

11 skills are extremely difficult to learn but extremely helpful in the successful path

On the Business Insider page, the questions and answers about the most difficult and useful skills need to be learned? from entrepreneurs participating in Quora Q&A forum. Here are 11 extremely difficult skills to learn but extremely helpful in the successful path.

The best things in life can be obtained for free, but that doesn't mean you don't need to spend time, effort and perseverance to achieve it. Especially when it comes to learning important skills in life.

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1. Control sleep



William Brawley / flickr

There are many ways to get a good quality sleep every day, but it's hard for you to follow those things properly. However, no matter which method you choose, setting up and complying with a reasonable schedule will help you get a good night's sleep and wake up every time you wake up.

Many studies show that adhering to a certain sleep schedule will help you fall asleep and wake up more generally, it will also create a quality sleep.

2. Empathy



" You can be the most disciplined, the smartest and even the richest person in the world but if you don't care or sympathize with others, you are nothing more than a person with a personality disorder. anti-social . " - Kamia Taylor

According to entrepreneur Jane Wurdwand, " Empathy is a necessary human ability, but it is easily overlooked in life and modern business environment . "

" Empathy - the ability to sense other people's feelings - this skill can help service workers and salespeople boost sales better. Empathy in teamwork - still called esprit d'corps - motivating people to work harder, empathy, understanding empowers employees to connect with each other and work together because they feel there are bigger things than money. she wrote.

3. Time management



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" Effective time management is one of the skills most appreciated by employers. In fact, there is no way to achieve absolute level, it is important that you find a way to manage it. Justify your time and apply it reasonably, " explained businessman Alina Grzegorzewska.

" For me, the hardest thing to learn is how to plan. It is not difficult to implement those plans, but it is difficult to create a list of long-term things to do and to schedule carefully. Double so that I can complete all the tasks as scheduled '- Alina Grzegorzewska.

4. Seek help



As Louise Christy wrote, " Having an employer told me, you won't get this job if you can't find help when you need it. And of course, I answer that I can do it. Later, I discovered that the person who held that position before me caused a terrible disaster because when he was in a very difficult situation he did not acknowledge and ask for help . "

She explained that knowing her abilities and when to need help is more difficult to learn and perform than you think because no one wants to be perceived as weak or incompetent.

However, according to a recent study at Harvard University, when asking for advice from others, you validate their knowledge and expertise, which will make you able to convince them. Moreover, it also makes you look more capable, not worse because you can collect and confirm more information, thereby improving your ability, even surpassing them in the future. hybrid

5. Consistent



" Even if you are trying to establish a new practice routine, learning to review IELTS or doing an important project, consistency is essential to maintaining success in life and in public. work . " - Khaleel Syed

Many people often stop trying to work hard when they reach a certain level of success but to maintain and maintain that position they need to try harder and have consistency in their work.

6. Positive thinking

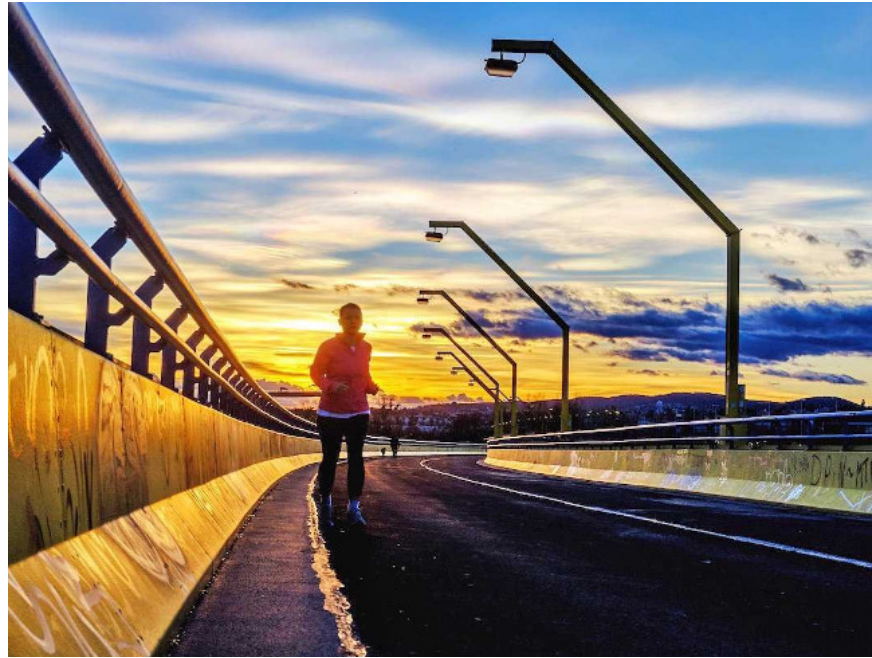


Francisco Osorio / flickr

"In the end, what others think of you is not as important as what you think about yourself. You need time to build confidence and confidence in yourself when no one believes. you . " - Shobhit Singhal

On the other hand, Betsy Myers - founding director of The Center for Women and Business at Bentley University, said negative thinking can gradually reduce confidence in yourself.

7. Know when to be silent - really do it



" You can't just go around complaining about unfair things to you in this world. Sometimes you just need to keep your g" - Roshna Nazir

In many cases, keeping quiet is the best option for you. " When angry, sad, worried or upset, we often say anything and everything that is paying attention to our head "Anwesa Jana said. And then, you often regret it.

Silence at the right time, at the right time, even when you are agitated is one of the most important and worthwhile skills to learn. Of course, this is also the most difficult to learn.

8. Listen



According to Richard Careaga, going along with silence is listening.

" Most of the time in the workplace, we are often pressured because there are so many things to do - the message needs to be answered immediately and the phone ring is constantly ringing. I mean, our brain is just tolerant of a sufficient amount of information before it exploded, "said Nicole Lipkin, author of" What Keeps Leaders Up At

Night "(translated" *What makes leaders worry every night* "). Answer Business Insider page.

A trick to actively listen is to repeat what you have heard for the person opposite. As Lipkin said, "*things will become easier when there is a common opinion* ." Be careful when listening to something, always remind yourself to pay attention to what others have to say to receive information more accurately.

9. Don't interfere with other people's affairs!



S Packwood / Flickr.com

" *It takes a lot of time to learn and master it* " - Aarushi Ruddra.

It is not useful to care about others' matters, but to waste your time and resources. Aarushi Ruddra said: "*You have no right to give your opinion, even if you are the last upright person there* ." Clearly define your work with other people's work to avoid the unfortunate things.

10. Don't "gossip"



" *For me, the most important thing in this life is relationships and the most important thing in building and maintaining good relationships is trust* " - Jason T Widjaja.

" *Gossip* " is one of the easy ways to lose trust and can break any relationship.

Widjaja said: " *Of course, restraining yourself when learning this skill is very difficult, but you need to think about the goal ahead, isolate yourself from those who have a bad influence on yourself. For example: "Sorry for interrupting but I really don't want to know that, can we talk about something else ?"*

" *But if you do this, you will receive invaluable rewards. That is trust* " - Jason T Widjaja said.

11. Master your thoughts



According to Mark Givert, to do what you want to do and achieve what you want to achieve, you need to be aware of your thoughts.

" *The challenge is what we get from our past experiences and all of our thoughts are formed from the past. However, the past is not the same as the future ."*

If **mastering your thoughts means you will be stable in every situation** , even the worst. This skill is gained through the gradual improvement and experience, and you will find yourself becoming more confident in solving problems and completing work.

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