

Learn To Be A Better Person

Brought to you by:

UCSI 🔌 CARD

Source Supported By: Dr Mohtaram Rabbani (Mina) Department of Psychology, Faculty of Social Sciences and Liberal Arts (FOSSLA), UCSI University

Make different choices

Everything in your career and your life is a reflection of a choice you have made. If you want different results, start making different choices.



Ease up on yourself

Once you realise perfection doesn't exist, you can ease up on yourself. There's no harm in being wrong or making mistakes, as long as you're willing to make corrections.

Just be yourself, flaws and all, and let people see the real you. Each of us is imperfect; be aware that we can't push away our failures and our flaws.



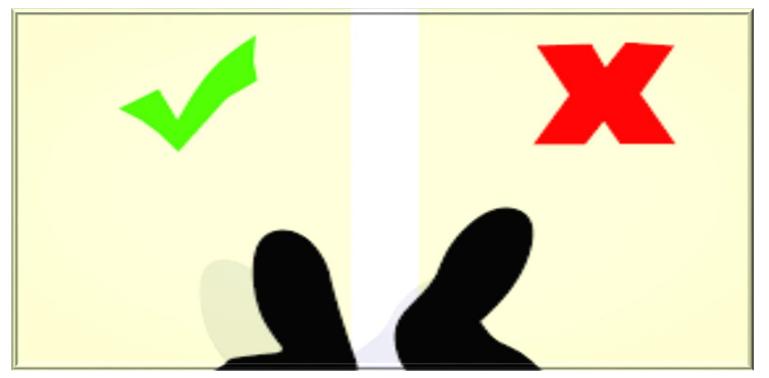
Never Quit



Remember, winners aren't people who never fail but people who never quit. It's important to never let success get to your head or failure to your heart. The secret to getting ahead is to acknowledge your failures and have the wisdom to apply them to new opportunities.

Learn From Your Mistakes

Remember that it's not how many mistakes you've made but what you learn from them that defines you.



Forgive those who have hurt you but change who you surround yourself with

You can improve your life just by changing the people you surround yourself with. If there are some who have brought negativity or hurt into your life, accept that those actions cannot be changed or undone or forgotten--only forgiven.

Take it as a lesson learned and surround yourself with people who support you, guide you and make you better than you already are.

Nurture your mind with great thoughts, for you will never go higher than what you think



Eliminate the unnecessary and cultivate the essentials

Think of all the things in your life that are important to you--the essentials--then eliminate everything else. This system helps you simplify your life and see what you should focus on.

It can work for anything you have in your life, professional or personal. And just the act of letting things go will help you to simplify, to focus on what's important, and to build the life you want.

Don't compare your own life with anyone else's

A big source of unhappiness is the idea that other people's lives are better or easier than yours. But when you compare your situation to that of others, you're comparing your complete reality to their surface.

No matter how fantastic, how happy, how brilliant everything may seem on the outside, you never know what's going on the inside. If you find yourself being jealous of someone, remember that person has struggled with hardships and insecurities just as you have.



Feel at ease with yourself





