



PERSONALITY DEVELOPMENT

Marian Baltazar
Class of 1980, University of the Philippines College of Manila
AB Political Science

Personality development is a very important stage in every individual's life. Since we were a child, we inherit many personality traits from our parents. Consequently, every person has his basic formation of personality from the beginning period of his childhood and onwards until we become a fully grown adult and a matured individual. Our experiences then in our family and society are very crucial for the simple reason that these are how our personality would be shaped and adapted. Living in a society means interacting not only to the environment but to the people around us as well.

As we educate ourselves, our friends, teachers and the environment of our school will have and create either a positive or negative impact on us. When rearing a child, adults should be extra careful in doing so for deep scars could be created in the psychology of a child which can imbue permanent marks. Thus, parents should relate positive thinking, helping the child to acquire good training and learn communication skills including different subjects from A-Z. It also goes that training in personality development enhances the general characteristics as well as the unique traits (these differentiates us from others) of an individual. Knowing that personality means the characteristics and appearance of a person, it is very important that a person should be able to develop a positive thought pattern, gain confidence, improve behavior, assimilate better communication and develop a healthy physique.

With modern technology and computer age, time has changed and competition is tougher than ever. A person has to work his way up to progress and climb the stairs of a brilliant career. The person with a good personality can work out difficulties with confidence in a facile manner. When a person has a good personality, it creates a lasting impression on others. To be able to have that impact, a person's inner and outer personality has to be strengthened.

Personality development, per se, is an improvement in all spheres of an individual's life, whether an individual is in the office, with friends or in any other environment for that matter. Let us not develop our personality according to the expectation of others for our unique traits to shine. We should instead break that barrier and stand out with our originality and uniqueness for us to transform our ordinary personality into an impressive one. Let us also improve our attitudes and all aspects of our being in such ways that can relate to one's success and accomplishments in life. It is not really close to impossible for a person to have a personality transformation.

Nowadays, there are a lot of know-how's and simple methods as to how we can develop that winning personality, have a transformed one and inevitably change our future. After all it's not really that hard and impossible if only we try hard enough. Brace ourselves up, develop our personality to the fullest and tread the path to personality development.

Questions for discussion:

1. How can one acquire a unique personality trait? Explain it.
2. What are the ways on how an individual can acquire personality development?
3. Are you willing to go out of your way just to develop your personality to the fullest? How?
4. Is it impossible to harness one's personality? Why or why not?
5. How can you personality development enhance our whole being? Justify your answer.