

Achieving Personal and Professional Goals is Primary for all Individuals

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Abstract

An aimless life is regarded as the meaningless life. Hence, it is necessary for the individuals to formulate goals and objectives. This is primary for the individuals, irrespective of their communities, categories and backgrounds. These are formulated in personal and professional spheres. When the individuals are wholeheartedly dedicated towards the achievement of goals and objectives, they need to be well-equipped in terms of various strategies. One of the important strategies is, one needs to be knowledgeable and competent. Furthermore, the individuals need to augment their skills and abilities. When one is making decisions, one needs to ensure, they are wise and productive. In the achievement of goals and objectives, one works on one's own as well as obtain support and assistance from others. Family members, teachers, supervisors, employers and other members of the communities are the ones who are normally approached. In some cases, the achievement of goals and objectives is manageable, whereas, in other cases, they are complicated. Therefore, it can be stated, when the individuals are well-versed in terms of goals and objectives and the strategies to achieve them, they will be able to contribute significantly in enriching their lives. The main concepts that are taken into account in this research paper are, personal and professional goals of the individuals, strategies needed to achieve personal and professional goals and role of professionalism in achieving personal and professional goals.

Keywords: Augmenting, Effective, Goals, Individuals, Personal, Professional, Professionalism, Strategies

Introduction:

The individuals, belonging to all categories, backgrounds, and communities have goals and objectives to achieve (Personal Goal Setting, 2021). The goals and objectives are a part of personal as well as professional lives of the individuals. An individual, who does not formulate goals and objectives, his or her life is not considered worthwhile. Hence, it is

indispensable for the individuals to formulate goals and objectives. After the goals and objectives have been formulated, one needs to put emphasis upon augmenting their knowledge and understanding in terms of various aspects. One of the important aspects that needs to be taken into consideration to achieve the desired goals is, one needs to work diligently and conscientiously towards leading to up-gradation

of knowledge and understanding regarding various factors. Furthermore, one needs to focus upon up-gradation of skills and abilities. In some cases, acquiring knowledge and up-grading skills and abilities is not manageable for the individuals. But when the individuals are determined towards the achievement of goals, they work towards reinforcement of these factors. When the individuals are determined, they will be able to contribute efficiently in doing well in their job duties and generating the desired outcomes. Therefore, it is understood on a comprehensive basis, knowledge, understanding, skills and abilities are essential in the achievement of personal and professional goals.

In personal spheres, the primary goals of the individuals are, promoting well-being and goodwill of their families; creating an amiable environment within homes; promoting good health, physically and psychologically; coping with psychological problems; managing the household responsibilities in a well-ordered manner and bringing about improvements in one's overall standards of living. These are the goals, which needs to be acknowledged and put into operation throughout the lives of the individuals (Golden Rules of Goal Setting, 2021). When the individuals are determined towards achievement of these goals, it is of utmost significance for them to form cordial and pleasant terms and relationships with family members. Furthermore, one needs to work diligently and conscientiously towards leading to up-gradation of knowledge and understanding regarding various factors. When there are occurrence of various types of problems and difficulties, the individuals will be able to cope with them in a well-ordered and regimented manner. When the individuals are able to successfully achieve personal goals, they are able to contribute in a significant manner in not only bringing about improvements in their overall standards of living, but also personality traits. Therefore, it is essential for the individuals to be well-equipped in terms of personal goals and implement measures to achieve them.

In professional spheres, the primary goals of the individuals are, acquisition of good-quality

education; getting engaged in well-paid employment opportunities; augmenting skills and abilities and promoting better livelihoods opportunities. These are the goals, which needs to be acknowledged and put into operation by the individuals, particularly when they are determined that they have to acquire education and make use of their educational skills to sustain their living conditions in an adequate manner (The 17 Goals, n.d.). When the individuals are determined towards achievement of these goals, it is of utmost significance for them to form cordial and pleasant terms and relationships with their classmates, teachers, professors, supervisors, colleagues, employers and all the other members. Furthermore, one needs to work meticulously and conscientiously towards leading to up-gradation of knowledge and understanding regarding various aspects. When there are occurrence of various types of problems and difficulties, the individuals will be able to cope with them in a well-organized and regular manner. When the individuals are able to successfully achieve personal goals, they are able to contribute in a significant manner in bringing about improvements in their overall quality of lives. Therefore, it is vital for the individuals to formulate professional goals and acknowledge the measures to achieve them.

Personal and Professional Goals of the Individuals

The individuals are different from each other in terms of number of factors, i.e. caste, creed, race, religion, ethnicity, gender, age, occupations, educational qualifications, cultures, categories and backgrounds. In some cases, they are perplexed and are not well-versed with the goals and objectives. In such cases, they receive support and assistance from their family members. The family members are regarded as the first and foremost teachers of the individuals. They are vested with the authority and responsibility of alleviating the perplexities and imparting adequate information to the individuals in terms of personal and professional goals. Furthermore, they make provision of information among individuals regarding the factors, which

are necessary in achievement of personal and professional goals. When the individuals possess low literacy skills or no literacy skills at all, in such cases, when their children are pursuing education or are employed in reputed organizations, they usually acquire help from the other individuals in achieving professional goals. On the other hand, when the individuals are putting into practice the household responsibilities, they usually receive help and assistance from family and community members. Hence, attainment of support and assistance is regarded as indispensable in achieving personal and professional goals. These are stated as follows:

Personal Goals

Promoting Well-being and Goodwill of their Families

Promoting well-being and goodwill of the families is regarded as the personal goal, which needs to be recognized throughout the lives of the individuals. In the achievement of this goal, there are number of factors that need to be taken into account, i.e. implementation of household responsibilities in an appropriate manner; carrying out the function of child development; managing financial resources in an adequate manner; communicating in an effective manner with others; treating each other with respect and courtesy; making wise and productive decisions; taking out time for all tasks and activities; creating an amiable environment within homes; promoting good health, physically and psychologically; coping with psychological problems; making provision of help and support to family members in case of problems and being well-equipped in terms of job duties and responsibilities. When the family members are contributing in a significant manner towards promoting well-being and goodwill of each other, they will be able to contribute in an efficacious manner in enriching their living conditions. Hence, the individuals need to pay attention towards this goal throughout their lives. This is, irrespective of their communities, categories and backgrounds. Therefore, promoting well-being and goodwill of their families is regarded as one of the crucial personal goals of the individuals.

Creating an Amiable Environment within Homes

Creating an amiable environment within homes is regarded as one of the significant personal goals, which all individuals need to pay attention towards. In the achievement of this goal in an effective manner, one needs to be informative in terms of various aspects. These are, communicating with each other in a polite manner; treating others with respect and courtesy; one should develop positive viewpoints regarding others; one should listen to and obey the instructions of their elders; carrying out the household responsibilities in a well-ordered and satisfactory manner; promoting a normal mind-set; coping with psychological problems; being well-aware in terms of job duties and responsibilities; promoting cleanliness and managing the resources in an appropriate manner. When these factors are acknowledged by the individuals, they will be able to contribute in an efficacious manner in creating an amiable environment within homes. Hence, the individuals need to pay attention towards this goal throughout their lives. This is, when the family members are contributing in a significant manner towards creating an amiable environment within homes. Therefore, creating an amiable environment within homes is regarded as one of the personal goals of the individuals, which has been acknowledged by the individuals on a comprehensive basis.

Promoting Good Health, Physically and Psychologically

It is of utmost significance for the individuals to possess good health, physically and psychologically. When the individuals will be healthy, they will be able to contribute in an effectual manner towards implementation of tasks and activities and achievement of goals and objectives. Hence, one needs to focus upon promoting good health, physically and psychologically. For this purpose, they need to take into account various factors, i.e. diet and nutrition; exercise and physical activities; communicate with each other in a polite manner; carry out the household responsibilities in a well-ordered and satisfactory manner; promote a

normal mind-set; cope with psychological problems; being well-aware in terms of job duties and responsibilities; promote cleanliness; manage the resources in an appropriate manner; obtain medical check-ups on regular basis, particularly in case of health problems and illnesses; obtain counselling and guidance from professional counsellors and possess the abilities to work under stress. When one or more of these factors is put into operation, the individuals are able to promote good health, physically and psychologically. Hence, it is necessary for the individuals to be well-equipped in terms of these factors throughout their lives. Therefore, promoting good health, physically and psychologically is the personal goal of the individuals, which has been acknowledged by them, irrespective of their communities, categories and backgrounds.

Coping with Psychological Problems

In the lives of the individuals in both personal and professional spheres, there are occurrence of various types of psychological problems. These are, anger, stress, anxiety and frustration. These psychological problems are normally regarded as impediments within the course of implementation of job duties and responsibilities and achievement of goals and objectives. Hence, it is indispensable for the individuals to be well-equipped in terms of measures to cope with these psychological problems and prevent them from assuming a major form. In coping with psychological problems, the individuals need to take into account various factors, i.e. diet and nutrition; exercise and physical activities; communicate with others in a polite manner; forming positive viewpoints regarding all individuals; being well-aware in terms of job duties and responsibilities; promoting cleanliness; managing the resources in an appropriate manner; obtaining medical check-ups on regular basis, particularly in case of health problems and illnesses; obtaining counselling and guidance from professional counsellors and possessing the abilities to work under stress. When one or more of these factors is put into operation, the individuals are able to cope with psychological

problems in an adequate manner. Therefore, coping with psychological problems is the personal goal of the individuals, which has been recognized by the individuals throughout their lives.

Managing the Household Responsibilities in a Well-ordered manner

Managing the household responsibilities in a well-ordered manner is the personal goal of the individuals, which one needs to pay attention to irrespective of their communities, categories and backgrounds. When the household responsibilities are implemented in a well-ordered manner, the individuals are able to incur the feelings of pleasure and contentment. In this case, there are various factors, in terms of which the individuals need to be aware of. These are, managing the resources in an appropriate manner; communicating with others in a polite manner; treating others with respect and courtesy; promoting a normal mind-set; coping with psychological problems; being well-aware in terms of job duties and responsibilities; promoting cleanliness; being well-aware in terms of ways necessary in promoting good health and well-being; carrying out the function of child development in an appropriate manner; obtaining help and assistance from helpers and service providers; and focusing on implementation of all the methods and strategies that are vital in generating the desired outcomes. Hence, it is necessary for the individuals to be well-equipped in terms of these factors. Therefore, managing the household responsibilities in a well-ordered manner is the personal goal of the individuals, in terms of which they augment their knowledge and understanding on a regular basis.

Bringing about Improvements in one's overall Standards of Living

Bringing about improvements in one's overall standards of living is regarded as one of the indispensable personal goals of all individuals (Fontinelle, 2020). In the achievement of this goal, the individuals need to be well-equipped in terms of various factors, i.e. forming cordial and amiable terms and relationships with others;

implementing the traits of morality and ethics; inculcating the traits of diligence, resourcefulness and conscientiousness; managing the resources in an appropriate manner; being well-aware in terms of job duties and responsibilities; promoting cleanliness; carrying out all tasks and activities in a well-ordered and satisfactory manner; developing information in terms of measures, approaches and strategies; conducting research regarding various sources; augmenting competencies and abilities; making wise and productive decisions and taking out time for all tasks and activities. The individuals put into operation these factors either on their own or through obtaining help and support from others. The other individuals include, family and community members. The community members include, instructors, supervisors, employers, classmates, colleagues, friends, medical practitioners, health care specialists, helpers, service providers and so forth. Hence, it is essential for the individuals to be informative in terms of these factors. Therefore, bringing about improvements in one's overall standards of living is the personal goal of the individuals, in terms of which they need to augment their knowledge throughout their lives.

Professional Goals

Acquisition of Good-quality Education

In the present existence, the individuals, belonging to all communities, categories and backgrounds have recognized the meaning and significance of education. They have formed the viewpoint that through acquisition of good-quality education, the individuals will be able to augment their knowledge in terms of the factors that are necessary in achieving personal and professional goals, and bringing about improvements in one's overall standards of living. Furthermore, the individuals will be able to emerge into good human beings and productive citizens of the country. In acquisition of good-quality education, the individuals need to put into operation various factors, i.e. forming cordial and amiable terms and relationships with others; implementing the traits of morality and ethics; inculcating the traits of diligence, resourcefulness

and conscientiousness; managing the financial and technical resources in an appropriate manner; being well-aware in terms of job duties and responsibilities; carrying out all tasks and activities in a well-ordered and satisfactory manner; developing information in terms of methods and strategies; conducting research on regular basis regarding various sources; augmenting competencies and abilities; making wise and productive decisions and taking out time for all tasks and activities. Therefore, acquisition of good-quality education is the professional goal of the individuals, which they need to acknowledge on a comprehensive basis.

Getting engaged in Well-paid Employment Opportunities

Getting engaged in well-paid employment opportunities is regarded as one of the primary professional goals of all individuals. When the individuals are engaged in well-paid employment opportunities, they are able to generate a source of income to sustain their living conditions in an effective manner. Hence, the individuals aspire to acquire employment opportunities, irrespective of their gender, age, occupations, educational qualifications, cultures, categories and backgrounds. In order to acquire employment opportunities, the individuals need to be well-prepared. Furthermore, they need to develop motivation and form positive viewpoints in terms of various aspects of their job duties. This would facilitate in doing well in them and in generating the desired outcomes. When the individuals are engaged in various types of employment opportunities, there are various types of problems and challenges, which they need to cope with. In coping with various types of problems and challenges, the individuals need to up-grade their knowledge and skills in terms of different aspects. In some cases, they work on their own, whereas, in other cases, they are required to obtain help and support from the other individuals. Therefore, getting engaged in well-paid employment opportunities is the professional goal of the individuals, in terms of which they prepare themselves wholeheartedly.

Augmenting Skills and Abilities

From the stage of early childhood, throughout the lives of the individuals, the individuals need to focus upon augmenting skills and abilities. The important skills, which need be honed are, communication skills, problem-solving skills, creative skills, analytical skills, critical thinking skills, personal skills, professional skills, technical skills, leadership skills, negotiation skills, time management skills and decision making skills. In their lives, they are required to put into operation the tasks and activities, which require the individuals to up-grade and utilize these skills. Problems are regarded as an integral part of the lives of the individuals. In coping with various types of problems and preventing them from assuming a major form, the individuals need to up-grade their skills and abilities. In the implementation of this goal in an effective manner, the individuals need to be determined. When one is wholeheartedly determined, one will work diligently and conscientiously towards the up-gradation of skills and abilities. Work ethics and conflict resolution methods are regarded as vital areas, in terms of which the individuals need to be aware. These are necessary within homes, particularly within the course of implementation of household responsibilities, within educational institutions, employment settings and public places. Therefore, augmenting skills and abilities is regarded as a fundamental professional goal of all individuals.

Promoting better Livelihoods Opportunities

Promoting better livelihoods opportunities is regarded as one of the principal professional goals of all individuals (Innovative Approaches in Creating Livelihoods, 2010). When the individuals are focused upon promoting better livelihoods opportunities, they are able to generate a source of income to sustain their living conditions in an effective manner and lead to enrichment of their overall quality of lives. In order to promote better livelihoods opportunities, the individuals need to be well-prepared. Furthermore, they need to develop motivation and form positive viewpoints in terms of various aspects of their job duties. This would facilitate in doing well in them and in

generating the desired outcomes. The livelihoods opportunities for the individuals not only render a significant contribution in leading to enrichment of one's living standards, but the individuals are able to promote a normal mind-set. When the individuals are paying attention towards this goal, they will enhance their career prospects. Furthermore, they will be able to make use of their knowledge, skills and abilities. In addition, they are able to incur the feelings of pleasure and contentment. Therefore, promoting better livelihoods opportunities is regarded as one of the professional goals of all individuals, which they need to pay attention towards in order to make use of their knowledge, skills and abilities.

Strategies needed to Achieve Personal and Professional Goals

Throughout the lives of the individuals, they need to augment their knowledge in terms of the strategies. The information regarding the strategies can be acquired on one's own through conducting research utilizing various sources and through communicating with others. These strategies are, conducting research on regular basis; communicating effectively with others; implementing the traits of morality and ethics and inculcating the traits of diligence, resourcefulness and conscientiousness. One needs to conduct research on a regular basis through making use of various sources. From the stage of early childhood, individuals are taught that they need to develop the habit of reading to hone their knowledge, competencies and abilities. In the present existence, the individuals are making use of technologies and internet on a comprehensive basis. Hence, through them, they are augmenting their knowledge and skills. When the individuals augment knowledge and competencies, they need to ensure, they make use of them in an effective manner in achieving personal and professional goals. Therefore, conducting research on regular basis is a vital strategy needed to achieve personal and professional goals.

Throughout the lives of the individuals, they are taught that they need to hone communication skills. When one up-grades these skills, one is

able to put into operation communication processes in an effective manner. In both personal and professional spheres, one needs to put into practice communication processes in an effective manner. When one communicates with others, one needs to take into account various factors, i.e. making use of polite language and decent words; treating others with respect and courtesy; maintaining eye contact when communicating verbally; providing factual information; implementing the traits of morality and ethics; honing technical skills, as technology is utilized to send messages and emails; being well-aware in terms of job duties and responsibilities; forming positive viewpoints regarding others; possessing a pleasant nature and an amiable attitude and depicting the traits of helpfulness and co-operation. When the individuals augment knowledge in terms of these factors, they need to make sure, they put them into operation in a well-ordered and satisfactory manner. These skills need to focus upon achievement of personal and professional goals. Therefore, communicating effectively with others is a crucial strategy needed to achieve personal and professional goals.

Throughout the lives of the individuals in both personal and professional spheres, it is of utmost significance for them to implement the traits of morality and ethics. When the individuals augment knowledge in terms of these traits, they are not only able to achieve personal and professional goals, but they are able to contribute in a significant manner in bringing about improvements in their overall quality of lives. The traits of morality and ethics render a significant contribution in differentiating between appropriate and inappropriate; doing well in one's job duties; generating the desired outcomes and achievement of personal and professional goals. One of the important aspects that needs to be taken into account is, when the individuals are moral and ethical in their conduct, they are able to render an effective contribution in expanding their social circle. In order to achieve personal and professional goals and bringing about improvements in their overall

quality of lives, the individuals need to form an effective social circle. As when there are occurrence of any types of problems and challenges, one needs to ensure, they communicate with others in an effective manner to up-grade their knowledge and skills. Therefore, implementing the traits of morality and ethics is a strategy needed to achieve personal and professional goals, which has been acknowledged by the individuals on a comprehensive basis.

In the lives of the individuals, they need to recognise the meaning and significance of the traits of diligence, resourcefulness and conscientiousness. One needs to focus upon honing of these traits. When the individuals augment knowledge in terms of these traits, they are not only able to achieve personal and professional goals, but they are able to contribute in a significant manner in sustaining their living conditions in an effective manner. The traits of diligence, resourcefulness and conscientiousness are considered efficacious in doing well in one's job duties, meeting the expectations of instructors, supervisors and employers, generating the desired outcomes, achievement of personal and professional goals and leading to enrichment of one's overall standards of living. One of the important aspects that needs to be taken into account is, when the individuals are diligent, resourceful and conscientious, they will be able to render an important contribution in pleasing their instructors, supervisors and employers. Furthermore, they are able to incur the feelings of pleasure and contentment. Therefore, inculcating the traits of diligence, resourcefulness and conscientiousness is a strategy needed to achieve personal and professional goals, which has been recognized by the individuals within as well as outside the homes.

Role of Professionalism in Achieving Personal and Professional Goals

Role of professionalism is acknowledged in achieving personal and professional goals. This is necessary in the personal as well as professional lives of the individuals. In other words within as well as outside the homes. When the individuals

are determined and dedicated towards the achievement of personal and professional goals, one needs to be professional in their conduct. Problems are regarded as an integral part of the lives of the individuals. In some cases, these take place in a major form, whereas, in other cases, these take place in a minor form. In coping with various types of problems and preventing them from assuming a major form, the individuals need to up-grade their skills and abilities. They need to be professional in their conduct. When the individuals recognize the meaning and significance professionalism, they are able to cope with various types of problems in a well-ordered manner. In the implementation of this goal in an effective manner, the individuals need to be determined. When one is wholeheartedly determined, one will work diligently and conscientiously towards the up-gradation of skills and abilities. Therefore, role of professionalism is considered important in achieving personal and professional goals.

In the lives of the individuals in both personal and professional spheres, it is of utmost significance for them to implement the traits of morality and ethics. When the individuals augment knowledge in terms of these traits, they are not only able to achieve personal and professional goals, but they are able to contribute in a significant manner in bringing about improvements in their overall quality of lives. The traits of morality and ethics render a significant contribution in differentiating between appropriate and inappropriate; putting into operation one's job duties in a well-ordered manner; generating the desired outcomes and achievement of personal and professional goals. One of the important aspects that needs to be taken into account is, when the individuals are moral and ethical in their conduct, they are able to render an effective contribution in honing their communication skills, knowledge and competencies. Furthermore, they are able to lead to enrichment of their overall quality of lives. In order to achieve personal and professional goals and bringing about improvements in their overall quality of lives, the individuals need to hone professionalism. Therefore, role of

professionalism is regarded as essential in achieving personal and professional goals.

It is comprehensively understood that one cannot carry out their job duties and responsibilities in personal and professional spheres in seclusion. In other words, it is of utmost significance for the individuals to put into operation effective communication processes. The communication skills of the individuals will contribute in an effective manner in not only coping with problems and challenges, but also in forming cordial and sociable terms and relationships with others. When one is overwhelmed by various types of psychological problems or are experiencing barriers within the course of putting into operation various tasks and activities, they need to communicate in an effective manner with others. When the individuals are professional in their conduct, they will put into operation communication processes in an effective manner. Therefore, role of professionalism is regarded as vital in achieving personal and professional goals.

Putting into operation the household responsibilities in a well-ordered manner is regarded as one of the job duties of the individuals, which one needs to pay attention to irrespective of their communities, categories and backgrounds. When the household responsibilities are implemented in a well-ordered manner, the individuals are able to incur the feelings of pleasure and contentment. The various types of household responsibilities are, cleaning, washing, fetching water, preparation of meals, health and well-being, child development, taking care of the needs and requirements of the family members and so forth. The family members work in collaboration and integration with each other in putting into operation the household responsibilities. When they experience problems in doing the jobs, they obtain the services of helpers and service providers. This is basically in the job duties of electric work, repair work, painting, carpentry, plumbing and so forth. In putting them into operation in an effective manner, there are various factors, in terms of which the individuals need to be aware of. In

other words, one needs to up-grade their knowledge and competencies. When the individuals acknowledge professionalism, they are able to do well in their jobs, achieve the desired goals and lead to up-gradation of their overall standards of living in a well-ordered and satisfactory manner. Therefore, role of professionalism is regarded as significant in achieving personal and professional goals.

The individuals, belonging to all communities, categories and backgrounds have recognized the meaning and significance of education. They have formed the viewpoint that through acquisition of good-quality education, the individuals will be able to augment their knowledge in terms of the factors that are necessary in achieving personal and professional goals, and bringing about improvements in one's overall quality of lives. Furthermore, the individuals will be able to emerge into good human beings and productive citizens of the country. In acquisition of good-quality education, the individuals need to recognize the meaning and significance of the concept of professionalism. The concept of professionalism will help the individuals to overcome various types of impediments. Furthermore, the individuals will be able to do well in their job duties and attain the desired goals and objectives. In educational institutions of all levels, when the individuals are pursuing education or are engaged in employment opportunities, in some cases, there are occurrence of conflicts and disagreements. When the individuals acknowledge professionalism, they are able to do well in their jobs, achieve the desired goals and form cordial and sociable terms and relationships with others. Therefore, role of professionalism is essential in achieving personal and professional goals.

Getting engaged in well-paid and reputed employment opportunities is regarded as one of the primary goals of all individuals. When the individuals are engaged in well-paid employment opportunities, they are able to generate a source of income to sustain their living conditions in an effective manner. For this purpose, they need to be professional in their conduct. Within the

course of implementation of various types of employment opportunities, there are occurrence of setbacks. The concept of professionalism will help the individuals to overcome setbacks. Furthermore, the individuals will be able to do well in their jobs and attain the desired goals and objectives. Hence, the individuals aspire to acquire employment opportunities, irrespective of their gender, age, occupations, educational qualifications, cultures, categories and backgrounds. In order to acquire employment opportunities and develop professionalism, the individuals need to be well-prepared. Furthermore, they need to develop motivation and form positive viewpoints in terms of various aspects of their job duties. Therefore, role of professionalism is regarded as essential in achieving personal and professional goals.

When the individuals recognise the meaning and significance of professionalism, they are able to benefit in to a major extent. The individuals are not able to promote well-being and goodwill of themselves, but also others. These are family and community members. The main aspects that are taken into account are, putting into operation communication processes in an effective manner; implementation of the household responsibilities in a well-ordered manner; acquisition of good-quality education; getting engaged in well-paid and reputed employment opportunities; coping with various types of problems and challenges; doing well in their jobs and other tasks; emerging into good human beings and productive citizens of the country; develop motivation; form positive viewpoints in terms of various aspects of their job duties; achieve personal and professional goals and lead to enrichment of one's overall quality of lives. Therefore, it is indispensable for the individuals to recognize the meaning and significance of the concept of professionalism throughout their lives.

Conclusion

The individuals, belonging to all categories, backgrounds, and communities have goals and objectives to achieve. The goals and objectives are a part of personal as well as professional lives of the individuals. The personal goals of the

individuals are, promoting well-being and goodwill of their families; creating an amiable environment within homes; promoting good health, physically and psychologically; coping with psychological problems; managing the household responsibilities in a well-ordered manner and bringing about improvements in one's overall standards of living. The professional goals of the individuals are, acquisition of good-quality education; getting engaged in well-paid employment opportunities; augmenting skills and abilities and promoting better livelihoods opportunities. Strategies needed to achieve personal and professional goals are, conducting research on regular basis; communicating effectively with others; implementing the traits of morality and ethics and inculcating the traits of diligence, resourcefulness and conscientiousness. Role of professionalism is acknowledged in achieving personal and professional goals. Finally, it can be stated, when the individuals are working

diligently towards the achievement of goals, they will be able to contribute significantly in bringing about improvements in their overall quality of lives.

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