

# The 7 Qualities of Competence Seekers!

Intentional learning has been described as the most fundamental skill a person can have. In fact, learning in general is a practiced skill. It takes work, the right mindset, and the willingness to act on the opportunities that present themselves to you.

Were certain people born with the skill and curiosity to desire to learn more and be better? This is a complex question. To a certain extent, the answer is yes. Obviously, there are people who have more of an innate curiosity that naturally motivates them to want to keep seeking new things. However, that doesn't mean the rest of us are doomed to mediocrity. Regardless of whether we have a natural gift of curiosity or not, all humans have a desire within us for growth. The even better news is, we can improve this skill with practice, and we can learn from those who have a more natural tendency to seek greater competence.

We will call these expert individuals competence seekers. What do they have in common, and what skills can we learn from them to improve our own capabilities of being better at seeking greater knowledge.

Let's look.

## **“The 7 qualities of Competence Seekers!”**

### **1. They are purpose driven –**

When you know where you're going, it makes all the

difference. You can plan accordingly, have clear and aligned goals, and most importantly know what matters to you. When you are working to accomplish something you care about, you are more apt to continue to improve and you have a deep desire to be better so you can successfully achieve the things you desire most.

## **2. They prioritize their time –**

Time is your greatest commodity. When it's gone, it's gone. There is only one way to maximize your time and get the most out of every day and that is to live by a calendar. To have your life on a time line can feel exhausting and tedious, but something magical happens when we apply this discipline and live by a routine. By prioritizing your time, you will actually feel like you have more time. Good time management and keeping yourself organized will ultimately give you the sense of more time because you won't be wasting your precious time.

## **3. They seek out new information –**

Competence seekers are life-long learners. You must be intentional about finding new ideas and a higher level of knowledge. Always look for ways to improve and to be better in every area of your life.

## **4. They are open to change –**

There is one thing we can all agree on and that is change is inevitable. In life, change is a natural process that happens no matter what we do. It can't be stopped no matter how bad we want things to stay the same. There really is only one defense against surviving change and that is to be open to it. When you're open to change, you can find the opportunities amid the

obstacles. Whatever you do, stop saying phrases like, “when things get back to normal”. Instead, start embracing the new normal and find ways to make it better.

## **5. They invest in themselves –**

There is no greater place to put your time and money than in yourself and your personal growth. There is a price for improvement and regardless of what anyone thinks, nothing is ever free. Someone is always paying the price. Drop the mindset that you can get what you want without some type of investment. Sure, there are temporary fixes, but they don't stick. It's not long before you're right back where you started. If you genuinely desire to live a fulfilled life and achieve the goals and dreams that you desire, be willing to invest in yourself above anything else.

## **6. They have accountability –**

In our human nature, we are not wired to desire accountability. Accountability is hard and requires humility. We tend to desire independence and our pride says we don't need help, we can do it ourselves. This is what some people may call stinking thinking. The reality is accountability is king. It improves our performance and helps us stay focused on the decisions we have made. The temptation to throw discipline out the window and make emotional decisions is real and can prevent us from moving ahead. With good accountability, you will be more apt to do what needs to be done today so you get what you truly desire tomorrow.

## **7. They ask for feedback –**

The truth can hurt and because this is a fact, we can

simply not want to hear it. We are afraid when we ask for feedback we won't hear what we want to hear, and maybe someone has a different idea than ours. The saying, "we want what we want", is alive and well. However, it's different for competence seekers. They desire to know how they're doing, so feedback is something they actively look for. Asking for feedback is a part of their routine. Like most of us, they may not love hearing some of the constructive stuff, but they are willing because they see the value. If you want to continue to grow and get better, be sure to incorporate feedback in your life.

The level of intention we put on learning and improving ourselves prepares us for the challenges we face in our success journey. By seeking a higher level of knowledge on a regular basis, it improves our skill set and readies us for opportunities that come along. By investing in our own growth, we are ultimately able to contribute more, and make a greater difference. Be willing to put to practice these seven qualities in your life and be encouraged by the success you will see.

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