



**LET'S CHANGE OURSELVES
(PERSONALITY DEVELOPMENT AND
STUDENTS – SITUATION AND DIRECTION)
GURU NANAK COLLEGE - MOGA**

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GROUNDING

- Some short comings of our culture
 - Listening skills
 - Hearing
 - Concentration and contemplation
 - Action
 - Giving Advice (without asking)
 - Recurring self-defeating behaviours
 - Secondary contradictions become primary
 - Reading – absent in the culture



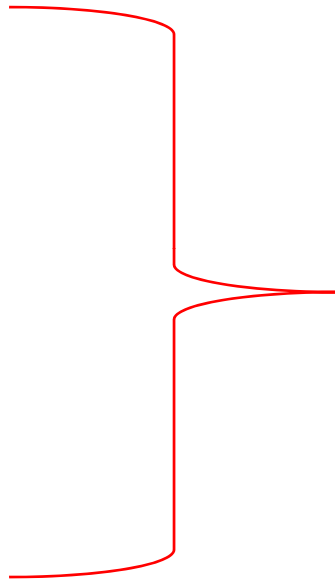
WE (HUMAN BEINGS) ARE COMPRISED OF TWO THINGS...

- Feelings, and
- Logic
- In Humans...
 - Feelings are innate, we are born with them
 - Logic and rationality is learned or acquired through experience (hard work)



HOW DO WE DEVELOP OUR PERSONALITY?

1. Feelings
2. Thoughts
3. Words
4. Actions
5. Habits



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OUR CORE PERSONALITY

- Our Core Personality Develops By Age Six
 - 0-6 years are the most important and last for ever
 - How does our culture react?
 - Learn when we grow up



UNDERSTANDING PERSONALITY

- Are you:
 - Giver or taker
 - Positive or negative
 - Active or passive
 - Doer or thinker
 - Follower (लाष्टीलगा) or leader

- It is NOT an “either or” situation in every instance



SIXTEEN PRIMARY PERSONALITY TRAITS :

1. Reserved vs Outgoing
2. Less intelligent vs More intelligent
3. Affected by feeling vs Emotionally stable
4. Submissive vs Dominant
5. Serious vs Happy to Lucky
6. Expedient vs Conscientious
7. Timid vs Venturesome
8. Tough-minded vs Sensitive
9. Trusting vs Suspicious
10. Practical vs Imaginative
11. Forthright vs Shrewd
12. Self-assured vs Apprehensive
13. Conservative vs Experimenting
14. Group dependant vs Self-sufficient
15. Uncontrolled vs Controlled
16. Relaxed vs Tense



HOW DO WE LEARN?

- See
- Hear
- Do (the majority fall in here)

- Some never learn



WHAT HARMS US – HUMAN BEINGS?

- Excess of every thing
 - Anger
 - Addiction
 - Arrogance
 - Greed
 - Attachment (distortion of love)
 - The cycle of “blame and complain”



HOW IS HUMAN BEING DEFINED BY OUR GURUS?

- Truthfulness
- Contentment
- Knowledge and contemplation (concentration)
- Compassion
- Forgiveness
- ਸੱਚ ਵਰਤ
- ਸੰਤੋਖ ਤੀਰਥ
- ਗਿਆਨ, ਧਿਆਨ ਇਸ਼ਨਾਨ
- ਦਇਆ, ਦੇਵਤਾ
- ਖਿਮਾ ਜੱਪ ਮਾਲੀ
- ਇਹ ਮਾਨਸ ਪਰਧਾਨ

Guru Arjun Dev Ji

ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ



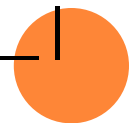
TRAITS FOR BUILDING POSITIVE PERSONALITY :

1. Accept Responsibility
2. Show consideration
3. Choose your words carefully
4. Never Criticize, Complain, Blame and Condemn
5. Put Positive interpretation on other people's behavior:
 1. Be a Good Listener :
Effective communication is 50% listening, 25% speaking, 15% reading and 10% writing. So when we listen carefully then 50% communication is done.
6. Be Enthusiastic : Give honest and Sincere Appreciation
7. When you make a mistake – accept
8. Understand the difference between Discussion/Discourse and arguing
9. Don't Gossip



ASK YOURSELF THE FOLLOWING QUESTIONS

- I am dependable Yes | __ | No | __ |
- I am grateful Yes | __ | No | __ |
- I am honest Yes | __ | No | __ |
- I am loyal Yes | __ | No | __ |
- I am understanding Yes | __ | No | __ |
- I am caring Yes | __ | No | __ |
- I am empathetic Yes | __ | No | __ |
- I am committed to excellence Yes | __ | No | __ |
- I have a sense of humour Yes | __ | No | __ |
- I have a friend who cares about me Yes | __ | No | __ |



LET'S PUT THIS IN PRACTICE

- Examine
 - I will participate in SEWA
 - Home work club
 - Planting trees
 - Being a mentor to others
 - Big brother
 - Big sister
- Answer truthfully
 - Yes |__| No |__|

