



A BEGINNERS GUIDE TO PERSONAL DEVELOPMENT



THOSE POSITIVE THOUGHTS

Welcome to a beginner's guide to personal development, in this guide I'm going to be sharing everything about starting your own personal development journey and since this is a beginner's guide to personal development, I feel like the best place to start is by sharing what personal development is and what it isn't.

What is personal development

Personal development includes any activity that will help you reach your full potential and become everything you're capable of being. Personal Development isn't about going from broken to normal, which is how a lot of people perceive personal development. You don't need to be broken to explore improve your life because personal development isn't just a way of solving problems in your life, it's also a way of growing and improving yourself.

How to do personal development

There are so many ways to do personal development and in this guide I'm going to be sharing with you my top five ways to start your journey.



Journaling

Podcasts

Habits

Reading

Affirmations

Podcasts

If you're new to the world of personal development, then Podcasts are the perfect place to start. I'm obsessed with podcasts, I get so inspired when I listen to personal growth podcasts because they always fill me with new ideas, new ways of thinking and so much motivation afterwards. Listening to podcasts is such a simple, free and easy investment in your personal growth.

Here are 9 Podcasts to get you started!

[The Perfectionism Project](#) with Sam Laura Brown

SAM LAURA BROWN: The Perfectionism Project is a podcast sharing personal growth and life advice for perfectionists. Hosted by mindset coach and personal development blogger Sam Laura Brown, this podcast shares life lessons, relatable stories and practical advice to help ambitious women get out of their own way.

[The Life Coach School Podcast](#) with Brooke Castillo

BROOKE CASTILLO: The Life Coach School Podcast is your go-to resource for learning, growing, and becoming certified as a Life Coach and Weight Loss Coach. Through this podcast, you'll hear directly from the Master Coach Brooke Castillo to help you better understand life coaching, the required skills and mindsets, and how we focus on serving the client to get them the results they seek.

[The Tim Ferriss Show Podcast](#)

TIM FERRISS: Tim Ferriss is self-experimenter and bestselling author, best known for The 4-Hour Workweek, which has been translated into 40+ languages. In this show, he deconstructs world-class performers from diverse areas digging deep to find the tools, tactics, and tricks that listeners can use.

[The Lively Show](#) with Jess Lively

JESS LIVELY: The Lively Show is a weekly podcast designed to uplift, inspire and help you move from "hustle" to alignment and flow in life and career. Episodes discuss how to apply consciousness, the law of attraction, and the science behind the subconscious in everyday life.

[The Model Health Show](#) with Shawn Stevenson

SHAWN STEVENSON: The Model Health Show is a fun, entertaining, and enlightening look at health and fitness. World-renown author and nutritionist Shawn Stevenson breaks down complex health issues and makes them easy to understand and overcome. The insights you get here will help you transform your health and live your best life ever.

[Kalyn's Coffee Talk](#) with Kalyn Nicholson

KALYN NICHOLSON: Kalyn's Coffee Talk is an upbeat and uplifting podcast to start your morning, or wind down your afternoon with, covering everything from wellness, mental health and learning to live your best life free from self-judgement and doubt.

[The Tony Robbins Podcast](#)

TONY ROBBINS: Tony Robbins, the number 1 Life and Business Strategist, has helped over 50 million people from 100 countries create real and lasting change in their lives. In this podcast, he shares proven strategies and tactics so you, too, can achieve massive results in your business, relationships, health and finances.

[The Marie Forleo Podcast](#)

MARIE FORLEO: Marie Forleo's goal is to help you become the person you most want to be. In this show, Marie and her guests share actionable strategies for greater happiness, success, motivation, creativity, productivity, love, health, contribution and fulfilment. From business, marketing and career advice, to tackling failure, disappointment and fear, to philanthropy and doing our part to make the world a more loving, just and equitable place.

[From The Heart](#) with Rachel Brathen

RACHEL BRATHEN: Rachel Brathen, Known as Yoga Girl, is an international yoga teacher and speaker, bestselling author and serial entrepreneur who inspires millions every day. Rachel offers an even more intimate look into her life and the inspiring journey. Weekly episodes of storytelling and talks from Rachel dive into topics such as love, trust, finding balance, overcoming adversity and of course, yoga and well-being.

Journaling

Another entry point to the personal development world is journaling. I've found journaling to be a great tool for self-reflection and self-discovery. It helps you become a lot more self-aware and find solutions to problems that you haven't been able to think through before.

My favourite type of journaling exercise is morning pages. If you haven't heard of morning pages before, they are basically three pages of writing done every morning. The idea is to allow your pages to be messy as you write down anything and everything which you're feeling and thinking. Doing this allows your mind to become a lot clearer and for you to be much more focused.

Here are 10 journaling methods for you to choose from:

Morning pages	Write down anything that you're thinking and feeling. Don't think too, just let it flow from your mind onto paper.
Travel journal	Use a travel journal to write down the ideas you have regarding the places you would like to visit.
One line a day	Make journaling easy by writing one line every day, of your thoughts and feelings.
Junk journal	A junk journal helps rid any negative energy from your brain and onto paper.
Gratitude journal	A gratitude journal is strictly for all the things that you are grateful for.
Idea journal	An idea journal can serve as an opportunity for you to have a brain dump.
Pregnancy journal	Write down your symptoms and how you're feeling at different times of the day.
Reading journal	As you read a book, write down your thoughts and the events that resonated with you deeply in the book.
Fitness journal	Track your health and fitness journey. Journal any feelings of resistance and how you have overcome these feelings.
Dream journal	Keeping a dream journal is helpful because it can serve as a tool to help you remember what your dreams were about.

Step 2: Creating a journaling routine

To create a journaling habit, you need to find a time and a place for journaling in your routine. The below questions will help you create a routine for your journaling habit.

How often will I journal? (e.g. every morning, every evening, every day, every week?)

How long will I journal for? (e.g. 10 minutes, one page)

Journaling will be an easy habit to stick to if I... (e.g. stop snoozing my alarm, stop scrolling on my phone)

I will keep my journal in a place which is easy to reach and easy to get to... (on my bedside table, in my office)

Affirmations

Another entry point in personal development is affirmations. Affirmations are a simple yet powerful way to help you train your brain to see possibilities you've never seen before and create beliefs that will help you achieve your goals and stop you from self-sabotaging.

Affirmations can change obstructive behaviour and habits. They can help undo the damage caused by negative statements which we have repeatedly heard or told ourselves in the past.

Step 1: Know what your end goal is

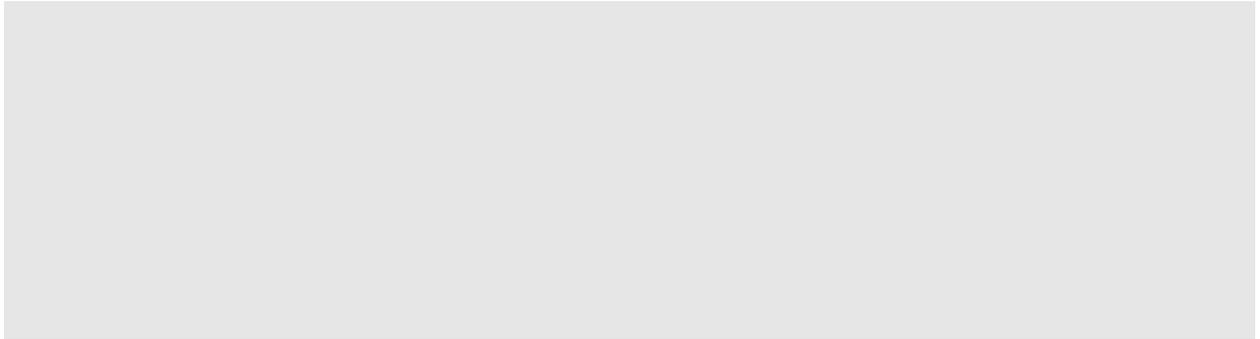
To write an affirmation you first need to know what your goal is and what you want to achieve through the repetition of affirmations

Use the below space to write down what you want to achieve. Dream big and don't hold yourself back. If you could achieve anything, what would you want to achieve?

Step 2: Review your list and choose one goal which resonates and excites you the most. It's best to just choose one goal to focus on at the start, to make sure you're putting all your energy into this one goal.

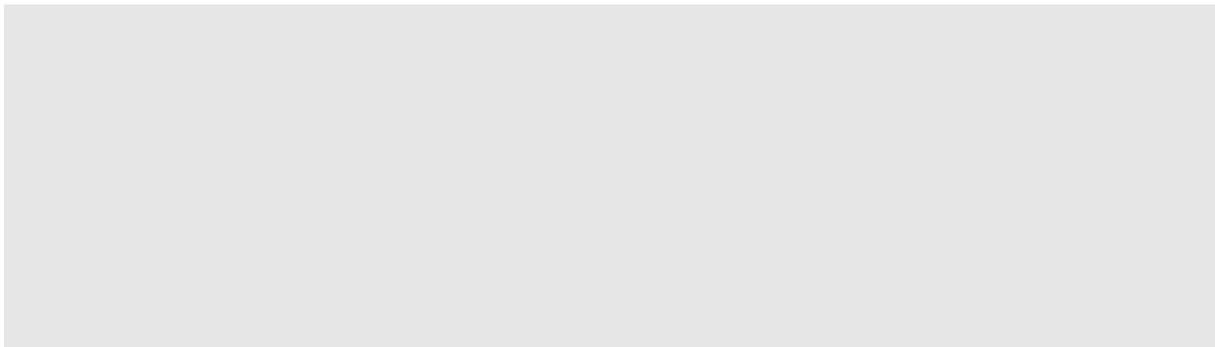
Step 3: Get clear on your goal and make sure your goal is specific because you can't get what you want if you don't know exactly what that is. Use the space below to write down your one focus goal.

Step 4: Use the below space to write down various affirmations which will support you and your goal. Use phrases such as “I will, I know, and I am”.

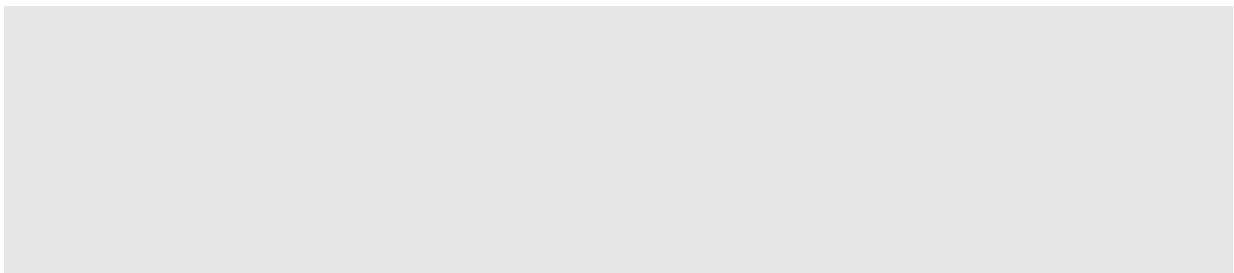


Step 5: From the affirmations that you’ve written down, choose one that feels the most powerful and inspiring to you.

Make sure you are using powerful language in your affirmation and remove any words that indicate difficulty, lack and struggle.



My affirmation is...



Now that you have your affirmation you need to repeat it to yourself every day to cement the belief in your mind. I suggest writing it down as part of your journaling habit, otherwise you can write it on a piece of paper and tape it somewhere where you will see it every day.

When you see or write your affirmation you need to visualise what your life will look like and the type of person you will be once this affirmation is your reality.

Reading

Another way to dive head first into personal development is by reading self-help books. Reading is an incredible way to learn more about yourself and become the best version of yourself that you can be, but you must make sure you actually apply what you learn from books once you've finished reading them!

Here are 10 personal development books to get you started:

The Miracle Morning by Hal Elrod

Big Magic by Elizabeth Gilbert

The Life Changing Magic Of Tidying by Marie Kondo

Eat Pray Love by Elizabeth Gilbert

Is Everyone Hanging Out Without Me by Mindy Kaling

Pretty Happy by Kate Hudson

365 Days of Happiness by Jacqueline Pirtle

You Are a Badass by Jen Sincero

SZEN ZONE: Reaching a State of Positive Change, by Gary Szenderski

The Power of Positive Thinking by Norman Vincent Peale

Don't Sweat the Small Stuff – and it's all Small Stuff by Richard Carlson

Happy: Finding Joy in Everyday and Letting go of Perfect by Fearne Cotton

Daring Greatly by Brene Brown

The Discomfort Zone: How to Get What You Want by Living Fearlessly by Farrah Storr

Tools of Titans by Tim Ferriss

The Four-Hour Work Week by Tim Ferriss

Create a Personal Development Plan

Follow my steps below to create your personal development plan!

Choose one area to focus on and improve

If you're new to the world of personal development I recommend that you first choose one area of your life you want to focus on and improve. Focus on this area for the next 30-days and use the five personal development methods mentioned in this guide to develop in that one area.

The reason I recommend just focusing on one area for the first 30- days is so you don't get overwhelmed and fall into the all-or-nothing mentality. Personal development is a journey, day by day you won't see results but if you look back after each month and each year you will see huge changes in yourself and in your life.

By focusing on just one area of your life you will realise that how you do one thing is how you do everything, and if you're showing up for one area of your life then the other areas of your life will begin to improve as well, without you focusing on them yet.

If you're struggling to think of an area to focus on, take a look at the below list.

Focus areas:

- Health
- Career
- Finance
- Self-care
- Relationships
- Creativity
- Routines

How much time should you spend on personal development every day?

If you're new to the personal development world, then I recommend spending a minimum of 30-minutes every day on your self-development. For example, you could spend 10-minutes on journaling and writing your daily affirmation, followed by 20-minute listening to a podcast or reading a book.

How to work it into your daily routine

To work personal development into your routine I suggest incorporating it into your morning or your evening routine.

Morning Routine: If you set your alarm before the rest of the house wakes up and before you need to start your day, you can set time aside for personal development.

Evening Routine: The evening is a good time to wind down from the day, during this time you might want to schedule in something a little more relaxing such as journaling or reading.

When will I make time for personal development (I.e. Morning, evening)

Which area of my life will I focus on?

How long will I spend on my personal development?

How will I spend my personal development time? (i.e podcasts 1 hour divided equally on journaling, reading, and listening to podcasts)