

Strengths, areas to
develop more fully, 2
important
accomplishments



Full Full Submitted Personal Strengths: Areas to develop more fully, 2

important accomplishments Personal strengths are individual's internal assets that bring about positive developmental outcomes. These are believed directly related with healthy development and life success. (Benard 13) Meaning, our personal strengths enable us accomplish great deeds.

Reversely so, our personal accomplishments tell what personal strengths do we possess. However, unless we recognize and accept our strengths that we will be unable utilize them. Hence knowing, appreciating, and accepting our strength is vital to develop them.

Personal strengths Bernard cited can be grouped into four categories: social competence, problem solving, autonomy, and sense of purpose, which recent studies believed to transcend borders and cultures. Social competence or interpersonal intelligence, such as responsiveness, communication, empathy and caring, and compassion, altruism and forgiveness, is the ability to form positive relationship with others. Problem-solving skills or good intellectual functioning, which involves planning, flexibility, resourcefulness, and critical thinking and insight, is the ability to figure things out and find a solution to it. Autonomy, constituted of positive identity, internal locus of control and initiative, self-efficacy and mastery, adaptive distancing and resistance, self-awareness and mindfulness, and humor, is the ability to act independently and to take control of one's own life. And, a sense of purpose, which includes goal direction, achievement motivation, and educational aspirations, special interest, creativity, and imagination, optimism and hope, and faith, spirituality and sense of meaning, is the belief that one lives not only to breathe but to fulfill a mission. (13-35)

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Assessing my strengths based on the four categories stated above, I think I have strengths in all of them, specifically communication, planning, resourcefulness, critical thinking, self-efficacy and mastery, goal direction, and optimism. These aggregate of strengths help me reach my position today. However, there are areas that I have to develop more fully to further my success in life and to achieve satisfaction. Most of these fall on the category of sense of purpose. One of these is educational aspirations. This is so because though I am achievement motivated, I did not bother to further my studies. In fact, from being a market analyst of a multinational company, I have progressed to regional manager in a matter of six years, yet I lack post-graduate and relevant special studies as well to further my career. I think taking a post-graduate business management education would further help me become a successful manager especially in today's fast-pace globalized world. I believe that improving my education would give me a better perspective in pursuing my career and would further develop my creativity and imagination. Surely, new knowledge would open new doors, new opportunities, and new challenges. Aside from this, I feel that I have to further improve my sense of meaning. It seems that my life is fully designed by my work. I am my work; I am our company. But is this the only reason that I live? I don't think so. There is a wide world out there calling my attention. I may have reached this position in my career for a higher purpose. Though I seem to have progressed fast in my work, I fall short of Maslow's hierarchy to be fully satisfied in life. Looking at my track record, I could say that my two important accomplishments that have earned me promotions are forecasting industry and competitor activities and

establishing a 5-year client base and backlog of revenue worth upwards of
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US\$20million.

Work Cited

Benard, Bonnie. Resiliency: What We Have Learned. San Francisco, CA: WestEd, 2004.