STRAND 1 PERSONAL DEVELOPMENT.

1.1 Self-Exploration.

- **Self-exploration** is the practice of examining your own thoughts, feelings, values, beliefs, identity, background, views, and emotions, with the purpose of better understanding yourself.
- **T**he purpose of self-exploration is to determine the gap between “what you are” and “what you really want to be
- It is a process of focusing attention on our self.

Personal abilities and Interests for Self-Improvement.

One can improve themselves through various personal abilities and interest such as:

- ✓ Setting Goals
- ✓ Learn New Skills
- ✓ Practice Self-Care
- ✓ Surround Yourself with Positive People
- ✓ Embrace Change

Setting Goal in Decision Making in Career Choices.

How do you set a goal in decision-making strategy?

- ✓ Define the goal.
- ✓ Know your alternatives.
- ✓ Gather enough information about your goal.
- ✓ Consider the consequences
- ✓ Determine the plan of action or the steps needed to achieve your goal.
- ✓ Setting clear goals makes obtaining your career choices easier. The clearer you are about the steps (or objectives), the more likely you will achieve your goals.