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The Thieves of Personal Development

Nothing is worse than having a dream for yourself and entities getting in the way to keep you from it. The sad truth is those barriers to your dreams are usually self-created. Personal development is hindered by four main thieves operating on a daily basis within your life.

- Attitude
- Motivation
- Habits
- Time

Everything you do is a choice. With your choices is always an outcome. On another level, you could call it taking a personal responsibility for yourself. If your life isn't flowing in the direction you wish, then perhaps it is time to dissect these four areas in a self-evaluation.

It seems like new information is discovered about something every day. And the topic of Personal Development is no exception. Keep reading to get more fresh news about Personal Development.

Attitude: Accomplishing great things in your life is impossible if your thoughts and words are contrary to it. When you wake in the morning are you happy to have the new day? Has your mind closed down to the potential each day brings? Doing an attitude self-check is essential to personal growth. Without maintenance on our attitude daily, it is near impossible to embrace opportunities which bring dreams closer to reality. If you take a good look around you, you will see people stuck on auto pilot, caught up in stoic repetition. An indifferent attitude is almost worse than a bad attitude. As you grow older, it becomes even more necessary to feed your mind, wash your belief systems and do daily maintenance checks on your attitude. Being unaware of poor thoughts is a poor excuse for not being able to reach out for your dreams. Attitude accountability is reaching out for resources and self-help tools purposely. By not doing so, this thief surely will steal your joy of self-discovery.

Motivation: Simply put, motivation is having an "iron will". If you do not mean to do something, you won't. You might dance around thoughts of doing something while melting away on your couch, but until you actually initiate your will through actions, it is only fluff. The hard truth is you are the biggest poser in your own life if you have no motivation to accomplish a wanted dream or goal. No one said finding motivation would be easy either. Every single person has or has had difficulties with motivation. It remains a number one challenge in personal development. There will always be the little voice inside you telling you to get motivated later. Until you make up your mind to exercise your will now, motivation will elude you, keeping it thief number two in personal growth.

Habits: Habits keep you in your comfort zone. Habits provide security. They feel safe, whether they are good habits or bad ones. They can also keep you from moving on into new and uncharted areas of growth. Which habits do you possess? Are they a part of your problem or part of your solution? Sometimes poor habits become so ingrained into who you are, you don't even notice how they rob your dreams. Developing new habits that are in sync with your goals, is the key to personal development. You must emit behavior which supports the results you want. The reason they are called habits is because you do them over and over and over. To keep this thief robbing your life, you must find ways to eliminate unproductive habits.

Time: The word speaks for itself. It is a universal container for holding all of our life meaning. Finding time, not enough time, out of time? and to each and every human is a lifetime. This is your food for thought: at the end of your life, how will you have defined your journey in regards to time? Did you make time work for you or did you do time? Each moment belongs solely to you, to your choices and to your dreams. Respect the value of each moment life gives you for all things meaningful.

About the Author

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