FIVE WAYS TO INVEST IN YOURSELF

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We cannot give what we do not have. It is always easy for us to take our lives for granted in the pursuit of fame, fortune or success especially during these tough times of pandemic. We neglect to look after ourselves and miss out activities which bring us joy, happiness, and well-being. It is necessary to switch burnout into exhilaration so that we can be the best for those people who need us the most.

Based on the online publication called Investagrams, whose mission is to encourage and give education to every person on how to invest their wealth properly and provide all the information tools that would really help everyone before making their next investment, they provide five ways on how anyone can invest. First, we must nurture our mind and body. Everything is extremely fast-paced and hectic in today’s world. Meditation and mindfulness practice will help you cope with your stressful daily routines. Meditation has been scientifically proven to reduce stress, control anxiety, promote emotional health, increase self-awareness, and even generate kindness. Make an effort to eat healthily because it benefits your body now and in the future. A well-balanced diet also makes you look and feel great!

Second is by reading books, may it be an e-book or a usual printed one because it is always a must to educate ourselves. Reading is an excellent way to invest in yourself because it is frequently inexpensive and extremely informative. School may be over, but learning does not. Reading books that stimulate your imagination and entertain you can help you improve your general knowledge and vocabulary.

Third, one should strive to learn something new. Try to learn a skill that is different from what you are accustomed to. Learning and developing new skills on a regular basis
gives you an advantage that others do not have. When learning new things, be creative and remember to have fun! You can enroll to different online trainings like what TESDA offers; you can earn the skill plus you can also have the national certificate they are providing related to what you learned in the training and now that’s hitting two birds with one stone.

Fourth, setting goals that are realistic, attainable and are time-sensitive. Then, arrange them on their level of priority and classify them according to their properties, such as personal, career, or business goals. Make a vision board to gain a better understanding of what you truly want to accomplish in life.

Fifth, prioritize self-care. We are all about the #hustlelife, but it’s also important to treat yourself occasionally. You can accomplish these by resting thoroughly on your days off and engaging in activities that allow you to unwind and enjoy life! Find that balance, and whenever it begins to tip, ask yourself whether you work to live or live to work.

We always strive to live in the present, but this does not imply that we only think about the present. Even at a young age, it is critical to consider your future finances and how you will afford the lifestyle you desire. Do not put off thinking about your retirement plans until you are almost there! Taking these simple steps will ensure you have a higher quality of life in the future. Even incorporating just one or two steps into your routine will have a positive impact on your life. All of these take time and effort to complete, but as with anything worth investing in, it is worthwhile to put in the effort to achieve it.

Reference: