose of discussing the influence of nutritional choices during the life cycle, this text will follow the *2010 Dietary Guidelines for Americans*, which divides the adolescent years into two stages: ages nine to thirteen, or puberty, and ages fourteen to eighteen, or late adolescence. We will discuss puberty first. Some of the important physiological changes that take place during this stage include the development of primary sex characteristics, or the reproductive organs, along with the onset of menstruation in females. This life stage is also

characterized by the appearance of secondary sex characteristics, such as the growth of facial and body hair, the development of breasts in girls, and the deepening of the voice in boys. Other physical changes include rapid growth and alterations in body proportions.

Changes in Late Adolescence

The *Dietary Guidelines* defines the next phase of the human life-cycle, late adolescence, as the period from ages fourteen to eighteen. After puberty, the rate of physical growth slows down. Girls stop growing taller around age sixteen, while boys continue to grow taller until ages eighteen to twenty. One of the psychological and emotional changes that take place during this life stage includes the desire for independence as adolescents develop individual identities apart from their families. As teenagers make more and more of their dietary decisions, parents or other caregivers and authority figures should guide them toward appropriate, nutritious choices.

Human Evolution: The Origin of Tool Use

The way humans make and use tools is perhaps what sets our species apart more than anything else. Now scientists are more and more uncovering the forces that drove our lineage to our heights of tool use — and how tool use, in turn, might have influenced our evolution.

The first stone tools

The ability to make and use tools dates back millions of years in our family tree. Chimpanzees, our closest living relatives, can on their own devise spear-like weapons for hunting and create specialized tool kits for foraging ants, suggesting our family tree may have possessed wooden tools since the ancestors of humans and chimps diverged some 4 million years ago.

The dawn of stone tools dates back some 2.6 million years to Gona in Ethiopia. Known as the Oldowan, these include not just fist-sized hunks of rock for pounding, but also the first known manufacture of stone tools — sharp flakes created by knapping, or striking a hard stone against quartz, obsidian, flint or any other rock whose flakes can hold an edge. At this time are also the oldest known butchered animal bones.

"So the hominids at this time, based on all the evidence that we have, had small australopithecine-sized brains, but nevertheless they figured out how to cut through often tough hide to efficiently get the meat off the bones and break the bones open for the marrow," said paleoanthropologist Henry Bunn at the University of Wisconsin at Madison.

This was the extent of the technology for nearly a million years. "It was probably very ad hoc — when you needed a stone tool and you didn't have one, just made one, then dropped it," said paleoanthropologist Thomas Wynn at University of Colorado at Colorado Springs.

Such technology is just slightly past the range of what apes generally do, Wynn added. Indeed, chimpanzees in the wild can use stones as simple tools for hammering, and the chimpanzee-like bonobo ape can even be taught how to flake stone to make cutting tools. "These don't seem to represent any great intellectual leap," he said.

The appearance of stone tools falls roughly in the middle of a drying trend in Africa between 2 million and 3 million years ago that would have presented our distant ancestors with a greater variety of habitats than they would have

known before, such as woodlands to grasslands, explained paleoanthropologist Thomas Plummer at Queens College in New York. "Tools may have allowed hominids to be more adaptable, extract food from a greater range of areas," he said.

A great advance in technology

"You now have rough hand axes and cleavers," Wynn said. "The technology is really different, more sophisticated in a cognitive way than anything earlier hominids or chimpanzees could do — some see cognitive abilities to coordinate spatial and shape information that chimpanzees don't have. This is the beginning of what we call the Acheulean."

At about that time, *Homo erectus* has emerged. "Finally all the adaptations for arboreal life have gone," Wynn said. "*Erectus* has gone completely terrestrial — not climbing trees very much at all."

In addition, "*Homo erectus* has started carrying tools around, instead of dropping them after use," Wynn said. "Technology has become part of their adaptive niche, a more or less permanent day-to-day thing relied on regularly. It's all tremendously significant from a cognitive point of view. I would place all this as an even more significant transition than the initial use of stone tools."

Meat and evolution

Homo erectus evolved in ways "to make getting access to meat and efficiently digesting meat more successful - you've got increased brain size, about two-thirds that of the modern human average, and increased body size," Bunn said. "You've also got a reduction in gut size, so you can devote the resources that would normally go there toward a bigger brain, as well as this high-energy brain food of meat to support those large brains."

This doesn't mean that early stone tools were restricted to just processing animal carcasses, Bunn noted, "or that meat became a dominant factor in their lives, since by all indications, from chimpanzees to tropical hunter-gatherer people today, plants are the dominant day-to-day part of the diet. It just shows an increased interest in meat."

Technology and society

As tool use evolved, "somewhere along the line, there had to have been really important changes in social evolution," Wynn said.

Scientists argue, for instance, when provisioning or the sharing of food began. "In *Homo erectus*, you see an increase in female size, which some argue suggests that infants are born less mature, thus requiring more maternal care. So the suggestion is that provisioning helps females find something to eat."

There are two ideas regarding provisioning. One is that males are the ones bringing food over due to pair-bonding between the sexes. Another is the "grandmother hypothesis," where grandmothers bring their daughters food to help them raise their offspring. "The problem with that is that with all male African apes, females leave groups at adolescence, so the grandmother hypothesis would represent a pretty dramatic change socially," Wynn said.

Still, Wynn noted other research has suggested primates spread throughout the Old World do possess these female links, "and *Homo erectus* has a very different distribution from the African apes, were distributed more widely in

Africa and Asia, and so maybe *Homo erectus* mimics the behavior of these other primates. Also, the new fossil *Ardipithecus* tells us our ancestors may not have been very much like chimps and gorillas, so maybe socially we were not as alike as well."

Windows into the brain

Now scientists are using stone tools as windows to help investigate how the brains of the human family tree evolved over time.

"What was it these early stone-knappers knew that chimpanzees can't get?" Wynn asked. "I think one thing was that early hominids were much better at copying motor procedures — we can watch an individual perform a motor task and mimic it. Chimpanzees are terrible at that — they see a task and have to reinvent the wheel. This gets back to mirror neurons and the copying of behavior."

"Tools are the products of our brains, and we have millions of stone tools," Wynn added. What we need are more creative ideas on how to extract understanding from them, and what they tell us about our evolution."

We all need self-improvement tools if we want to grow. Most workers need tools to do their jobs. For example, accountants need calculators and computers. Beauticians need scissors and blow-dryers. Carpenters need hammers, and painters need buckets of paint and paintbrushes. Actors need scripts, costumes, and props.

You get the idea. If you're serious about self-improvement, there are some powerful self-improvement tools for you as well. In the tabs below, you will find some of the key tools with information and links.

The primary self-improvement tools

The main tools for self-improvement are meditation, self-hypnosis, brain wave entrainment and journaling. Using one or a combination of these tools can help you deepen your self-awareness. Hopefully, they will help you gain insight into where you need to make a significant change.

We think these tools are so critical that we have given each of them a page with links to help you find the help you want for your own personal self-improvement program. If you search the articles on the blog you will find a wide selection of articles about each tool discussed from different points of view. If you are serious about self-improvement, we encourage you to search not only this blog but also the Internet for more information and for sites that help you in a specific area.

One size does not fit all

If one tool does not work for you, there are others that may be a perfect "fit." For example, if you absolutely can't sit still to meditate, then try brainwave entrainment. You may want a way to assess your progress and find that journaling the perfect tool for you. Another possibility is affirmations. Affirmations, coupled with any of the other tools, can be powerful. Use what helps you gain self-awareness—the foundation for all self-development efforts.

You are supposed to be unique. So it's important to discover your uniqueness when everything in you may be wanting to imitate someone else— a rock star, a great actor or actress, your favorite teacher, boss or best friend. Blaze your own trail, find your own path, create your own style.

So the important thing is to go on an exciting trip of discovery to learn your strengths and weaknesses, your

talents, your likes and dislikes. Once discovered you can go about honing the strengths and, yes, your weaknesses.

Self-improvement is a great adventure that can be filled with fun. It can lead you to disappointment or to the exhilaration of a lifetime. If done with an open heart and an open mind it can be rich and rewarding.

Are you someone who likes to grow? Do you constantly seek self-improvement through any means necessary?

There is always something about ourselves we can improve on. The human potential is limitless, so it's impossible to reach a point of no growth.

Whenever we think we are good, we can be even better.

As a passionate advocate of growth, I'm continuously looking for ways to self-improve. I've compiled 42 of my best tips, which might be helpful in your personal growth journey. Some of them are simple steps which you can engage in immediately. Some are bigger steps which takes conscious effort to act on.

1. Read Every Day

Books are concentrated sources of wisdom. The more books you read, the more wisdom you expose yourself to.

When you're reading a book every day, you will feed your brain with more and more knowledge.

Here're 5 great books to read for self-improvement:

2. Learn a New Language

As an Indian, my native language is Hindi, as we all know Indians have a vast diversity of culture but I am always more interested in the international language English, I enjoy reading about the western culture. out of interest, I took up language courses in the past few years, such as Spanish, German and Chinese.

I realized learning a language is a whole new skill altogether, and the process of opening yourself up to a new language and culture is a mind-opening experience.

3. Pick up a New Hobby

Beyond just your usual favorite hobbies, is there something new you can pick up? Is there a new sport you can learn?

Your new hobby can also be a recreational hobby. For example, you can try pottery, Italian cooking, dancing, wine appreciation, web design, etc.

Learning something new requires you to stretch yourself in different aspects, whether physically, mentally or emotionally.

Here're 20 hobbies to get you some new ideas: 20 Productive Hobbies That Will Make You Smarter and Happier

4. Take up a New Course

Courses are a great way to gain new knowledge and skills for self-improvement. It doesn't have to be a long-term course; seminars, workshops, and online courses serve their purpose, too.

5. Create an Inspirational Room

Your environment sets the mood and tone for you. If you are living in an inspirational environment, you are going to be inspired every day.

If there's a room in your house that looks messy or dull, take it to the next level by putting on a new coat of paint, buying a few nice paintings for the walls, or investing in

some comfortable furniture to make it a space that will always feel welcoming and inspiring.

6. Overcome Your Fears

Whether it's the fear of uncertainty, fear of public speaking, or fear of risk, all your fears keep you in the same position and prevent you from improving your life.

Recognize that your fears reflect areas where you can grow as they act as a compass pointing at areas that need attention.

7. Level up Your Skills

If you have played video games before, you'll know the concept of leveling up - gaining experiences so you can be better and stronger.

As a game lover, I'm constantly leveling up my conversation skills or speaking skills and engagement abilities to speak with different people. What skills can you level up?

8. Wake up Early

Waking up early has been acknowledged by many to improve your productivity and your quality of life.^[1]

When you wake up early, you'll have time to dedicate to self-improvement before everyone else is up. You'll add extra time to your day, soak up the morning tranquility, and absorb the early-morning sunlight that will help your brain switch into its active mode.

Not sure how to wake up early and feel energetic? These ideas will help: How to Get Motivated and Be Happy Every Day When You Wake Up

9. Have a Weekly Exercise Routine

A better you starts with being in better shape through physical activity. I personally make it a point to jog at least 3 times a week, at least 30 minutes each time.

Try to mix it up by doing different exercises each day to prevent boredom and muscle strain.

10. Start Your Life Handbook

A life handbook is a book that contains the essentials on how you can live your life to the fullest, such as your purpose, your values, and your goals. You can think of it as a manual for how to live your best life through consistent self-improvement.

I started my life handbook in 2020, during the pandemic and it's been a crucial enabler in my progress.

These are the points, which need to be changed and re-correct.

11. Write a Letter to Your Future Self

Where do you see yourself 5 years from now? What kind of person will you be after you learn how to improve yourself?

Write a letter to your future self and seal it. Make a date in your calendar to open it 1-5 years from now. Then, start working to become the person you want to open that letter.

12. Get out of Your Comfort Zone

Real growth comes with hard work and sweat. Being too comfortable doesn't help us grow; it makes us stagnate.

Identify where your comfort zone lines are and how you can begin to step out of them little by little. Go hiking on a trail you've never been to, make a dish you've never tried, or say yes next time a friend asks you to go out when you'd normally say no.

13. Put Someone up to a Challenge

Competition is one of the best ways to grow and aid in self-improvement. Set a challenge (weight loss, exercise, financial challenge, etc.) and compete with an interested friend to see who achieves the target first.

Through the process, both of you will gain more than if you were to set off on the target alone.

14. Identify Your Blind Spots

Scientifically, blind spots refer to areas our eyes are not capable of seeing. In personal development terms, blind spots are things about ourselves we are unaware of. Discovering our blind spots helps us discover our areas of improvement.

One exercise I use to discover my blind spots is to identify all the things/events/people that trigger me in a day—trigger meaning making me feel annoyed, frustrated, or angry. These represent my blind spots.

Once I know these triggers, I can identify ways to improve them or overcome them.

15. Ask for Feedback

As much as we try to improve, we will always have blind spots. Asking for feedback gives you an additional perspective as you learn how to improve yourself.

Some people to approach are friends, family, colleagues, a boss, or even acquaintances, since they will have no preset bias and can give their feedback objectively.

16. Stay focused with to-do lists

Starting your day with a list of tasks you want to complete will help you stay focused. In comparison, the days when you don't do this can end up being chaotic or unproductive. You may forget certain tasks or end up running out of time since you haven't created a plan to tackle each item.

17. Set Big, Hairy, Audacious Goals (BHAGs)

I'm a big fan of setting BHAGs. BHAGs stretch you beyond your normal capacity since they are big and audacious—you wouldn't think of attempting them normally.

What are BHAGs you can embark on that will make you feel good about yourself once you complete them? Set them, and start working on them.

18. Acknowledge Your Flaws

Everyone has flaws, but what's most important is to understand them, acknowledge them, and address them through self-improvement practices.

What do you think are your flaws? What are the flaws you can work on now? How do you want to address them?

Remember to do this with a sense of self-love. Do not look at your flaws through a self-critical or mean-spirited light. This is about finding areas you feel you can improve upon, not finding things that are wrong with you.

19. Get Into Action

The best way to learn and improve is to take action. What is something you have been meaning to do? How can you take action on it immediately?

20. Learn From People Who Inspire You

Think about people you admire, people who inspire you. These people reflect certain qualities you want to have for yourself as you learn how to improve yourself.

What are the qualities in them you want to have for yourself? How can you acquire these qualities?

21. Quit a Bad Habit

Are there any bad habits you can work on eliminating? This can include oversleeping, smoking, drinking, or procrastinating.

Here's some great advice from Lifehack's CEO on hacking your habit loop to break bad habits and build good ones: [How to Break a Habit and Hack the Habit Loop](#)

22. Cultivate a New Habit

Some good habits to cultivate include reading books, waking up early, exercising, reading a new personal development article a day, and meditating.

Are there any other new habits you can cultivate for more self-improvement?

23. Avoid Negative People

"You are the average of the 5 people you spend the most time with".

Wherever we go, there are bound to be negative people. Don't spend too much of your time around them if you feel they drag you down.

24. Learn to Deal with Difficult People

There are times when there are difficult people you can't avoid, such as at your workplace, or when the person is part of your inner circle of contacts.

Learn how to deal with them as you're learning how to improve yourself. These people management skills will go a long way in working with people in the future.

25. Learn From Your Friends

Everyone has amazing qualities in them. It's up to us how we want to tap into them.

With all the friends who surround you, they are going to have things you can learn from.

Try thinking of a good friend right now. Think about just one quality they have that you want to adopt. How can you learn from them and adopt this skill for yourself?

26. Start a Journal

Journaling is a great way to gain more self-awareness. As you write, clarify your thought process and read what you wrote from an outsider's perspective. This will help you gain more personal insight.

27. Start a Blog About Personal Development

To help others grow, you need to first be walking the talk of self-improvement. There are expectations of you, both from yourself and from others, which you have to uphold.

28. Get a Mentor or Coach

There's no faster way to improve than to have someone help you achieve your goals.

Many of my clients approach me to coach them in their goals, and they achieve significantly more results than if they had worked alone.

If you're looking for a mentor, don't miss these tips: [What to Look for in a Good Mentor](#)

29. Reduce the Time You Spend on Messaging Apps

Having messaging apps open as a default results in a lot of wasted time. This time can be much better spent on other self-improvement activities.

The days when I don't get on chat, I get a lot more done. I usually disable the auto start-up option in the chat programs and launch them when I do want to chat and really have the time for it.

30. Learn Chess

Chess is a terrific game to learn strategy and hone your brainpower. Not only do you have fun, but you also get to exercise your analytical skills.

31. Watching TV Stop

Many programs and advertisements on TV are meant to distract you instead of empowering or educating you. This time is better spent elsewhere, such as with close friends, doing a hobby you enjoy, or exercising.

32. Start a 30-Day Challenge

Set a goal and give yourself 30 days to achieve this. Your goal can be to stick with a new habit or develop a new hobby.

30 days is just enough time to strategize, plan, get into action, review, and nail the goal.

33. Meditate

Meditation helps to calm you and be more conscious while improving your overall mental health. Meditation can also help you sleep better, be more productive, and be kinder to those around you.

Have a go with this 5-minute [Guide to Meditation: Anywhere, Anytime](#).

34. Learn Public Speaking

Interestingly, public speaking is the #1 fear in the world, with #2 being death.

Public speaking can help you learn how to communicate better, present yourself, and engage people. These skills are helpful both personally and professionally, as you'll do better in meetings and presentations.

35. Network with Experts

These people have achieved their results because they have the right attitude, skill set, and know-how. How better to learn than from the people who have been there and done that as you learn how to improve yourself?

Gain new insights from them on how you can improve and achieve the same results for yourself.

36. Let Go of the Past

Is there any grievance or unhappiness from the past which you have been holding onto? If so, it's time to let it go as part of your self-improvement.

Holding on to it prevents you from moving on and becoming a better person. Break away from the past, forgive yourself, and move on.

37. Start a Business Venture

Is there anything you have an interest in? Why not turn it into a venture and make money while learning at the same time?

Starting a new venture requires you to be learn business management skills, develop business acumen, and have a competitive edge.

The process of starting and developing my personal development business has equipped me with many skills, such as self-discipline, leadership, organization, and management.

38. Show Kindness to Those Around You

You can never be too kind to someone. Being kind helps us to cultivate other qualities such as compassion, patience, and love.

As you get back to your day after reading this article later on, start exuding more kindness to the people around you, and see how they react.

Also, notice how you feel as you behave kindly to others. Chances are you will feel more optimistic and grateful.

39. Reach out to People Who Dislike You

If you ever stand for something, you are going to get haters. It's easy to dislike the people who dislike us; it's much more challenging to love them back. Being able to forgive, let go, and show love to these people requires magnanimity and an open heart.

Seek a resolution and get closure on past grievances. Even if they refuses to reciprocate, love them all the same. It's much more liberating than to hate them back.

40. Take a Break

Have you been working too hard? Self-improvement is also about recognizing our need to take a break to walk the longer mile ahead. You can't be driving a car if it has no fuel.

Scheduling downtime for yourself is important. Take some time off for yourself every week. Relax, rejuvenate, and charge yourself up for what's up ahead.

41. Read 1 Personal Development Article a Day

Some of my readers make it a point to read at least one personal development article every day, which I think is a great habit. There are many terrific personal development blogs out there, some of which you can check here.

42. Commit to Your Personal Growth

I can be writing list articles with 10 ways, 25 ways, 42 ways, or even 1,000 ways to improve yourself, but if you have no intention to commit to your personal growth, it doesn't matter what I write.

You are responsible for your personal growth as you learn how to improve yourself. Make the decision to commit to your personal growth and embrace a lifelong journey of growth and change. Kick off your growth by picking a few of the steps above and working on them.

The results may not be immediate, but I promise that as long as you keep to it, you'll start seeing positive changes in yourself and your life.

More Self-Improvement Tips

- How to Create a Habit of Continuous Learning for a Better You
- 10 Ways to Find Learning Motivation (Even After You've Graduated)
- How to Learn Something New Every Day and Stay Smart

Understand Your Learning Style to Learn Faster!

If you want to learn faster, find out your learning style! Maximize the strengths of your learning style so you can master anything new fast.

Even during the midst of a pandemic, self-improvement is still a crucial aspect to our lives today. There are tonnes of articles that you could be reading from our site or from others. However, the articles aren't able to provide the depth and the growth you need when compared to courses or programs.

So if you are looking to step up your own self-improvement and invest in yourself and the life you want to lead, here are some of the best self-improvement classes to consider.

But before getting to that, here is the criteria that we use to determine these courses. All of these qualities have been present in the best self-improvement classes we could find:

- Little commitment – All these courses can be done in the comfort of your own home and at your own pace as well. Most of these courses recommend spending a few hours each week on their material.
- Prestigious – These courses are done by recognizable institutes with good reputation on their education quality.
- Leverage on skillset – Each of the courses focuses on one area of your life, however it also helps develop other areas of your life at the same time.

1. Lifhack Mastercourses & Free Classes

Lifhack isn't just a blog but rather a hub with all kinds of resources at people's disposal. You may already be familiar with our particular workbooks, but we also provide courses of our own.

Firstly, there's a free course that will guide you to break your procrastination loop and start taking action to get what you want. Ending procrastination is essential to multiplying your time, energy, and the overall quality of your life. Here you can learn more about the free class:

- Hacking Procrastination 4-Day Mini Series – best for learning how to overcome procrastination once and for all

Our second set of courses are the courses where we help you break free of your limitations to become the best version of yourself. These courses aren't free, but each course goes into extensive detail on everything from motivation, overcoming challenges and staying focused to improving your overall learning capabilities, controlling your emotions and mindset:

- Full Life Framework – best for those who want to live a more balanced and fulfilling life
- Make It Happen – best for anyone who wants to turn their goals and dreams into reality
- Laser Focus With Purpose – best for anyone who wants to boost productivity by maximizing their focus
- Learn Anything Fast – best for anyone who wants to become a master of any skills
- Busy Yet Fit Home Workout Program – best for busy people who want to stay fit and healthy

2. The science of well-being

Yale University has been around for over 300 years at this point and one of the most popular classes in that time span is this one: The Science of Well-Being. After all this time, Yale is providing this course to everyone for free.

In this class, Yale Psychology Professor Laurie Santos introduced this class as “Psychology and the Good Life” in spring 2018. The class was designed to help students in navigating anxiety, depression, and stress in their lives. The class at the time was so popular that roughly a quarter of Yale undergraduates enrolled in it that spring.

Going into more detail about this course, this 4-week course is designed to provide a step-by-step process for boosting happiness. The course heavily focuses on positive psychology – what misconceptions we have about happiness and what has been scientifically proven to make us

3. Learning How to Learn

Another notable course to consider is the Learning How to Learn course. On the platform Coursera, it is one of the most popular and loved courses on the platform with nearly 2 million students enrolled since it’s been there. It’s taught by the distinguished professor

The premise of the course is what you’d expect, the goal of this course to teach you to learn more. It’ll ultimately lead to you training your brain to effectively process information and learn complicated subjects even. All of this is done through various tools and methods – from stories to goofy animations like surfing zombies, metabolic vampires and an “octopus of attention”.

4. Mindshift

Another course developed by Dr. Barbara Oakley is this course: Mindshift. If you’re planning to take the course Learning How to Learn, this one builds off of that popular course. Overall, it’s meant to help learners boost their career and life by shifting their mindset to a learning one.

Dr. Oakley firmly believes that any person can train themselves to learn at any stage in life. She believes that from personal experiences but also how this course is designed. Through this course, you learn how to be seeking out mentors to learn from, how to avoid common learning pitfalls, career ruts, and the general ruts in life.

By the end of this 4-week program, you’ll have access to new tools and strategies to face any career challenge and seek better methods to surmount new learning curves.

5. De-Mystifying Mindfulness

Mindfulness is something that we’ve all been trying to obtain in recent years and people are noticing it. Whether we strive for this for therapy, lifestyle choice, or for other technology, many of us consider this a pastime we do in solitude at this point.

But despite the number of us practicing mindfulness, not many of us fully grasp it. De-Mystifying Mindfulness is a course designed to help people get up to speed with it through various methods. This course gathers information from various disciplines in science, social sciences and humanities to help unlock and understand mindfulness in its various forms.

This is a truly unique course as it’s rooted in experiential learning mixed with evidence base of what mindfulness can do to people. And a conceptual base of what mindfulness might actually be.

6. Achieving Personal and Professional Success Specialization

The best way to explain what Achieving Personal and Professional Success Specialization is. is that it’s four of the

most popular courses taught by Wharton School, the University of Pennsylvania wrapped into one Specialization. Through these four courses, you’ll be able to maximize your potential and be more successful in both personal and professional life. You’ll learn various techniques and exercises that this school teaches.

Going into more detail the four courses consist of these four

- Success – learn about defining goals, understand how goals connect to long-term images of yourself.
- Communication skills – tools to improve communication with others. You’ll also learn to take other people’s perspectives, where trust comes from, and build relationships.
- Leading the Life you want – skills that allow you to lead in the four domains of life: work, home, community, and private.
- Influence – how to develop it and become more effective in achieving organizational goals.

7. Think Again

Reasoning is another important aspect of life. Think Again is all about teaching you how to reason and argue well with people without raising your voice and getting flustered. It’s four short courses that explore the logic behind arguments, how we construct arguments and deconstruct them, how to identify and evaluate arguments, and what makes a good argument.

Specifically, you’ll learn about the vital rules to be following in thinking about any topic at all

8. Neuroplasticity

Amongst the scientific and psychology circles, this has become quite the buzzword: Neuroplasticity. The concept promises to rewire our brain and improve everything from health and mental wellbeing to our quality of life. Gregory Caremans teaches the concept of Neuroplasticity and how you can take action and use this to your advantage in the course Neuroplasticity. Through it, you can develop mental flexibility, change habits, stop procrastination and even alter memories.

Gregory is a psychologist with a Master’s in communication and is specialized in Neurocognitive and Behavioral Approach. And even though he comes from a complex field, his course is instructed in such a way that you can easily use this information and apply it in your daily life.

9. Become A Super Learner

Similar to Learning How to Learn, this UdeMy course Become A SuperLearner is all about learning faster and unlocking the vast potential of your mind. This course is different though in that it focuses more on improving your ability to learn new skills, provide advanced memory techniques, long-term retention and application of information.

Another way to think about this course is that it looks into cognitive and neurological factors that make learning easier and more successful with longer retention of information.

10. Get Beyond Work-Life Balance

The final course on the list is Get Beyond Work-Life Balance. As this course suggests, this is all about getting skills that help you to achieve balance and have

effectiveness in both aspects of your life. This applies to both people in leadership roles and for individuals. The course focuses a lot on the importance of inclusive leadership in creating flexible and productive work environments. Beyond this, the course provides a lot of research and real-work examples from various situations to deliver information and strategies you can apply in your life. There are all kinds of courses that you can use to further enhance your life – be it personal or professional. And the beauty of personal development courses is the fact they are designed to be applied in your life more readily. You can begin to see the impact and change when applying this information from courses to real life.

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