

DIGITAL PRODUCTS & PERSONAL GROWTH

<https://doi.org/10.5281/zenodo.14940325>

Rustamjonova Mukhabbatkhon Rustamjon qizi

Annotation: *this article will talk about the fact that interest in the digital economy is growing significantly due to serious changes in society and the economy, that thanks to digital technologies, many countries are being able to increase their competitiveness and stimulate economic growth, and in the field of personal growth of digital products.*

Keywords: *Digital Economy, Growth, Development, Service, Quality, Status, System, technology, customer, partner.*

Аннотация: *В этой статье говорится о том, что интерес к цифровой экономике значительно растет из-за значительных изменений, которые произошли в обществе и экономике, что благодаря цифровым технологиям многие страны получают возможность повысить свою конкурентоспособность и стимулировать экономический рост, а также. О области личностного роста цифровых продуктов.*

Ключевые слова: *Цифровая экономика, рост, развитие, сервис, качество, статус, система, технология, клиент, партнер.*

Annotatsiya: *Ushbu maqolada raqamli iqtisodiyotga bo'lgan qiziqish jamiyat va iqtisodiyotda ro'y bergan jiddiy o'zgarishlar tufayli sezilarli darajada o'sayotganligi, raqamli texnologiyalar tufayli ko'plab mamlakatlar o'z raqobatbardoshligini oshirish va iqtisodiy o'sishni rag'batlantirish imkoniyatiga ega bo'layotganligi va raqamli mahsulotlarning shaxsiy o'sish sohasidagi so'z boradi.*

Kalit so'zlar: *raqamli iqtisodiyot, o'sish, rivojlanish, servis, sifat, holat, tizim, texnologiya, mijoz, hamkor.*

In recent years, the digital sector of the country's economy has expanded, and financial technologies associated with the high-quality and safe processing of e-commerce platforms, digital services and payments made on them, which are considered its main growth factors, are developing rapidly.

At the same time, the subsequent increase in cases of theft or fraud using bank cards is evidenced by the lack of digital financial literacy of the population and insufficient qualifications of law enforcement officers, the absence of modern systems for the prevention of violations in commercial banks, payment system operators and payment organizations.

Interest in the digital economy has grown significantly due to the significant changes that have occurred in society and the economy. Modern technologies and platforms have helped businesses and individuals cut costs at the expense of minimizing personal

communication with customers, partners and government organizations, as well as providing an opportunity to facilitate interaction more quickly and easily. The result was a network resource-based, digital or electronic economy. The word "digitization" is actually a new term, referring to the involvement of IT solutions in the process of innovative management and proceedings, and, as a result, the use of Information Technology in all systems, from internet items to e-government.

The term "digital economy" refers to the process of creating, adapting, selling and consuming products and services using information technology for the purpose of making money. In recent years, a number of areas of research in the digital economy have been explored, including digital banking, e-commerce, virtual education, smartphone applications and collaboration platforms. In the last decades, the world in which we live has been changing consistently in many aspects. One of the main factors in these changes is the digital revolution, which is one of the main driving forces in the process. It would be more correct to say that the goal of digital transformation is not to search for unique news on the internet, but to effectively and rationally carry out current activities through the latest technologies.

Thanks to digital technologies, many countries are able to increase their competitiveness and stimulate economic growth. Digital economics refers to the economic activity that occurs daily between people, businesses, devices, data and processes through billions of online contacts.

Digital products have revolutionized the field of personal growth. They give people the opportunity to work on themselves, acquire new skills and achieve their goals in a convenient, affordable and flexible way.

What is meant by digital products?

Digital products are products that are sold over the internet and can be downloaded or used online. The most common digital products in the field of personal growth include:

- Online courses: learning a specific topic through video lessons, assignments and forums.
- E-books (e-books): a collection of tips, strategies and stories about personal growth.

• Podcasts: audio shows on personal growth, motivation, business, relationships and other topics. • Webinars: online workshops, live interviews with experts. • Applications: mobile applications for meditation, fitness, language learning, time management and other purposes.

• Membership sites: exclusive content related to a specific topic, access to society and resources.

• Templates and workbooks: ready-made templates for setting goals, planning the day, keeping financial calculations and other tasks.

Advantages of digital products in the field of personal growth:

- Convenience: digital products can be accessed at any time and anywhere.
- Low cost: cheaper than traditional courses or books. • Variety: there are products in different themes, formats and levels. • Flexibility: you can learn at the right speed for

yourself. • Interactivity: many products contain interactive elements (questions, assignments, forums). • Personal approach: some products provide personal recommendations and resources.

How to use digital products for personal growth?

1. Define goals: what do you want to change? What skills do you want to have?
2. Choose the right products: find products that suit your goals, are interesting and reliable.
3. Make a plan: when and how long will you devote to learning?
4. Be disciplined: follow your plan and do your workouts regularly.
5. Practice: apply what you have learned in life.
6. Observe the changes: evaluate your progress and change your strategy if necessary.

Examples of digital products in the field of personal growth:

- * Meditation apps: Headspace, Calm helps reduce stress, improve sleep, and increase peace of mind.
- Language learning apps: Duolingo, Babbel teaches new languages in a fun and interactive way.
- Business courses: Coursera, Udemy helps you learn business skills, achieve career growth and start your own business.
- Relationship improvement courses: Gottman Institute helps strengthen relationships, improve communication, and resolve conflicts.
- Financial literacy books: "Rich father, poor father" (Robert Kiyosaki) provides knowledge about achieving financial independence, investing, and asset management.

CONCLUSION:

Digital products provide excellent opportunities for personal growth. By using them correctly, you can develop yourself, acquire new skills and improve your life. The important thing is to set a goal, choose the right products and be disciplined.