

BEING A WHOLE HUMAN

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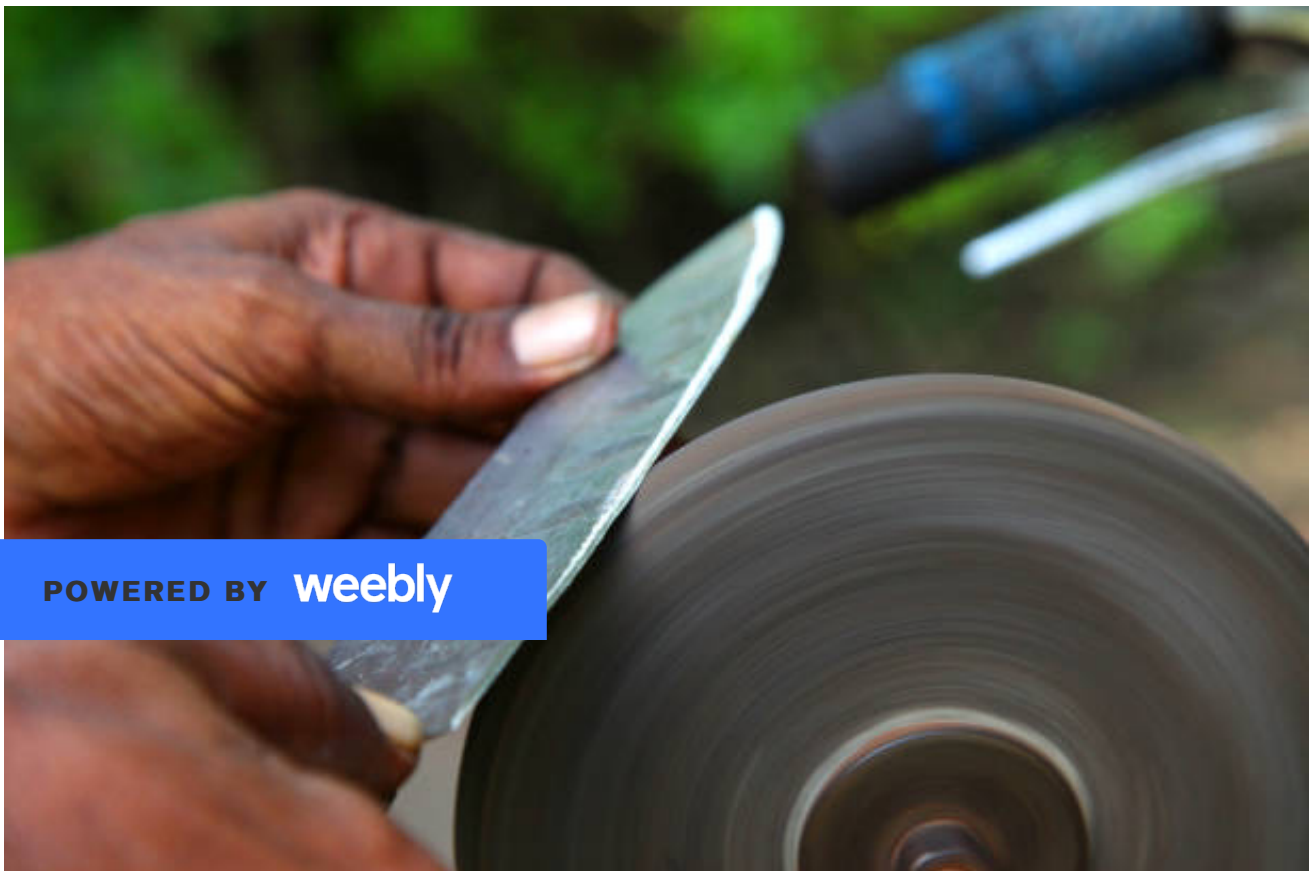
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WHET

(working title)

Whet the edge of your tools 🛠️

Whet your appetite for more...

Whole Human Evolution Technology

Personal growth, personal development,

Self-awareness, self-reflection, self-help, self-improvement, self-realization....

This page is in-process.

Related pages:

[A.I. ASSISTANT Q & A ON RELATIONSHIP / EMOTIONAL MATURITY](#)

[CARDANO / EMBODIED](#)

My idea/vision is a DApp on the Cardano blockchain for self-improvement (whole human evolution), which would include non-commercial, member-contributed content in the five areas of personal growth and be rated, reviewed, voted upon and conversed about by the community. It awaits assessment by those more in the know than me, regarding if and how it could be developed.

<https://www.wholehuman.emanatepresence.com/growth.html>

"Personal growth and development refer to **the ongoing process of self-improvement**. It involves the enhancement of different aspects of your life, such as how you view yourself and your effectiveness in living. It includes developing positive life skills for and realistic self-esteem."

"Personal development skills are **personal attributes, personality traits, inherent social cues and communication abilities**. Developing these skills involves the process of self-improvement, which focuses on strengthening your knowledge, capabilities, and self-awareness to reach your personal goals."

Five areas of personal growth:

- Mental growth
- Social growth
- Spiritual growth
- Emotional growth
- Physical growth

REPRINTED BOOK DESCRIPTION

The Trust Edge: How Top Leaders Gain Faster Results, Deeper Relationships, and a Stronger Bottom Line

In this widely popular book, David Horsager presents the ultimate guide to earning, maintaining, and even rebuilding the most critical factor of every business relationship—trust.

In *The Trust Edge*, David Horsager reveals the foundation of genuine success—trust. Based on research but made practical for today's leader, *The Trust Edge* shows that trust is quantifiable and brings dramatic results to businesses and leaders. In this book, Horsager teaches readers how to build the 8 Pillars of Trust:

1. Clarity:

People trust the clear and mistrust the ambiguous.

2. Compassion:

People put faith in those who care beyond themselves.

3. Character:

People notice those who do what is right over what is easy.

4. Competency:

People have confidence in those who stay fresh, relevant, and capable.

5. Commitment:

People believe in those who stand through adversity.

6. Connection:

People want to follow, buy from, and be around friends.

7. Contribution:

People immediately respond to results.

8. Consistency:

People love to see the little things done consistently.

When leaders learn how to implement these pillars, they enjoy better relationships, reputations, retention, revenue, and results.

Fascinating and timely, *The Trust Edge* unveils how trust has the ability to accelerate or destroy any business, organization, or relationship. The lower the trust, the more time everything takes, the more everything costs, and the lower the loyalty of everyone involved.

Conversely, an environment of trust leads to greater innovation, morale, and productivity. The trusted leader is followed. From the trusted salesperson, people will buy. For the trusted brand, people will pay more, come back, and tell others. Trust, not money, is the currency of business and life!

TRUST INSTITUTE

<https://davidhorsager.com/five-ways-to-build-your-character/>

YouTube videos

<https://youtube.com/user/HorsagerLeadership>

REPRINTED

5 Areas of Personal Growth (Plus Tips for Development)

By Indeed Editorial Team

<https://www.indeed.com/career-advice/career-development/areas-of-personal-growth>

In this article, we list the five areas of personal growth, discuss why it's important to

understand areas of personal growth and offer tips to support your [personal development](#).

5 areas of personal growth

Here are the five areas of personal growth and what they involve:

1. Mental growth

Mental growth focuses on the development of your mind, such as the way you think and learn. It also relates to how your cognitive functions affect your behavior.

Improving mental aptitude can benefit anyone, especially in the workplace.

Performing simple tasks, such as staying informed about trends and updates in your field, can help you experience gradual mental growth that can lead to increased productivity at work.

2. Social growth

Social growth involves improving your communication skills. While some professionals focus on developing other skills, learning how to communicate effectively can be important, especially if you work independently. Learning how to become an active listener and a clear speaker can help you work more productively within a team, offer insight in meetings and give feedback to your supervisors about your job. It can also help you develop friendships at work that promote job satisfaction.

3. Spiritual growth

Spiritual growth refers to connecting with yourself on a holistic level, developing as a person and finding inner peace. People experience spiritual growth in various ways depending on their culture, beliefs and experiences. Some prefer a structured approach to spiritual growth, such as practicing a religion or meditating regularly, while others work on improving their spiritual health as they feel they need it. Spiritual growth matters at work because it can help you manage stress and build confidence in yourself and your abilities.

Related: [16 Ways To Achieve Self-Growth](#)

4. Emotional growth

Emotional growth focuses on the development and management of your feelings and

how you react to situations. While challenges such as stress and anxiety can contribute to burnout, emotional growth can help you overcome those challenges. This can assist you in expressing your emotions effectively and discussing your opinions with patience and open-mindedness. Emotional growth allows you to process and evaluate your feelings at work, which can help you choose an appropriate course of action. When teams practice emotional growth habits, they can minimize conflict among colleagues.

5. Physical growth

Physical growth involves taking care of your body and using it in productive ways. Your physical condition affects all other areas of personal growth and development, as a healthy body facilitates effective brain functioning. You can focus on physical growth by eating nutritious meals, exercising regularly and getting adequate sleep. When you feel better physically, you may find it easier to work more efficiently.

Why is it important to understand areas of personal growth?

Understanding the five areas of personal growth is important because it can help you explore where to make improvements in your life, which may increase your job satisfaction and help you advance your career. It can also allow you to determine your strengths and develop in areas that might need improvement.

You may find that certain categories of personal growth relate to your career more than others, and you can choose to focus on those to enhance your opportunities for professional achievement. Personal growth takes time, but tracking your progress can help you visualize your improvements and encourage you to further your development.

Related: [7 Tips for Personal Growth](#)

REPRINTED FROM THE [EMPLOYEE CONNECT](#) WEBSITE

21 Examples of Personal Development Goals for a Better You

by [Byron Conway](#)

One of the most sane and apt decisions you can make for yourself is to strive towards continuous self-development. Some of the common professional development goals

that we all want for ourselves include: enhancing the quality of our lives, achieving more, becoming better people, and trying to be a better version of ourselves. That is why we set **personal development goals** in our lives.

Listed below are 21 personal development goals examples that will aid and augment your personal growth journey into a happier more confident you.

1. Embrace Empathy.

Empathy is about objectively comprehending differing perspectives which in turn provides a wealth of insight into your perspective.

2. Confidence.

Studies have revealed that an individual's IQ is not the most important component for success. Instead, the following three factors are considered to be much more important than intelligence in determining success: self-confidence, **goal setting**, and perseverance. An individual's self-esteem, or your self-confidence, is basically what he or she thinks about himself or herself. One of the reasons for boosting your self-confidence is that there is a strong association between confidence and success. Hence, one of your self-development goals should definitely be to boost your self-confidence.

3. Listen Actively.

Actively learn to pay attention and demonstrate to others that you truly value their opinions and what they have to say. Choose active listening, **open-ended questions**, with supporting body language, and remove any distractions that impede your ability to listen.

4. Make fear your friend.

To eliminate fear, you have to first be exposed to fear allow yourself to feel afraid and expose yourself to it. Once you are comfortable with the ambiguity & uncertainty of the situation, you can start working your way through it in a calm rational manner.

5. Improve Your Body Language.

Your **body language** is nothing but non-verbal communication which includes the

gestures and movements you project. Research has proved that the correct body language can help you connect effectively with others and convey your message

across more efficiently. It conveys your assertiveness, confidence, and perseverance. In fact, certain body postures can also help to improve your performance.

6. Get Along With Others.

You must always look for means to create a **rapport** with others. However, you need to be honest and your primary objective should not be to manipulate others, rather you should learn the ways through which you can relate and get along well with others.

7. Get along with yourself. Getting along with yourself is a precursor to getting along with others. You must learn to appreciate and accept your skills, experience, philosophies, aspirations and limitations. This healthy focus & more grounded you, is inspirational & charismatic.

8. Stop Procrastinating.

You need to understand that procrastination is not a character trait, but rather a habit. Since it is a habit, it is 100% possible for you to unlearn it just as you have learnt the habit. Strive to utilize time in the most effective manner and avoid procrastination by all means.

9. Wake up Early.

Develop the habit to get up early. The age old proverb which says: "Early to bed and early to rise makes a man healthy, wealthy, and wise!" has been coined owing to the multiple benefits of an early riser. Some of these include: watching and enjoying the sun rise, do some early morning exercise for your fitness, being able to work on a project just because it's important to you before the day officially gets started, and so on. In addition, studies show that early rises are happier, healthier, and more **productive** than their late rising counterparts.

10. Become More Proactive.

Inculcate the habit of proactiveness. Some of the traits of proactive people are:

- They consider themselves to be the creators of their lives.

- They do not consider themselves to be victims of external conditions.
- They do not allow others to determine their fate.
- They take ownership of the responsibility for the results that they get.

11. Master the Art of Conflict Resolution.

Conflict is a part and parcel of life. The key is to develop the skill of **conflict resolution**. If you possess the ability to resolve conflicts rationally and settle disputes amicably, it will certainly make more successful and happy.

12. Let go of the Past.

One of the biggest hindrances to personal growth is holding on to the past. In order to be happy in the true sense of the term, it is very important to be in the present. So, you must learn to release the ghosts of the past and clear skeletons from the cupboard.

13. Read More. Read Often.

Nothing is more powerful than the treasure of knowledge and the best way to acquire this treasure is to read as much as you can. Research has proved that acquiring new knowledge satisfies an individual's thirst for competence, which makes them eventually happier. You must develop the habit of reading books that will help you to acquire new skills and as well as to polish your existing skills.

14. Become More Resilient.

Resilience is the innate ability to overcome any kind of adversity. It is the difference between feeling helpless and facing your problems confidently and bravely. You must always learn how to bounce back from any kind of problem; it will only help you to emerge as a stronger individual.

15. Manage Stress Effectively.

Too much stress can land you up in distress. It impacts not only your physical health but also your **mental** and emotional health. You must know how to effectively manage stress. There are a lot of stress management techniques available these days. So all you need to develop is the willingness to fight stress. Finding the means to tackle stress is not a challenge these days with help available at the click of a mouse.

16. Ignore your limitations.

Limiting beliefs hinders your progress by keeping you caught up in your comfort zone and prevents you from trying out new things and stops you from taking risks for the fear of failure or getting hurt in the process. You can have limiting beliefs about almost anything ranging from money, relationships, success, and the list is endless. It is important to identify your limiting beliefs, conquer them, and reinstate them with **positive** beliefs that enable you to achieve your dreams in life.

17. Share Yourself.

Become a teacher and share your time, **feedback**, opinions knowledge & skills. The transfer of knowledge & skills not only benefits the other, other person but the process it self reinforces the neural pathways of what you know taking you closer to mastery.

18. Increase Your willpower.

Harbouring a strong **willpower** enhances your finances, your health, your relationships, your professional success, and all other areas of your life. Irrespective of the personality goals that you have set for yourself, you need the willpower to attain them.

19. Become More mindful.

Strive to become more mindful. It helps you to acknowledge the abundance and the benefits that is already a part of your lives. Instead of spending time thinking about the past which no longer serves your interest, or worrying about the future which you have no idea of how it is going to be, you must learn to live in the present and enjoy the moments.

20. Make Better decisions.

Develop the habit to make better decisions in life. The choices or the decisions that you make determines the life that you will eventually lead. Your decisions shape your life, so it is all the more important, the better decisions you make, the better your life is likely to be.

21. Work on your growth mindset.

Besides studying your personal development goals should also include your attitude defines who you are as a person and it the identification point of the state of your

mind. You must constantly work on your attitude and strive to make it **conducive for growth**. A positive mental attitude can move mountains for you. It helps you to achieve what you want from life.

The above mentioned personal development program example have been listed so that you are able to live the life of your dreams by setting achievable personal goals that make you a better person. So, it's never too late to start!

Number 22 is suggested by Gary, and is for him Number One:

Cultivate relationship between the neuro-me human interface and the highest Self/Non-self

This is explored more in-depth on the **One** page of this website, and can be expressed in other ways. A community tool for this could be:

An envisioned **Decentralized App (DApp)** on the Cardano blockchain.

Nothing about this is carved in stone (in clay, maybe, to be governed by the community.)

As a starting place:

Five areas of personal growth

21 Examples of Personal Development Goals for a Better You

Self assessment (self reflection)

Behaviors and characteristics to diminish (shadows)

Behaviors and characteristics to enhance (strengths)

Attractions, Passions, Ideals (how I like to be)

Most Effective Modalities

Bodywork (stretches, tapping, stress release)

Breathwork

Discovery and Exploration (books, courses, YouTubes, etc.)

Embodiment (hands on being present, adjusting behaviors)

Meditation

Vocal - affirmations (reminders), chants, mantras, toning

Community (ratings, reviews, suggestions)

Disclaimer:

Advice (e.g., medical, financial or personal) is not given here.

Each person is responsible for their own choices, actions and consequences.

