

## 6 Ways You Can Fulfill Your Quest for Personal Development

**Summary:** The technology of today gives anyone the ability to improve themselves and have the life they want, usually at no charge.



Technology is everywhere and is full of knowledge just waiting for you to take advantage of. Learning doesn't have to only be about **improving your resume skills**. Learning just for the sake of learning something new and interesting is a valuable activity. When you are on your trek for new knowledge, use these resources to help you along the way.

1. **TED** stands for Technology, Entertainment, and Design. The non-profit website offers videos for users to watch on a wide array of topics. Their slogan "ideas worth spreading" clearly defines their objective in educating others. They also have an app to help you learn, and you can use whichever way is more convenient.
  2. **Udemy** offers courses in all kinds of subjects. There is a good chance that they have at least one on whatever subject you want to study. Some of the courses are free, while more extensive courses require a fee of up to \$500. However, most courses are under \$100.
- See **Gain New Knowledge with Free Classes** for more information.
3. **Mindbloom** is a website that lets users build a "tree" of areas they want to work on such as anger management, job search, exercise consistently, deepen relationships, or training

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required for advancement. Your tree grows as you achieve new skills.

4. **Lumosity** is a brain training program that you have probably seen the commercials on TV for. They have a website or app that you can use. The program gives users brain games to enhance cognitive functioning. It was developed and is maintained by neuroscientists. A basic membership is free or you can pay for a premium membership.
5. **Vision Board Deluxe** is an app that allows users to make a life vision. Users end up with a collage of their hopes and dreams for the future. The app is the visual motivation users need to build the life they want.
6. **43 Things** is a website that lets users list the goals of what they want to accomplish. Users then give and receive support to other users for free. Goals can be anything from drinking eight glasses of water a day to finishing your Ph.D.

- See **Develop a New Skillset and Make Yourself More Attractive to Employers** for more information.

Photo: ldatschool.ca