



How Not To F*ck Up Your Personal Development Journey.

We will cut right to the chase!

"Personal development" is a **HUGE** term and it involves so many aspects of our lives, psyche, and emotions that it is literally impossible to "complete it". If we are lucky, we will be developing until the very last day of our lives and yes, we will remain flawed.

Nevertheless, "personal development" is something that we SHOULD pursue consciously. Why?

Because it has a positive impact on our own lives, but above all – your deliberate actions in this area have a positive impact on those around you and the world as a whole. It helps you leave a legacy that is meaningful and good for the rest of society. It makes us collectively improve.

Ok, enough of the "dreamy" talk. In a nutshell, it is very clear that we believe in personal development full-heartedly and yet, remain practical and down to Earth about it. For those of you who share the same value system and belief – keep reading.

So, know it's worth it, but the question is...

Can you really "f*ck up" your journey and learning experiences?



From our work with many people to date and due to personal experience, we can say one thing:

Yes, you can, if you are thinking about the concept the wrong way.

No experience will be lost that's the good news. You can indeed learn and grow from all situations, but you might hinder the progress and true depth of what your personal development can actually be if you don't take into account the below pointers.

Here are the things that you need to be aware of and incorporate in your thinking (and actions):

1. **Don't f*ck up your personal development by thinking that it has a specific outcome attached to the end of it.**

"I will start thinking more positively and then the law of attraction will start working for me and I will get rich" or "I will start waking up at 5 am., exercise every day and this will make other people like me more, and I will be happy".

Personal development is about whom you become, not what you get.

In fact, if anything, personal development is about how much you can give to the world and others, how powerful and resourceful you are within yourself, not about how much you will receive as a result of it. Don't get me wrong, you will be receiving, but this is a buy product, not the end goal.

This is important on so many levels – motivation, persistence, meaning – all of these are affected by that one aspect of your beliefs about personal development.

2. **Don't f*uck up your personal development by thinking that your journey will resemble or follow someone else's.**

Don't compare and contrast your personal development – it is called personal for a reason, it is not an open competition or a call for imitation. Learn from other people, ask questions, consume information or knowledge but above all – try to be focused on your areas for development and how you feel, rather than what someone else says you should be focused on. For example, many people we work with come and say "I am not disciplined enough. I've seen all those 5 am. club posts and I've seen the movie about Mr. Olympia or the diets that Linda Evangelista and Heidi Klum when on – I am not like them, I need to change."

Now, there is a lot of value in being disciplined but it might not be the right priority for you at this moment in time. You might not even need to be disciplined any more than you currently are and need to be less rigid and more spontaneous. **Be honest, truthful and inquisitive in terms of what YOU need to be** developing. Do not get swayed away by others – be it influencers online, family members, friends, gurus... Remain vigilant and use your critical thinking.



3. **Don't f*ck up your personal development by thinking that you are not doing well enough and you are not doing it fast enough either.**

Have you watched "Catch me if you can"? The movie that tells the true story of Frank Abagnail Jr.? Mr Abagnail is perhaps the greatest conman in history. He was so skillful in making people trust him and in creating fake checks that it almost seemed he was born this way. However, Frank Abagnail actually had to practice... practice... practice...! He was kicked out of banks, hotels, restaurants because he couldn't do it so well at the beginning.

Do not put yourself down, please. Each and every one of us needs time to learn new things, to forget old ones, to apply them, to see what works and what doesn't, to experiment with context...

Give yourself permission to be as slow or as fast as the journey allows.

It is NOT up to you to determine how things will turn out. It is up to you to keep trying to improve.

4. **Finally, don't f*uck your personal development by thinking that you already know a lot – about yourself, about life, about a particular sport, industry, etc.**

Remain as curious and childlike as you possibly can. Don't undermine your knowledge or experience, but find new things to add to your basket of life moments that show you there is always something fresh around the corner.

The process asks you **to not take anything too seriously**. What does that mean? It just means – nothing is as important or as grave, or as final as it may feel and seem. Including the "personal development" that we are talking about right now.

Laugh at yourself more often. Laugh at life and in general. It doesn't need to be a physical laugh but keep the twinkling spark inside in your own way. Keep living like you are experimenting.

The End

Dear reader, whoever you are, we know you are doing your best at the moment and also perhaps beating yourself down for the things that you are not getting quite at the standard that you are capable of. We are your tribe and we fully understand both the frustrations and the achievements. Should there be anything that we can support you with – don't wait and don't be a stranger – we might be cool people to talk to.

Contact us at www.ilc.one

**Yours sincerely,
Valentina Dolmova & the team**