

Personal and professional development: self-motivation and self-management

[Profession](#)



PERSONAL AND PROFESSIONAL DEVELOPMENT

The aim and purpose of this report is how I will handle my problems in year one of my degree program. " Management is the process of planning, organizing, leading, and controlling the work of organization members and of using all available organizational resources to reach stated organizational goals" (Stoner, 2006). " Motivation is the factors that cause, channel and sustain an individual's behaviour" (Stoner, 2006). Self-motivation will help me throughout year one of my degree program. Self-motivation is important to everyone in their study or achievement. Self-motivation is important because self-motivation is the force that keeps pushing me to complete my assignments and coursework in portfolio 1, especially when I do not know how to start and about to give up. Self-motivation helps me achieve my personal goals and self-development to make me become more independent.

In addition, self-motivation helps me to face and solve the entire problem that I encounter. An individual without self-motivation will not success. Without self-motivation my assignments and coursework in portfolio 1 will not be complete by the due date and cannot follow what the lecturer in teaching then and end up in failure. Furthermore, I will motivate myself by attending some seminar at least two month once to improve my knowledge. When I am free I will surf the internet to research is it any seminar that are free or low cost admission that I afford. For example, seminar on business. I will take up a hobby. Having a hobby can help me to relax my mind, relieve stress and gain experience. For example, swimming, dancing, listening music and handcraft can be very informative. Self-management

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helps me to throughout year one of my degree program. Self-management is important because it help me to manage what I should do first and how I go through my life. If I without self-management all my work or thing will be messy and not successful. Furthermore, I will manage myself by time-management. I will organize and plan things in advance as it will reduce my stress levels as well. This in turn makes me more efficient. Firstly, I will list down all my work by the due date of assignments and coursework in the portfolio 1 in a draft to avoid leaving out any important things. Lastly, I will draw a time table to arrange all the work from the important to not so important ones according the due date. Then I will follow the time table to start my work.

Furthermore, stress-management also is the way I should do to manage myself. If someone has stress it will affect the brain to function well especially while doing exam. In year one of my degree program I will face the stress in my studies, financeand relationship. I will relieve my stress by listening the music, dancing, jogging, playing games and attending some talks about “ How to relieve stress?”. In conclusion, everyone should have self-motivation and self-management to achieve their goals and look into the future. Self-motivation is the power that causes the behaviour to meet the expectation. Self-management makes everyone work more efficiently. In addition, always remember that time is a limited source and it is always on the move and “ stress is a double edged sword that can also break us down emotionally and physically” (Stillwagon, 2010).