SELF-IMPROVEMENT, A LIFELONG PROCESS

by:
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Most people nowadays experience great difficulty in establishing a meaningful pattern in the way of living. Young people stumble in their path to growth as they follow the habit of poor choices leading to unwanted outcomes. Generally, many of our men and women do face the same dilemma. Such predicament of having bad habits seems to be inescapable, but the truth is that, through the desire of oneself for improvement and action to that desire, he or she can achieve great potentials in life. It all starts with a small effort. What you do in your day-to-day living determines what you can achieve. In other words, to achieve your best self it will all begin by determining things you will stop doing and start doing. People can start changing bad habits by establishing a healthy routine of activities, maintaining by self-rewarding, and reminding by producing triggers for consistency of the habit.

Habits are the very fiber of our day-to-day living. Once meaningful habits are established it will lead to success in achieving multiple short-term and long-term goals. The process of building these patterns seems daunting because of the multiple attempts to be made especially if you are starting to build this foundation of maintaining meaningful tasks, and it is always helpful to keep on trying. It all starts by determining the benefit of an activity to be made and help it can produce to one’s self or in other people. These choice acts can largely increase one’s capacity to do a greater and greater task by following this pattern of finding joy in service. It will be helpful and meaningful as you evaluate yourself by giving credit in your labors as you willingly extend help to other people.
Upholding these kinds of acts can be tough if we do not create triggers that will help us maintain these actions, as a part of a goal we need something that we need to look unto. It can be a picture of our family or someone special to us, or it can be a picture of someone whom we want to be. Despite these efforts, we may sometimes find ourselves failing in these endeavors. Everything is not too late, we can start over and over again. In an October 2003 General Conference talk entitled “Three Choices,” Elder Joseph B. Wirthlin shared his self-improvement program wherein he counseled to follow three simple steps “ First, choose to begin the process of repentance now … Second, choose your priorities … Third, choose the right … ” By these simple pattern of daily choices it will point us to things that matter most. Most importantly it will direct us to the plan our Heavenly Father hath laid for us.

Indeed, as people strive to establish a healthy routine of activities, maintain it by self-rewarding, and remind one’s self by producing triggers it is a great head start for a new life. By our unending attempts to achieve what our Heavenly Father wants us to be, in the process we can truly become “new creatures” and ultimately achieve the best of ourselves.

References:

https://abn.churchofjesuschrist.org/study/general-conference/2020/04/14jones?lang=eng