

50 Self Improvement Philosophies

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Preface

Through my experience of writing articles, books, and music, one thing has been consistent. That thing being that what people want is to be able to improve their lives. Not only do people want to improve their lives, they want to know how, and they want to start soon.

Therefore, for those people who are ready to improve their lives in the areas of goal setting, careers, friendships, and relationships, this ebook is the remedy. May the words and thoughts of these pages be the advice they have been looking for.

1. Find a Hobby, Discover a Life

The title to this article says it all. Find a hobby and you will discover a life. As being happy is a key ingredient in the factors and necessities of living, having a hobby has its place in our life's story.

I can remember when I first found an interest in bowling back in my high school years. Not only was it fun, it was something that I could do pretty well. It was something that I could do with others and make a party out of a simple time of leisure.

Later in life, as a working adult, bowling became a hobby for me to relieve stress after work on the weekends. My best friend at the time and I would meet up every Friday and sometimes on Saturday at our favorite bowling alley. We would bowl for two to three hours straight trying to increase our skills, scores, and personal achievements.

During that two hour period, we would spend approximately \$15 to \$20 in jukebox music alone. We would play dance music and whatever songs were currently most popular on the radio. We wanted to not only set the mood of the atmosphere for ourselves, but others in the bowling alley.

We would gamble against ourselves and others to increase the level of competition and fun. We had specific rules on how to earn money by personal accomplishments and competitor faults. Neither of us could stand to lose, and the incentive of money only made things more intense.

During those times of fun at the bowling alley, not only were we enjoying ourselves, we were increasing our bowling skills. We begin to be known by others for our bowling proficiencies and thought of how we could take our skills to a new level. Therefore, we joined a bowling league.

The bowling league that we joined was one of the biggest and most expensive leagues of the city. It was held at the best bowling alley in the city; an alley that met the Professional Bowling Association standards for world competition. The league was composed of 45 teams and the prize money payouts due to final team standings were very nice as well!

My best friend and I were prepared to compete in the league due to our year's worth of multiple weekends at our favorite bowling alley. By then, we had personal bowling shoes, bags, and balls. We also had our own set of rituals after each strike.

During that bowling season, I found myself at some of the happiest points in my lifetime. I reenlisted in the Army Reserves, doubled my amount of friends, and entered into a serious relationship with the woman who became my wife. I also dressed nicer as I upgraded my off duty wardrobe.

At the end of the bowling season, our team (my best friend, two other added teammates, and myself) placed eighth out of the 45 team bowling league. We received a nice payout due to our final standing being in the top ten. The payout was so nice that my best friend used his money to purchase his then girlfriend and now wife an engagement ring.

Being in the bowling league allowed me to feel a sense of importance and experience continuous fellowship. My wife (girlfriend at the time), enjoyed coming to each game as she enjoyed the atmosphere of the bowling alley and league. This was a very special time in my life that showed me how much engaging in a hobby can affect multiple areas of my life.

There is no telling how much boredom was avoided and money saved due to me being in the bowling league. I had something to look forward to every Sunday; the day on which our league games were held. I saved my money because I wanted to make sure I could pay the bowling fee for participation. I also saved my money because I was not out trying to find

something to do on the weekend anymore. Being in the bowling league helped to govern my life and give me an extra calling. What made it most special was the fact that I was engaging in a hobby while competing and making friends.

I had no clue in the previous years that my hobby of bowling would lead me into a deeper friendship, recognition, and overall consistent pleasure. After the realization, I vowed to myself to always stay engaged in a hobby of some type to keep myself blissful with life. I became a huge advocate of helping others find a hobby as I saw the doors that having a hobby opened up for me.

I may not be in a bowling league today, but I still engage in a hobby. That hobby is writing. Whether I am writing in my journal, blogging, writing an article, or writing poetry, I write to stay sharp and keep my mind flowing. For me, writing allows me to express myself in various forms while doing something I enjoy. Therefore, I am able to help others while I help myself through honest and encouraging perspectives.

Writing, like bowling, is a hobby that has opened doors for me. I have many published ebooks, a blog, articles, and an App that can be viewed by others that include some of my motivational pieces. I am glad to be able to reach a large amount of people while doing something I enjoy.

In conclusion, may we all begin to take part in our hobbies and see an increase of happiness in our lives. If we are unsure about where to start, let us find something we like doing that builds us up, and engage in it. Before we know it, we will be having fun and our life will be improving and a new purpose for living will be discovered.

2. You Cannot Give What You Do Not Have

Though the title to this article says enough, it is imperative that we take a deeper look into its meaning. Believe it or not, people are guilty of trying to give others things they themselves do not have. Possibly, you have been trying to give away something you as well do not possess. Therefore, in this article, we will examine different ways a person can try to give away something they do not possess.

In our example, we will look at the career world. Have you ever you seen a job offer that you did not qualify for but applied for it anyway? Have you ever volunteered to be on a committee in which you did not have the time or drive to participate in its activities? Have you ever tried to do a job for a coworker that you had no training or experience in? If your answers are yes to at least one of these questions, then you were trying to give away something you did not have.

I can remember applying for jobs in which I did not meet the qualifications for. I hoped that the employer would hire me and train me on the job. However, in hindsight, that was very selfish of me to think that way. I was asking them to take the time to make me into the employee they hoped I would already be. My ignorance of trying to work in a position I was not qualified for would cause the company to waste their time if they hired me.

I can recall volunteering to be on committees in which I rarely attended the meetings. I did not have the drive to be at the committee's meetings in the first place. I simply volunteered for the committee with the hope I could add a new piece of recognition to my resume.

I can recall trying to do a job for a coworker to help them out while they stepped out for a moment. I was lost as I did not know how to react to certain malfunctions. Though they should have been easy fixes, I was clueless as to what to do due to my lack of training.

As you can see, in all of my examples, I was trying to be something I was not ready to be. I was trying to make a promise I could not fulfill. Ultimately, I was trying to give something that I did not have within me to give.

I am thankful that when I applied for the job I was unqualified for, I did not get an interview. I am thankful that nobody asked me where I was when I did not show up for the committees I volunteered to be on. I am thankful that my coworker soon returned to take over his job in which I could not perform.

Who knows how poorly my interview would have gone as I tried to answer questions for a job I was not qualified for? Who knows how unhelpful I would have been in those meetings with the committees I had no will to truly be on? Who knows how bad things could have turned out if my coworker did not return to resume his roll? Who knows where I would be today if I was allowed to try to give something I did not have to give?

Trying to give something we do not have is the same as planning to fail. However, we do not have to feel bad about wanting to do something we cannot do. Instead, when we see something that we want to achieve, we can spend our time preparing for it.

If we want to get promoted, we can educate ourselves for the next level in our careers. If we want to be on a special committee, we should look for a committee that interests us where we can be effective. If we want to help our coworkers out with their job that is unfamiliar to us, we can ask them to train us.

We can be prepared so that our preparation and determination can lead us to elevation. We can increase what we have in order to be able to give more. Or, we can find a way to use or give what we have in a greater way.

When we use what we have, we make a way for us to become more skilled at what we do. If we are good at speaking, and become a radio disc jockey, we can improve our speaking proficiency as we host radio shows. If we are good at writing, and become a journalist or authors, we can improve our composition skills as we write articles or stories. If we are good at a sport, and join a team, we can improve our skills in that sport as we practice for competition.

As you can see, the best way to increase our ability to give is to start giving or using what we have. In other words, we have to make room in the cabinet if we want to get newer food. Therefore, we need to do something with the food that is already in the cabinet. However, if there is no food in the cabinet to give away, we need to do something to get some food. Why, because we cannot give away food that we do not have.

3. Maintain a Life While Having a Career

Every day we wake up and perform our routine. For those of us with careers, we have a set routine that we do on work days and a set routine for the weekend.

If our work day routine is broken, we immediately try to decipher where we went wrong. We try to see what we could have done to not be running late. We try to see what we could have done to have eaten a better breakfast or packed a better lunch. We try to see what we could have done to have gotten in a better morning exercise workout or time of deeper religious devotion.

We are very concerned with having a great work day and we know that the way our work day goes depends on our preparation. This is why we are strict about sticking to our routine. This is why we have a pattern of doing things in order to make sure that we are consistent when getting ready for work.

The question to be asked is how many of us involve something fun in our daily routine? How many of us do something relaxing to prepare ourselves for work? How many of us participate in an activity of fun that reminds us of our personality composed of hobbies and taste? How many of us start our day, rather than let our day start us?

I can remember back when I was in a bowling league in 2010. My team was one of the best teams in the league. This was due to our constant preparation and previous bowling experience.

I would go bowling at least three times a week on my own before work. This enabled me to better my techniques as I could privately focus on what I was doing. This also enabled me to enjoy some leisure time before heading to the warehouse to do my job.

Those days of bowling before work, and bowling in the league on the weekends were some of the happiest times in my life. My days at work were less stressful and I received

multiple special assignments. My relationship with my girlfriend (now wife) thrived tremendously, and my body's physical condition was great.

Looking back, I see how I had maintained a good balance between work and my personal life. I did not let my job define me. I did not base my life around my career. Instead, I enjoyed my job as I enjoyed myself. I maintained my personal life while maintaining my career.

If you happen to be a working individual who looks to the weekend to get away from work, it is time for a change. If your week days are spent, working, sleeping, and then preparing to go back to work, it is time for a change. If you work to live rather than live to work, it is time for a change. It is time for you to get your life back.

If you are one of the people I explained in the previous paragraph, your job is your life. This is why I said you need to get your life back. You need to get back to living the way you want to live. You need to get back to doing the things you want to do.

If you have never lived a life where you can do the things you want to do, then you need a new lifestyle. Rather than getting your life back, you need to rediscover life altogether. The life you have been living is not the best one for you.

Whether you are getting your life back or rediscovering life, the way to do so is to do the things you enjoy. Start adding a fun activity into your work day preparation routine. Find something enjoyable to do before you go to your place of employment.

People who do something fun before going to work are strong in their personal identity. They understand that there is more to their existence than just working to make money. They realize that they were created to be somebody outside of their position at work. They understand that it is just as important to have a life while having a career.

4. Stay Above the Circumstance

I used to be a person who always blamed something on somebody else when it came to me being unsuccessful. I would never accept responsibility for a lack of aptitude on my part. To me, it was always somebody else that held me back.

One day I woke up. I came to life. In the place where it was once dark in my life, the light came on.

I started to see how I could have come out on the winning side of the circumstances that I thought held me back. I started to see how there was a victory to be received in the midst of the situations where I thought somebody was hindering my progress. I started to see how I could have been further along in life if I would have stayed focus on my goals.

Yes, that what the revelation that came to me. It was not that people held me back from reaching my desired destinations. It was not that I was not good enough to be who I wanted to be. It was not that I was ignorant as to what to do to reach my objective. Plain and simple, it was me who lost focus.

When I was young, people would always ask me what I wanted to be when I grew up. I would respond and tell them that I wanted to play in the National Basketball Association (NBA). I saw myself one day playing against the greatest basketball players in the world. I saw myself making commercials and people around the world purchasing my signature tennis shoes. I saw basketball card collectors being eager to have one of my basketball cards. I saw myself as a legend within my family's history through the sport of basketball.

Needless to say, those dreams did not come to pass. However, it was not my high school coach's fault who did not give me the playing time he promised me. It was not the guidance counselor's fault for not having me fill out college clearing house papers to play collegiate sports.

It was not the colleges' fault for not reaching out to recruit me. It was purely my fault for not staying focused on my goal.

Obviously, all of the circumstances I mentioned did have their place. However, those circumstances were not undefeatable. All of those circumstances had a route of escape or presented a path for triumph. There was a way for me to come out on top and be above those circumstances.

As I began to look back on my high school basketball career, I thought about how I never really prepared myself to play college basketball. I had grown accustomed to people simply doing things for me. I expected colleges to recruit me. I expected to be offered scholarships to play basketball. I even expected to be drafted in the NBA. However, I had not prepared myself for the next level.

When it came to making the high school basketball team, I had the same expectations of making the team. I expected to be a highly sought after prospect. I expected to play Varsity basketball. I expected to do spectacular things in games.

Ultimately, I lived up to those expectations. Though in this case, I can say I was prepared to do so. I had done the things needed to be on the high school basketball team.

I had networked with a prospecting member of the basketball team who encouraged me that I could make the team. I had spent numerous hours during the off-season working on my defense, shooting, and dribbling skills. I had watched videos and television specials concerning the competitive level of high school basketball. Not only was I mentally prepared, I was physically and skillfully prepared. I had what I needed to make the cut.

On the other hand, when it came to playing college basketball, I never prepared any recruiting video tape for a scout to view. I never went on any basketball recruitment visits. Every

summer I skipped out on summer basketball camps that were held at colleges. I did not do anything to prepare myself to play college basketball.

See, playing high school basketball was not enough. It was not the colleges' responsibility to know when and where I was playing high school basketball. It was not the colleges' responsibility to check to see if I was cleared with the college sport associations' clearinghouses. It was my mistake for not being ready for the next level of basketball, which in my case was the college level.

After being honest with myself about what I could have done to play college basketball, I started to see that my dream of playing could still be brought to life. I began to understand that nobody had hindered me from playing at the next level of basketball in my life. I started to see that the person who closed the door to playing college basketball in my life was me.

After witnessing my errors, as said earlier, I saw just how much further along in life I could have been. I saw how I was the one who was in control of my earthly destiny. I saw how no matter what I was going through, there was a way for me to be above the circumstance.

If you are somebody who feels the world has brought you down, let today be the day you change your mind. Let today be the day you prepare for the best of what you want, rather than allow others to dictate your life. Let today be the day that you begin to be in command of your future and always stay above the circumstance in every situation.

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