

**- Self-improvement****10 ideas to support personal growth**

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The human condition naturally desires growth. There is a constant wish and pressure to be more and do more. Resiliency and wellness scholar and speaker Robyne Hanley-dafoe, ED.D., the author of *Calm Within the Storm*, explained that persons tend to feel dissatisfied, unfulfilled, and even unhappy, if they are not learning. “To be able to function in a world that is constantly evolving, we need to be able to adapt,” she said.

She likewise recognized that despite the variety of materials on topics such as healthy eating, fitness, relationship repair, stress and emotion regulation, organization, and time management, one might still find it hard to figure out where to start. “Change is complex and there is no one-size-fits-all solution,” she admitted. “We know that knowing better does not equal doing better.”

Hanley-dafoe, an award-winning instructor and adjunct professor at Trent University in Canada, emphasized **Make room for your past**

Trust that you handled your life the best you could with the tools you had. You have not only gone through hard times, you have also grown through them too. that one must trust the process in their pursuit to reach their truest potential.

“It is important to prepare yourself for the journey ahead—and all its messiness and beauty—by building the proper foundation on which to base your change,” she expounded, also underlining the significance of self-compassion and grace. “Instead of drowning in all the things you are told you should be doing and could be doing, my invitation is for you to pause and reflect.”

Limit social comparison Become aware using a holistic approach

Reflect on how you can get closer to the person you want to become physically, emotionally, intellectually, socially, environmentally, financially, occupationally, and spiritually.

Theodore Roosevelt once said: "Comparison is the thief of joy." It is valuable to be inspired by others. But be mindful that the trajectory forward will not be the same for everyone.

Take inventory of all the things you are already doing right."

To guide the general public in this venture, the Benilde Well-being Center (BWC) of De La Salle-college of Saint Benilde (DLS-CSB) shared the expert's methodology towards self-growth.

Here are the 10 ideas as published on Psychologytoday.com, one of the world's largest publishing enterprises exclusively dedicated to mental health and behavioral science.

Establish healthy habits consistently

Commit to one activity that will bring you closer to your goal. Do it every day. This will maintain your drive and give you a sense of fulfillment.

Embrace the discomfort

Being comfortable does not help you develop. If it does not challenge you, it will not transform you.

Notice your allies

Some people may not agree with your choices. Do not let them deter you. Real allies want to see you living your best life.

There are guaranteed roadblocks, times of low motivation, and other curveballs. When your foundation is solid, you create the space needed to improve.

Take it slow

Give yourself permission to rest along the way. After all, growth is a lifelong quest, not a destination.

Build the team to support the dream

'We know that knowing better does not equal doing better.'

Celebrate your progress

Can you handle or approach situations better today than you would have just a year ago? Acknowledge even the smallest wins.