



Reviewing one's Lifestyle: Essential in promoting Enhancement of Living Conditions

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Abstract

The main objective of this research paper is to acquire an efficient understanding of the factor that it is necessary for all individuals to review one's lifestyle. This will be facilitating to the individuals in bringing about the essential changes. The changes are required to take place in various factors and areas. These are required to take place in a well-organized and satisfactory manner. It is necessary for individuals to be well-informed in terms of different types of job duties and responsibilities. Furthermore, they need to augment information in terms of various types of methodologies and procedures. In addition, it is necessary for individuals to promote good health and well-being, both physically as well as psychologically. These need to be put into operation in a well-ordered and disciplined manner. In addition, one will render an important contribution in promoting well-being and goodwill of oneself and others. The individuals are required to ensure, they are putting emphasis on augmenting different types of skills, abilities and aptitude. In addition, inculcating the traits of morality, ethics, diligence and conscientiousness are regarded as vital in emerging into principled human beings. Furthermore, one will be able to emerge into productive citizens of the country. Therefore, it is well-understood, reviewing one's lifestyle is essential in promoting enhancement of living conditions. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of reviewing one's lifestyle, measures to be put into practice in reviewing one's lifestyle and advantages of reviewing one's lifestyle.

Keywords: Enhancement, Job Duties, Lifestyle, Living Conditions, Methodologies, Reviewing, Well-informed

Introduction

The individuals, belonging to all communities, categories and socio-economic backgrounds have one of the major goals of bringing about improvements in one's overall quality of lives. In order to achieve this goal, one needs to be well-informed in terms of different types of methodologies and techniques. The individuals need to ensure, they acknowledge the meaning and significance of norms, values, standards and principles. These need to be put into operation within personal and professional lives (Llopis, 2013). The individuals need to ensure they put these into practice with the main aim of promoting well-being and goodwill of others. The individuals are required to prepare themselves in a satisfactory manner in order to promote enhancement of their overall personality traits and standards of living. In the implementation of different tasks and activities, one needs to ensure, they are well-informed and positive. Therefore, it is understood on a comprehensive basis that possession of information regarding norms, values, standards and principles is essential in order to review one's lifestyle in an efficacious manner.

Loneliness is regarded as one of the chronic and distressful conditions. It has unfavourable effects on the overall personality traits and living conditions of the individuals (Loneliness, 2020).Furthermore, health of the individuals gets affected, physically and psychologically. Hence, from the childhood stage, individuals need to understand that beyond their homes also there is a world, with which they are required to interact with. In other words, one needs to be well-informed in terms of different types of techniques, which are facilitating in forming an effective social circle. It comprises of family members, relatives, friends, educators, supervisors, employers, classmates, colleagues, neighbours and other service providers. In one's lives within and outside the homes, one needs to augment their information in terms of techniques, which would be facilitating in alleviating loneliness. The up-gradation of communication skills and interactive abilities is regarded to be of utmost significance in alleviating loneliness and reinforcing contacts. Therefore, it is well-understood, one will benefit as a consequence of forming an effective social circle in personal and professional lives.

Understanding the Meaning and Significance of Reviewing one's Lifestyle

The individuals, belonging to all occupations, communities and socio-economic backgrounds have one of the major goals of leading to up-gradation of one's living conditions. In order to achieve this goal, one needs to bring about improvements in one's financial positions. The individuals are getting engaged in number of tasks and activities, which are regarded as vital in order to possess sufficient amount of financial resources. The possession of educational qualifications, skills and abilities are regarded as vital that would be facilitating in getting engaged in different types of job duties and activities. The individuals get engaged in jobs in various types of employment settings. Furthermore, they initiate their businesses of various types of products and services. In addition, making investments in various types of policies and schemes are also regarded as vital in possessing adequate amount of financial resources. Hence, it is of utmost significance for individuals to make wise and productive decisions in terms of ways, which are suitable in accumulating sufficient amount of financial resources. Therefore, individuals acquire an efficient understanding of the meaning and significance of reviewing one's lifestyle, when they are working diligently in bringing about improvements in one's financial positions.

The individuals, throughout their lives are required to augment their information in terms of various types of strategies, which are necessary in promoting good health and well-being. Health is wealth. Health is lost, something is lost, hence, individuals are required to be well-informed in terms of various types of methods, which are vital in promoting good health and well-being. It needs to be promoted from physical as well as psychological perspectives. Throughout the lives of the individuals, they are required to augment information in terms of various types of factors, which are necessary in promoting good health. As a consequence, one will contribute efficiently in honing analytical, critical-thinking and problem-solving skills. These skills are required to be put into operation in order to carry out different types of job duties and responsibilities in an adequate manner. Within personal and professional lives of the individuals, good health is regarded to be of utmost significance in leading to progression. Therefore, one is able to acquire an understanding of the meaning and significance of reviewing one's lifestyle, when they are implementing all the factors, which are necessary in promoting good health and well-being.

Family is regarded as the first and foremost institution from where learning, growth and development of the individuals take place. The individuals need to listen to their family members. In other words, it is necessary to lead to up-gradation of listening skills. As a consequence, one will be able to acquire an efficient understanding of the concepts and obtain answers to all types of questions. The individuals reside in nuclear and joint families. The nuclear families comprise of husband, wife and their unmarried children. On the other hand, joint families comprise of two or more nuclear families residing under the common roof. The individuals are required to ensure, they possess adequate information in terms of communication ethics, norms, values, standards and principles. As a consequence, they will contribute efficiently in forming cordial and amiable terms and relationships with others. The family members, both distant and immediate are regarded as an integral part of the lives of the individuals. Hence, it is necessary for individuals to augment information in terms of strategies that are necessary in developing mutual understanding with all family members. Therefore, an understanding of the meaning and significance of reviewing one's lifestyle is acquired, when mutual understanding is developed with family members.

Measures to be put into practice in reviewing one's Lifestyle

An aimless life is a meaningless life. Hence, individuals, belonging to all communities, categories and socio-economic backgrounds have different types of goals and objectives to achieve in personal and professional lives. These are complicated as well as manageable, these are put into operation on one's own or through working in co-ordination with others and these are achieved in less duration of time or the job duties can be more time-consuming. One of the important aspects that needs to be taken into account is, one needs to augment information in terms of different types of measures, which are necessary in reviewing one's lifestyle.

One of the important aspects that needs to be taken into account is, positivity needs to be reinforced in these measures. These are put into operation on an individual basis or through obtaining assistance from family and community members.

As a consequence of reviewing one's lifestyle, one will be able to augment information in terms of various types of subjects and concepts, which are necessary in achievement of desired goals and objectives (Making the Working Environment Amicable, 2011). The different types of measures that need to be put into practice in reviewing one's lifestyle are stated as follows:

Augmenting Information regarding Norms and Values

The individuals, belonging to all communities, categories and socio-economic backgrounds are required to acknowledge the meaning and significance of norms and values. These need to be put into operation in a satisfactory manner within personal and professional lives. Within personal lives, these are regarded as vital in forming cordial and amiable terms and relationships with other individuals. On the other hand, within professional lives, i.e. educational institutions of all levels and in different types of employment settings, one will be able to carry out various tasks and activities in a successful manner. Hence, individuals are required to augment information in terms of these factors in an appropriate manner.

The individuals need to ensure they put these into practice with the main aim of promoting well-being and goodwill of other individuals, including family and community members. The individuals are required to prepare themselves in a satisfactory manner in order to promote enhancement of their overall personality traits and standards of living. In the implementation of different types of job duties and responsibilities, one needs to ensure, they are well-informed and positive. Therefore, augmenting information regarding norms and values is regarded as one of the indispensable measures to be put into practice in reviewing one's lifestyle.

Developing Mutual Understanding with Family Members

The family is regarded as the first and foremost institution from where learning, growth and development of the individuals take place. The individuals need to understand that their family members are focused on promoting their well-being and goodwill. One needs to put emphasis on up-gradation of listening skills. As a consequence, one will be able to acquire an efficient understanding of the concepts and obtain answers to all types of questions. The individuals reside in nuclear and joint families. The nuclear families comprise of husband, wife and their unmarried children. On the other hand, joint families comprise of two or more nuclear families residing under the common roof.

The individuals are required to ensure, they possess adequate information in terms of communication ethics, norms, values, standards and principles. As a consequence, they will contribute efficiently in forming cordial and amiable terms and relationships with others. The family members, both distant and immediate are regarded as an integral part of the lives of the individuals. Hence, it is necessary for individuals to augment information in terms of strategies that are necessary in developing mutual understanding with all family members. Therefore, developing mutual understanding with family members is one of the significant measures to be put into practice in reviewing one's lifestyle.

Bringing about Improvements in Financial Positions

The individuals, belonging to all occupations, communities and socio-economic backgrounds have one of the major goals of leading to up-gradation of one's overall standards of living. In order to achieve this goal, one needs to bring about improvements in one's financial positions. The individuals are getting engaged in number of tasks and activities, which are regarded as vital in order to possess sufficient amount of financial resources. The possession of educational qualifications, skills and abilities are regarded as vital that would be facilitating in getting engaged in different types of job duties and activities.

The individuals get engaged in jobs in various types of employment settings. Furthermore, they initiate their businesses of various types of products, i.e. artworks, handicrafts, jewellery, garments, food items, and so forth, whereas, the services are, travel and tourism, insurance etc. In addition, making investments in various types of policies and schemes are also regarded as vital in possessing adequate amount of financial resources. Hence, it is of utmost significance for individuals to make wise and productive decisions in terms of ways, which are suitable in accumulating sufficient amount of financial resources.

Therefore, bringing about improvements in financial positions is an expedient measure to be put into practice in reviewing one's lifestyle.

Promoting Good Health and Well-being

The individuals are required to be well-informed in terms of various types of methods, which are vital in promoting good health and well-being. It needs to be promoted from physical as well as psychological perspectives. Throughout the lives of the individuals, they are required to augment information in terms of various types of factors, which are necessary in promoting good health. Some of these include, diet and nutrition; exercise and physical activities; yoga and meditation; managing body weight; obtaining medical and health care check-ups on regular basis; forming an effective social circle; alleviating loneliness; promoting cleanliness; honing personality traits and leading to up-gradation of overall standards of living. All these factors are required to be put into practice in a well-organized manner.

As a consequence of promoting good health and well-being, one will contribute efficiently in honing analytical, critical-thinking and problem-solving skills. These skills are required to be put into operation in order to carry out different types of job duties and responsibilities in an adequate manner. Within personal and professional lives of the individuals, good health is regarded to be of utmost significance in leading to progression. Therefore, promoting good health and well-being is an eminent measure to be put into practice in reviewing one's lifestyle.

Alleviating Loneliness

Loneliness is regarded as one of the chronic and distressful conditions. It has unfavourable effects on the overall personality traits and living conditions of the individuals. Furthermore, health of the individuals gets affected, physically and psychologically. Hence, from the childhood stage, individuals need to understand that beyond their homes also there is a world, with which they are required to interact with. In other words, one needs to be well-informed in terms of different types of approaches, which are facilitating in reinforcing contacts with other individuals within and outside the homes. The contacts are facilitated with family members, relatives, friends, educators, supervisors, employers, classmates, colleagues, neighbours and other service providers.

In one's lives within and outside the homes, one needs to augment their information in terms of different types of techniques, which would be facilitating in alleviating loneliness. The up-gradation of communication skills and interactive abilities is regarded to be of utmost significance in alleviating loneliness and reinforcing contacts. Furthermore, it is necessary to treat others with respect and courtesy. In addition, one needs to form positive viewpoints in terms of various factors and reinforce a constructive approach. Therefore, alleviating loneliness is a vital measure to be put into practice in reviewing one's lifestyle.

Forming an Effective Social Circle

The individuals are required to understand the meaning and significance of having an effective social circle. Hence, one needs to be well-informed in terms of different types of techniques and approaches, which are facilitating in forming an effective social circle. It comprises of family members, relatives, friends, educators, supervisors, employers, classmates, colleagues, neighbours and other service providers. The individuals are required to communicate and work with others in order to generate desired outcomes. In one's lives within and outside the homes, one needs to augment their information in terms of different types of techniques, which would be facilitating in forming an effective social circle.

The up-gradation of communication skills and interactive abilities is regarded to be of utmost significance in establishing linkages within and outside the homes. The up-gradation of communication skills and interactive abilities is regarded to be of utmost significance in reinforcing contacts and forming an effective social circle. Furthermore, it is necessary to treat others with respect and courtesy. In addition, one needs to form positive viewpoints in terms of all individuals and reinforce a constructive approach. In other words, one needs to possess an approachable nature and an amiable attitude. Therefore, forming an effective social circle is a crucial measure to be put into practice in reviewing one's lifestyle.

Augmenting Skills and Abilities

From the stage of early childhood, throughout the lives of the individuals, they are required to augment different types of skills and abilities. The various skills are, communication skills, time-management skills, analytical skills, critical-thinking skills, problem-solving skills, decision-making skills, personal skills, presentation skills, professional skills, leadership skills, negotiation skills, technical skills, creative skills, artistic skills, intellectual skills and public-speaking skills. On the other hand, abilities, which need to be honed are, convincing, persuasion, planning, organizing, directing, controlling, co-ordinating, emotional intelligence, systems thinking, putting in efforts to one's best abilities, possessing the abilities to work under stress, coping with different types of dilemmas and challenging situations in an effective manner and carrying out all types of tasks and activities in a well-organized manner.

In putting into operation various types of job duties and responsibilities, one needs to make use of various types of skills and abilities in an adequate manner. These are also regarded as essential in reviewing one's lifestyle. Furthermore, one needs to put these into practice in a well-ordered and satisfactory manner. In other words, positivity needs to be reinforced in utilization of different types of skills and abilities. One needs to work diligently in leading to up-gradation of different types of skills and abilities. Therefore, augmenting skills and abilities is a productive measure to be put into practice in reviewing one's lifestyle.

Acquiring Education

Acquiring education is regarded as one of the major goals of individuals, belonging to all communities, categories and socio-economic backgrounds. The individuals have formed the viewpoint that education is the instrument, which not only imparts information in terms of academic subjects and concepts, but also in terms of ways that are necessary in emerging into moral and ethical human beings and productive citizens of the country. Hence, the individuals need to acquire education by getting enrolled in educational institutions of all levels. Within educational institutions of all levels, educators are making use of different types of teaching-learning methods, teaching-learning materials and instructional strategies. They have one of the major goals of promoting student learning.

Within the course of acquisition of education, students generate information in terms of various techniques, which are necessary in bringing about improvements in their overall quality of lives. Furthermore, all the techniques need to be put into operation in a well-ordered and disciplined manner. These need to be advantageous to the individuals to a major extent. Furthermore, educational qualifications need to be utilized in promoting well-being and goodwill of others. Therefore, acquiring education is a prolific measure to be put into practice in reviewing one's lifestyle.

Getting engaged in Employment Opportunities

Getting engaged in employment opportunities is regarded as one of the major goals of individuals, belonging to all communities, categories and socio-economic backgrounds. These are acquired by individuals in accordance to their educational qualifications, skills and abilities. Within the course of putting into operation different types of tasks and activities within employment settings, individuals are required to possess adequate information in terms of methods and techniques, which are necessary in doing well in one's job duties. Furthermore, one will contribute efficiently in generating desired outcomes. In this manner, one will contribute efficiently in meeting the expectations of individuals in leadership positions.

Within the course of putting into operation job duties within employment settings, all the members, irrespective of their job positions in the hierarchy are required to generate information in terms of various types of techniques, which are necessary in bringing about improvements in their overall quality of lives. Furthermore, all the techniques need to be put into operation in a well-ordered and disciplined manner. These need to be advantageous to the individuals to a major extent. Furthermore, one will be able to generate income and make use of educational qualifications, skills and abilities in an appropriate manner. Therefore, getting engaged in employment opportunities is a notable measure to be put into practice in reviewing one's lifestyle.

Enhancing Career Prospects

Enhancing career prospects is regarded as one of the major goals of individuals, belonging to all communities, categories and socio-economic backgrounds. The individuals need to be well-prepared in order to promote enhancement of career prospects. They are required to make selection of the fields, suitable to them. In all the fields, individuals are required to possess adequate information in terms of methods and techniques, which are necessary in doing well in one's job duties. Furthermore, one will contribute efficiently in generating desired outcomes. In this manner, one will contribute efficiently in meeting the expectations of individuals in leadership positions (Lojpur, n.d.).

In order to pursue educational programs and putting into operation all types of job duties within employment settings, one needs to generate information in terms of various types of techniques, which are necessary in leading to progression. In addition, one needs to reinforce the traits of morality, ethics, diligence and conscientiousness. As a consequence, all types of methods and approaches need to be put into operation in a well-ordered and disciplined manner. These need to be advantageous to the individuals to a major extent. Furthermore, one will be able to generate income and make use of educational qualifications, competencies and abilities in an appropriate manner. Therefore, enhancing career prospects is a noteworthy measure to be put into practice in reviewing one's lifestyle.

Implementing Households Responsibilities

The individuals, belonging to all communities are required to put into practice the households responsibilities. These are, cleaning, washing, sweeping, preparation of meals, fetching water, repair work, electric work, painting, carpentry, plumbing, and overall management of the households. Furthermore, one needs to pay attention towards the function of child development and taking care of needs and requirements of elderly family members. Hence, the individuals are required to be well-informed in terms of methods. Furthermore, they are required to form cordial and amiable terms and relationships with domestic helpers and service providers. Within rural communities, individuals are required to carry out these tasks on their own, whereas, in urban communities, one hires domestic helpers and service providers.

In addition, one needs to generate information in terms of various types of techniques, which are necessary in leading to progression. Furthermore, one needs to reinforce the traits of morality, ethics, diligence and conscientiousness. As a consequence, all types of methods and approaches need to be put into operation in a well-ordered and disciplined manner. These need to be advantageous to the individuals to a major extent. Furthermore, one will render an important contribution in promoting good health, physically and psychologically. Hence, they will contribute in forming cordial and amiable terms and relationships with others and promote enrichment of their living conditions. Therefore, implementing households responsibilities is an advantageous measure to be put into practice in reviewing one's lifestyle.

Participating in Extra-Curricular and Creative Activities

The individuals, belonging to all age groups, genders, communities, categories and socio-economic backgrounds depict interest in participating in different types of extra-curricular and creative activities. Some of these are, production of artworks, handicrafts, singing, dancing, playing of musical instruments, gymnastics, judo, karate, taekwondo, physical activities, role playing and various types of sports. The individuals get engaged in these activities as hobbies or take them up as careers. The individuals need to understand that one needs to be well-informed regarding methods and approaches in an appropriate manner.

In all types of extra-curricular and creative activities, one needs to generate information in terms of various types of techniques, which are necessary in achievement of desired goals. Furthermore, one needs to reinforce the traits of morality, ethics, diligence and conscientiousness. As a consequence, all types of methods and approaches need to be put into operation in a well-ordered and disciplined manner. These need to be advantageous to the individuals to a major extent. Furthermore, one will render an important contribution in not only reviewing one's lives, but also in promoting well-being and goodwill of family and community members. Therefore, participating in extra-curricular and creative activities is a favourable measure to be put into practice in reviewing one's lifestyle.

Advantages of reviewing one's Lifestyle

The individuals are required to carry out the task of reviewing one's lifestyle in an appropriate manner. This is regarded as vital in leading to up-gradation of one's overall standards of living. The individuals need to augment information in terms of strategies that are necessary in reviewing one's lifestyle (Maguire, 2020). The various types of strategies are required to be put into practice in a well-ordered and regimented manner. The individuals are required to augment information in terms of different areas that are necessary in their lives. Therefore, they need to be well-informed in terms of different types of advantages, i.e. bringing about changes in various factors; leading to up-gradation of motivation levels; overcoming setbacks and bringing about improvements in one's overall living conditions. These are stated as follows:

Bringing about Changes in various Factors

Within the lives of the individuals, they are required to augment information in terms of various factors, i.e. job duties, responsibilities, methodologies, procedures, techniques, approaches, daily routine activities and so forth. One needs to bring about changes in all these in their lives. One of the important aspects that needs to be taken into account is, changes are required to take place in a well-ordered and satisfactory manner. In other words, positivity needs to be reinforced in various types of methods and strategies, which are necessary in bringing about changes. For example, a person is engaged in full time job, six days in a week and that appears to be demanding. As a consequence, one is not able to create a balance between personal and professional lives; hence, they are required to bring about changes in different factors, related to their job duties and responsibilities. Therefore, bringing about changes in various factors is regarded as one of the indispensable advantages of reviewing one's lifestyle.

Leading to Up-gradation of Motivation Levels

Leading to up-gradation of motivation levels is regarded as vital in the lives of the individuals. Within personal and professional lives, in all types of tasks and activities, they are required to promote enhancement of motivation and concentration levels. As a consequence, minds-sets of the individuals get stimulated and they are able to put in efforts to their best abilities in carrying out their job duties efficiently. In carrying out the task of reviewing one's lifestyle, when individuals feel that they are experiencing setbacks in some job duties, they will develop the enthusiasm that they will carry out all types of job duties and responsibilities in a well-ordered and satisfactory manner. Hence, it is understood on a comprehensive basis that up-gradation of motivation levels will prove to be favourable to a major extent. As a consequence, one will contribute efficiently in generating desired outcomes. Therefore, leading to up-gradation of motivation levels is one of the significant advantages of reviewing one's lifestyle.

Overcoming Setbacks

The individuals experience setbacks in terms of various factors, i.e. job duties, responsibilities, methodologies, procedures, techniques, approaches, work pressure, unawareness in terms of various factors, lack of implementation of time-management skills, lack of analytical, critical-thinking and problem-solving skills, scarcity of financial, human, technical, material and information resources, lack of infrastructure, amenities and facilities and so forth. The setbacks are experienced in a major or minor form. Hence, individuals are required to augment information in terms of different types of measures, which are facilitating in overcoming all types of setbacks. All types of measures are required to be put into operation in a well-ordered and satisfactory manner. These need to be approving and encouraging to a major extent. As a consequence of inculcating the traits of diligence, resourcefulness and conscientiousness, one will put into operation all types of measures in a well-ordered and satisfactory manner. Furthermore, one will generate desired outcomes. Therefore, overcoming setbacks is an expedient advantage of reviewing one's lifestyle.

Bringing about Improvements in one's overall Living Conditions

Bringing about improvements in one's overall living conditions is regarded as one of the major goals of individuals, belonging to all communities, categories and socio-economic backgrounds. Hence, one needs to put emphasis on implementation of all types of tasks and activities in a disciplined manner. As a consequence of reviewing one's lifestyle, one will render an important contribution in bringing about improvements in one's overall living conditions.

This will be facilitating to the individuals in augmenting information in terms of different techniques, which are necessary in achievement of this goal. As a consequence of inculcating the traits of diligence, resourcefulness and conscientiousness, one will put into operation all types of methods in a well-ordered and satisfactory manner. Furthermore, one will do well in their job duties and generate desired outcomes. Therefore, bringing about improvements in one's overall living conditions is an eminent advantage of reviewing one's lifestyle.

Conclusion

The individuals, belonging to all communities focus on reviewing one's lifestyle. Measures to be put into practice in reviewing one's lifestyle are, augmenting information regarding norms and values, developing mutual understanding with family members, bringing about improvements in financial positions, promoting good health and well-being, alleviating loneliness, forming an effective social circle, augmenting skills and abilities, acquiring education, getting engaged in employment opportunities, enhancing career prospects, implementing household responsibilities, and participating in extra-curricular and creative activities. Advantages of reviewing one's lifestyle are, bringing about changes in various factors; leading to up-gradation of motivation levels; overcoming setbacks and bringing about improvements in one's overall living conditions. Finally, it can be stated, reviewing one's lifestyle is essential in promoting well-being.

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