

FIVE HOBBIES YOU NEED FOR SELF-DEVELOPMENT



CA Shraddha Dedhia
Email : ca.shraddhasheth@gmail.com

Tu na thakega kabhi,
Tu na rukega kabhi,
Tu na mudega kabhi
Kar shapath, kar shapath
Agneepath, agneepath

The aforementioned lyrics have been masterfully quoted by Mr. Harivanshrai Bachchan in his poem "Agneepath." When I first discuss self-development, I focus more on how to continue improving yourself every day. There are several definitions of "self-development" in the literature, but because the phrase emphasises "self," self-development is highly individual and differs from person to person.

To achieve a shared comprehension of self-development I shall quote Moore, K., who said, "Self-development is a magnificent pursuit. It is the urge to connect with your own sense of freedom, worth, integrity, and happiness. to enjoy plenty.

Self-development may be summed up as learning for the purpose of learning and keeping all of this knowledge throughout one's life. It also includes learning new information and abilities that are open to change.

In order to keep this essay brief and to the point, I'll discuss how hobbies can help you grow as a person. This misconception regarding a hobby as something you might do in your alleged "free time" has emerged. Hard effort can conquer talent, but if your talent starts working hard, no one can stop you, according to a famous quote. You may be wondering how this is even important and how hobbies, or activities you perform in your spare time, might aid in your personal growth.

Let's first examine the five variables that motivate self-development:

Financial Stability: It is the process of improving one's financial situation.

Physical Fitness: It is undeniable that maintaining physical fitness promotes personal growth.

Relationships: If you are surrounded by the people you love and have time for them, you will undoubtedly grow as a person.

Mindset: Having the right mentality enables you to make wise decisions even in the most trying circumstances

Personal Development: Learning new things, being creative, and gaining information all contribute to becoming a better person.

If I told you - you needed a hobby for all of these, would that make sense? Hobbies play a huge role in self development. Hobbies give you a fantastic opportunity to improve your way of life. You get a feeling of deep thinking and activity when you're involved in a hobby. Hobbies are a pleasurable activity that lets you immerse yourself in. They relieve stress and promote mental health. Hobbies change the way you think and perceive life.

Now let's look at the 5 Hobbies you should have to support the 5 aspects that motivate self-development. These are comparable to one another:

Hobbies that makes you money:

You wouldn't want to be someone who just goes to work every day, works all day, then comes home, eats, sleeps, and continues the cycle every day. All work and no play makes Jack a dull boy, right? You require a pastime that generates income. Giving clients advisory services or examining their tax ramifications would delight you deeply. Your passion is paying off financially.

But what if you do not really like what you are doing? In this fast pace world when people have started making money out of their expertise, it is utmost important to understand that doing what you like can make you much more money than merely liking what you do.

Apart from work, you may have hobbies like playing sports or reading books. How about monetizing these? We all are aware how social media has taken over the monetization world and everyone on social media has become influencers. They just put content on the hobbies they have or activities they like to do. There are social media pages that exclusively discuss cricket or that just write reviews about books and then monetize them. So, having a hobby that makes you money can really help you develop yourself by improving your financial stability.

Hobbies that keep you fit:

Swimming, cricket, sports, workouts, walking, trampoline, dancing or just wiggling, but keep the body moving. Physical fitness is essential. Your physical appearance influences someone's first impression of you. Furthermore, physical exercise is essential for boosting your fitness. Working out is a favourite pastime for many people. To gain mental strength, you must maintain physical condition. Physical fitness enables you to work more efficiently. You must incorporate activities into your life that will help you stay fit. A multitude of activities can be used to achieve physical fitness. Staying fit is a must-do item on the to-do list of successful people, as you can tell from looking at their life. They take care of their bodies so that they can stay healthy and perform appropriately. Due to the fact that it motivates you to put yourself in challenging situations, being fit may also be a hobby.

Having a hobby that keeps you physically active and fit boosts your morale and gives you confidence. The energy that you get by being fit is unparalleled. Besides, if you are physically in good health, everything else that you do has much better results. All of these can definitely help you in self-development.

Hobbies that help you socialize:

No man is an island, it has been stated. We all require the company of others for a variety of reasons. In light of this, we need to develop some fresh social abilities. Building a strong social life may require learning a new game or even working on our conversational abilities.

You may create enduring memories as a result, and you can establish enduring relationships with others.

Spending time with family, surfing on through social media to catch up on your connections, calling friends and family, celebrating festivals together or merely calling up relatives to say a hi-hello - all of us have one of these as a hobby. While some take this as a waste of time, but I would rather say - life is not always about doing productive things. Some time in a day, you need to take a break and socialize. This helps you know different things, share emotional bonds and learn new skills through social media or by calls or meets.

Have you ever thought of participating in a CVOCA initiative as a volunteer? The memories and experiences you make could be priceless and enduring. It's possible that you'll end up meeting new pals that encourage and inspire you to do better and the end-result may definitely help you in self-development.

Hobbies to help you evolve your mindset:

These pastimes are entirely intellectual in character. All endeavors that hone your intellect, sharpen your reasoning, require you to reflect and accomplish lofty objectives fall under this category. You will need a very strong mind to maintain a solid grip on everything because every worry, hustle, and try are connected to your mind. You need to engage in hobbies in order to maintain a healthy and active mind.

Some significant hobbies that will change your perspective include: Meditation, introspection or self-analysis, analytical thinking. While practicing meditation has been emphasized multiple times by so many people, having the same as hobby and how can it help is something that I would like to emphasize here.

Such hobbies calm your mind and give your perspective of life which in long run definitely help you to self-develop yourselves.

Hobbies that keep your creative and help you build knowledge:

Let's break this in two parts. The first one is about hobbies that keep you creative. Any sort of artistic expression or building anything from scratch gives you a tremendous sense of accomplishment. It offers joy and happiness and enables you to visually explore your sensations and emotions. Crafts are the first thing that come to mind when we think of creative hobbies, but have you ever thought of gardening or cooking as creative pastimes? The process of starting from zero, planning the layout, and preparing the land for planting a garden may be just as creatively stimulating as making a painting or sculpture. Additionally, cooking gives you the satisfaction of feeding your family and friends and sharing your bounty. Writing is a fantastic way to express creativity and a wonderful approach to evaluate your inner-self.

The second part being hobbies that help you build knowledge. Have you ever attempted to learn a new language or capture an unforgettable image? The days of merely being able to learn from official institutions are long gone. There are a tonne of platforms available nowadays that may help you learn more quickly. Our own CVOCA youtube channels and journal issues have so many self-learning courses/articles.

Being creative and striving to get knowledge keep your mind active and give you sense of contentment and then we do not deny how creative and knowledge building hobbies help in self-development.

