

Personal development at any stage in life is dependent, at least partially, on commitment of the individual to be open to experiences and reflect on the meaning of these experiences as a guide to personal evolution.

### **17 Words That Will Never Fail You**

Prepare - Listen - Smile - Care - Choose - Focus - Believe - Relax - Act  
Forgive - Pray - Trust - Change - Persist - Accept - Risk – Wait  
Unknown

### Students/Young Adults

“When do young people find time to be in silence, to reflect on who they are in a world with constant chatter?” This question is answered in Price-Mitchell’s (2013) [Psychology Today](#) article. The intent of her article is to share ways to promote the development of self-reflection in students/young adults.

The article shares ideas tying to the early 1900’s when philosopher and educator, John Dewey, recast the fundamental perspectives of teaching and learning.

### Middle Aged Adults

Oftentimes, midlife is associated with a “crisis” however consider the benefits of the transition from young adult to middle aged adult.

Heiser (2017) shared the following 3 benefits in her post on [ThriveGlobal](#). Excerpts from the article are listed below. Consider your personal perspective on these 3 benefits and then read the article to gain more insight.

- 1. We know who we are** – We’ve established our identity.
- 2. We have meaningful relationships** – As we age, we shed many of our superficial friendships and spend more of our precious time with people we care about.
- 3. We care for others without expecting anything in return** – In midlife, we do things because we want to – not because we have to.

### Adults 50+

Feeling useful, building and sustaining meaningful relationships, and valuing ordinary life experiences are a few examples shared by Selig (2015) in her article [\*Older But Happier? 5 Amazing Findings from Recent Research\*](#). Included at the end of each section are tips for applying the findings. Of particular interest is the idea shared at the end article on what YOU can do by developing a “purpose project”. A “purpose project” blends life experiences with creativity to help you reflect on and tell your story.

Continue your reading...personal development throughout life stages go to my [Blooms to Blossoms Flipboard magazine](#). Articles include:

- What is Personal Development?
- Can You Ever Be ‘Done’ with Personal Development?
- 17 Nuggets of Wisdom We Wish We Could Tell Our Younger Selves.
- Letters from the Dorm: The University Experience Isn’t Just About Exam; Make Time for Personal Development and Growth.