

Health & Wellness Newsletter February 2022

You might have come across the term personal growth and wondered what it means. Personal growth is also called self-improvement and self-growth.



This term refers to various techniques for improving one's habits, behavior, actions and reactions.

Successful personal growth requires motivation, the desire to improve, and the willingness to strive to make changes.

You also need to be willing to get out of your comfort zone, and sometimes, do things that are uncomfortable, but are for your own good. An open mind and the desire to learn and grow are also important.

Personal growth is an ongoing process that starts from an early age, but mostly shaped by parents, teachers, and the environment.

However to make the most of it, you need to become aware of the process, know what it is, and take the right steps to grow and improve yourself.

Sometimes, problems and difficulties are the triggers that awaken the desire to grow, and lead to making changes in one's life.

At other times, people are inspired to take steps toward personal growth after reading an inspiring book, watching a movie or reading about people who achieved success.

This often leads people to new paths, to making changes in their lives, expanding their knowledge and self-awareness, improving skills, and developing new ones.

EVERYTHING IS

figureoutable

- MARIE FORLEO | POSITIVITY.COM



If you are
PERSISTENT
you will get it.

If you are
CONSISTENT
you will keep it.



“Growth begins when we begin to accept our own weakness.”
– Jean Vanier

Personal growth can help you in all areas of your life. It can help you at work. It can change your attitude toward work, and therefore, open new opportunities for advancement.

Personal growth can help in growing emotionally and mentally and becoming a more considerate, loving and positive person.

It can also help you see your mistakes and negative habits, and lead you to correcting and changing them.

There are many techniques for personal growth, such as creative visualization, repeating affirmations, developing a positive mindset and meditation. Personal growth also involves counseling, coaching and reading.

A very simple and useful method for personal growth is to look at your behavior and your life with an open and unbiased mind. This will show you what changes you need to make in yourself and in your life.

Looking at how people behave and act can also help you. In this way, you can recognize positive and negative traits of character and become aware, whether you possess or lack them, and in this way, learn what you need to improve in you.

People are different from one another, and what works for one, might not work for another. This means that you must explore the various techniques and ways for personal growth to find what is suitable for you.

“The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe that it is possible.”
– Richard M. DeVos

10
Personal Growth Goals

- 1 Learn to love yourself
- 2 Create and maintain healthy habits
- 3 Practice Gratitude
- 4 Learn something new
- 5 Become a master of your time
- 6 Make connections
- 7 Conquer a fear
- 8 Help others
- 9 Learn the art of consistency
- 10 Find faith or renew it

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Source: <https://www.successconsciousness.com/blog/personal-development/what-is-personal-growth/>