

PERSONAL DEVELOPMENT 101



WHAT DOES IT MEAN TO GROW PERSONALLY?

Personal development is becoming a buzz phrase these days- tons of online articles, blogs, schools and books exist around the idea of personal growth. Any google search will yield a ton of testimonials from people who have started or completed a growth journey and have mentioned how much it's changed their lives. What's all the hype?

Personal growth isn't about you being broken or needing to be fixed- it is taking a completely whole person, planning your life and accomplishing your goals, dreams and desires in relation to what YOU want. Key word: YOU.

Not what people tell you to want.

Not something safely in the box others have put you in.

Not what others want.

You.

WHERE DO I START?

Personal development is a vague term that encompasses many different ways a person can self-actualize and become who they feel they were meant to be. A word of advice- when deciding to move forward in changing your life, be as specific as possible. Instead of saying you want to work on "personal development", narrow down to specifics what you'd like to see change.

The first question you should ask yourself is: "Am I ready for change?" We tend to answer "Yes!" to this question without a second thought- but stop and really think for a sec. True change will require a different version of ourselves to show up, and will a series of hills and valleys on the road to your goals. Are you ready to take the ride?



WHERE DO I START? (CONT...)

Don't try to do it all at once. Take some time to write down the top three goals you'd like to work on. Chances are, you will come up with something broad like "lose weight" or "make more money".

Now, narrow these down even further. Trying to improve on such broad goals can lead to lack of motivation (due to not having direction), apathy or overwhelm. Keep your goals simplistic and easily attainable- this will make the realization of your goals more realistic, which will motivate you to keep going. Now that you have formed simple, realistic goals, it's time to create an action plan and get going!

MOVING TO ACTION

Here is a quick checklist crucial elements needed for action:

- Growth mindset
- Accountability & discipline
- A plan
- An investment of time & energy

The readiness for change assessment linked above can help you decide if you are in a growth mindset and prepared for change. If you find that you are not as ready as you thought, it's ok -try reflecting on these questions:

- How clear is my vision? Do I have a clear picture of what I want/need?
- Am I willing and able to be 100% honest with myself?

If you've thought about embarking on a personal development journey, but find it too overwhelming, you're not alone. If you would benefit from having support and direction throughout your new personal development journey, I would love to talk with you! Let's connect to discuss how I can support you in achieving your goals.

[Schedule a Discovery Call](#)