prompted to mature and improve until it reaches its desired level of development. It is therefore, natural for human beings to develop toward maturity and fullness.

Santos (2016) – Personal Development may be defined as a process in which persons reflect upon themselves, understand who they are, accept what they discover about themselves, and learn new sets of values, attitudes, behavior, and thinking skills to reach their fullest potential as human beings.

Zorfa Hereford defined Personal Development as the process of striving to be the best that you can be in order to reach and realize your full potential. It is a journey of self-discovery, self-improvement, and self-realization.

The three definitions state that personal development is one's growth to reach one's fullest potential.

**Origin of Personal Development**

*Homo Sapiens*

- Cavemen drew figures on their cave walls attempted to narrate their experiences such as hunting

*Western Philosophers*

- Greek thinkers when questions about self and about being human were started to be asked
- Plato argued that building character as much as intelligence is what education is all about
- Attempt to link individual development with social responsibility

*Human Potential Movement*

- 1960s influenced by existential and humanistic psychology
  - Existentialism - centering analysis of an individual
  - Humanistic Psychology - a psychological perspective that emphasizes the study of the whole person

*Eastern Thought*

- Understood personal development through another concept
- The great Chinese being will always desire to become the "superior man", not just to his peers and followers, but to himself most especially (Confucius)

*Religion*

- Adhere to many rituals in self-discipline, meditation, prayer, physical exercises such as oga and fasting, and creative acts of expressions

*Psychology and Personal Development*