

“Psychology of self-development ”

Sadirxonova Shoista Abidjanova
Toshkent Davlat Sharqshunoslik
Universiteti akademik litseyi
oila psixologiyasi fani o`qituvchisi

Annotation: The beginning of self-development or the beginning of self-development? In this article, let's define such self-development, ways of self-development, and what methods of self-development begin with.

Key words: self-improvement, results, individual, developing and improving, environment, Psychology, motivation.

Self-development is a difficult process, final in the stages of creating a personal life. Sooner or later, it comes mainly because of the protest, because of the self-dissatisfaction, the familiarity with the example of the individual and the society around him. Fear is put on the weak person, so it is subject to emotions, not against him. But not against, not wrong. Rather, it means being individual, developing and improving. To achieve this, you need to constantly work on yourself, because self-improvement is not a privilege. It's impossible to transfer all your energy to one area of life, let's just say with your head down and do it in the morning just to make money. We need to start making changes in every little bit of life, in small steps, so you can get results. Self-development is a path that must go through certain stages of development. To start, get to know yourself, define your life in your life, and be amazed that you are in this world. Then you need to set your goals where you want to work, what results you want to achieve. They should be short-term, not only for the long term, but to get the result permanently, then the stimulation of the stimulus will intensify. The next stage plan is a spreadsheet, the results you need to dream about and the steps you need to take to achieve your dream, to achieve, to achieve the result. After all, once you take a step, you will gather the strength of will and not rest along the way. The results may be surprising, but they say it's not in vain, but that he is capable of more than he thinks. Many scientists have been studying ways of self-improvement for a long time, and many of them need to be considered in more detail. Most importantly, choose priorities, first of all understand what is important and in what direction to move. Most scientists don't have a set time or plan in their plans, it all depends on priorities. "Here and now." Understand the principle. Often, a normal and frustrated world leads to reality, which requires you to understand where you are and what you are doing.

Focus. Usually when we play something, thinking takes us out of things, as a result the work goes on for a long time, but there is no sense of thoughts. Or a person is cooking dinner and at the same time he is cooking in parallel to the TV, usually for a longer period of time than the burning fire, or worse. In this case, self-control helps. When you start to lose consciousness, start wanting to go out on something, you need to understand yourself and stop, go back to work. By focusing on the task, you can not only achieve it faster, but also increase its efficiency.

Plan your day. We need to find time for all areas of life. Correct smart ideas. In this case, it is better to create a notebook and write down some ideas and thoughts or to write down all the ideas and thoughts to achieve the goals. Thanks to this method, the brain starts looking for ways and eventually gives you a lot of advice on what to do. Control time because it is the most valuable, non-renewable resource. Here is the perfect time to manage your time properly, plan your time properly and spend your time, as well as save time for local networks, unreasonable experiences, unreasonable experiences, unreasonable experiences and going back to the past.

Change the environment. Communicate with people who can be tested, teach them something new I'm looking for. Don't listen to the advice of people who have achieved nothing in this area, but just know how to speak beautifully. And limit contact by lowering and constantly complaining. Walk forward. Even small steps lead to great results.

Go for a goal through stress. Interesting, but the reality is a stressful situation Most people are motivated and can also get out of their comfort zone.

Start moving

Self-improvement is a great way to understand yourself and a great way to achieve the results you set. Everyone is able to create as they wish, because there are no restrictions. Most importantly, set goals and actions.

The beginning of self-development and personal growth: the first steps (video) What to do to start self-improvement:

Reading time 6 minutes

Psychology of self-development is concerned with the formation of personality and character, the development of habits and social reactions. Without it, it is impossible to hand over the “new world” man who entered the age of information. Self-development means “moving in different directions to achieve new goals, to set new tasks to achieve goals. and you will learn what factors influence its overall development.

Psychology of self-improvement is a difficult subject that cannot be understood for hours or days. Sometimes, being aware of this experience is left to other people, to understand and accept the person in themselves.

In order to properly respect situations and be on the path to development, it is necessary to understand the basic mental processes that help a person understand the world around them.

Basic mental processes:

- memory;
- emotion;
- thinking;
- attention;
- imagination;
- speech.

These processes are distinguished by the display of the person interacting with the outside world. Development depends on its level. According to them, it is possible to assess how much a person has developed. The main process is memory, which has the property to memorize important information that will be needed in the future. There are people with well-developed memory and they don't need medication. There are several other ways to improve the quality of memory. Personal development is an important part of family life and career. And the additional skills that help you achieve your goals will help you increase your level. Another situation is that he is completely phlegmatic all around and has no personal growth. It will be boring not only for others but for himself as well. No one is stagnant, and no one can give anything new to this development, and more and more, no one is at risk of this “innovation”.

Psychology self-development

Everyone is inherent in nature, he can be strong or weak. The psychology of self-development is in development and even in characteristic evolution, resulting in a person leading to a goal or a secret dream. The main enemy of personality development can be poor physical and moral health. Not a gift, they say in a healthy mind in a healthy body, because our problems, disorders and minor problems affect the condition of the internal organs. There is no health. Anxiety slows down a person's development, it is necessary to refuse contact with the outside world during the illness. Such problems need to be addressed, whether they lead you to the zero point of the segment or bring science abroad to your knowledge. This will not happen, it is necessary to define the concept of self-development from the point of view of psychology and implement it. This process of self-improvement, it is constant, can lead to irreversible consequences in its history, including: life-oriented, indifference, sadness, depression, depression, depression, depression. A person who is dissatisfied with his life tries to cover his shortcomings with constant silence over the rest. In a great community, it is possible to observe the formation of personalities such as gossip groups that do not suffer evil and eternal suffering. An unpleasant sight, isn't it?

Therefore, from the point of view of the psychology of self-development, it is necessary to fully reveal the subject of the inner happiness of the individual and emphasize the impossibility, 3 main points.

1. Motivation

Without it, one cannot achieve one's goals, but simply sits and waits. If there is career motivation, in a relationship it leads to positive results.

2. result

At this point, it deserves special attention. Without it, no new goals will emerge, without which a person will be limited by the opinions of his fellow believers or someone else, resulting in a universal misconception.

3. Self-development plan

Properly structured step-by-step instructions are on the way to happiness. Going to your goals doesn't focus on the obstacles in life - it allows you to systematize your desires and aspirations while encouraging the wills.

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