



“Personal Growth”

“Success and rest do not sleep together”

Personal Growth

◆ What is the meaning of personal growth?

- It is simply the growth of self

The most important realization that an individual can make in their quest for personal growth is that there is no single formula that defies the path to personal success

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- ◆ We all have different goals, and priorities, which mean that different activities and attitudes will make us feel good about ourselves.
- ◆ However, there are times in your life when your self confidence or self esteem is low because of some life changing situation. This is a natural occurrence, so there is no cause for alarm. Life has adversities and they contribute either positively or negatively to your personal growth

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- ◆ The following tips can assist in better managing your self confidence or self esteem
- ◆ Recognize that your self esteem and self image will impact every aspect of your many roles at work, church, with your friends or at home
- ◆ Valuing your self worth by comparing yourself to others is not a healthy practice. Set your own standards and then strive to achieve those standards

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- ◆ Set realistic and obtainable goals. It is the fastest way to raise your self esteem. When you set a goal and achieve it, you will feel that you have mastered your environment
- ◆ Give and accept compliments. When you give sincere compliments, people like you better. When you accept compliments, it demonstrates a high self esteem
- ◆ Ask and accept feedback from others. When people care about you enough to offer feedback, either positive or negative, you have the opportunity to grow

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- ◆ Take full responsibility for your actions. Empowered people with high self-esteem know they are responsible for their decisions and actions.
- ◆ Use positive self-talk, because what you think about comes about
- ◆ Remember, successful people have experienced failure. Successful people with high self-esteem do not view failure as failure, but rather as an opportunity to learn how to do things differently

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Contemplating Integrity as part of your personal growth

- ◆ What is integrity? It is doing the right thing because it is the right thing to do
- ◆ Why mention integrity? Because too often we get so focused on our own agenda, our own goals, or our own accomplishments that we forget to take time to verify if we are doing what is right along the way
- ◆ Integrity is something that we all should constantly strive to attain

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The Art of Apology

- ◆ There are many ways to apologize; it is a wonder why people find it so difficult to do so. For some reason, certain individuals refuse to say they are sorry for anything. It is as though they were giving up the deed to their homes. An apology can be useful in a business environment however we fail to utilize it. You would think that we only have a limited number of “I am Sorry” in our vocabulary. However, for many people, it seems as if I am sorry means I am wrong



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- ◆ To make a mistake is only human and when one makes an error that has unintentionally injured another, the polite thing to do is to apologize. If you stepped on a stranger's toes, you would say "Oops, I am sorry, but if you say or do something that rubs your teammate the wrong way, are you as forthcoming with offering amends?"

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- ◆ The problem with not being able to express remorse to a teammate is that they will start to feel like you don't care about them. We all do and say stupid things at times, however if we are unwilling to take responsibility for our errors, it reflects poorly on our values as a person and as a team member.
- ◆ There are numerous ways to express your heartfelt sorrow without groveling or making you feel that you are compromising your integrity.

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Here are a few fun ways in saying you are sorry

- ◆ Sorry, for a moment I was taken over by aliens
- ◆ I don't know what I was thinking, my brain froze, I apologize
- ◆ Oh my goodness, forgive me; I just turned into my mother
- ◆ So the next time you put your foot in your mouth, show that you are not a unfeeling person and make an apology that comes from the soul.

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What is your focus: To Thrive or Survive

- ◆ It is indeed a shame how some people live their lives as if their only goal in this life is to just survive. This is such a waste of time and energy. Unfortunately, for many people, the coldness of their deathbed will awaken them to the fact that they have wasted their lives away. By this time, it is far too late and the realization is quite painful. It will hit them that they were so busy surviving; they didn't invest enough in personal growth, change or risk

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- ◆ These are a few suggestions that would aid you in the thriving process and thereby having no regrets at the end of your very, very, very long and illustrious life –
- ◆ Make each day a masterpiece – This means that you put as much value into a Monday or Tuesday as you do into a weekend
- ◆ Realize that 100% effort is the most you can give each day.
- ◆ Live your life in the 2 minute drill – It is a mental discipline that narrows focus, compresses energy and jump starts your passion

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Create your own luck for the New Year

- ◆ Be open to new experiences, things you hear, new ideas and feedback from customers / friends / family members
- ◆ Talk to Strangers – people you do not know could introduce you to a new member or even a potential best friend
- ◆ Make small talk – When you start small talk you earn the right to move to big talk. Make the connection first and once you find what you have in common you can easily move to the next level

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- ◆ Exit gracefully – Do not burn bridges, because you never know when you will need to cross them again. What goes around comes around
- ◆ Say yes even when you want to say no – Successful people know that nothing will happen when you say no and a yes will, at the very least, create a new opportunity for new contacts, experience, and growth

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- ◆ ***Getting what you want!!!!***
- ◆ ***How often do you get what you really want?***
- ◆ ***How does it feel when you get what you want?***
- ◆ ***How often do you have to compromise?***
- ◆ ***How does it feel to compromise?***

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These few habits will help you achieve what you want –

- ◆ Every thought has creative power- Stay aware of your thought patterns, what triggers good ones, and what triggers bad ones. Once you learn this then you are in control
- ◆ Creative visualization – Decide how you want to see the world. You can reframe how you view events and people. Recreate it on your own terms

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- ◆ Recognize the Laws of Attraction – What you think about is what you bring about. All your energies should always be focused on the best you can accomplish
- ◆ Only envision what you want rather than what you fear – This is focusing on the best outcome that you are striving for rather than being consumed by fear of the worse possible outcome
- ◆ Take control of designing your life – No one is in control but you. You get to make new choices then change them. Every choice should lead to what you want

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- ◆ Learn, develop, and cultivate alternatives – So when things aren't going your way, you can turn them around. Having alternatives keeps you flexible and reduces stress without abandoning a goal or a dream
- ◆ Use affirmations to motivate you and keep you focused – You can find them in books, magazines, websites, or in motivational literature, video and audio tapes

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- ◆ Create your own affirmation – Say it out loud daily. Create an affirmation that is uniquely you. You want one that is bold and vibrant for your vision
- ◆ Control your thoughts and create deliberately with intent – Be sure you are clear on your intentions so you do not put on blinders on yourself but rather keep your thoughts focused on your aspirations

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- ◆ Tell your support team about what you want and why – When they know what you want to accomplish what you want to accomplish therefore it is easier for them to provide encouragement and assistance when needed

Quiz on Your Gut Instincts

- ◆ Do people get along better when talking to each other if they are facing each other or if they are standing side to side?
- ◆ Who tends to face the person with whom they are speaking (men or women) and who tends to stand side or side, facing more or less the same way (men or women)

Quiz on your Gut Instincts

- ◆ If you want to keep someone's attention, is it better to wear a patterned shirt/blouse or a plain blouse/shirt?
- ◆ What is the most directly emotional of all the senses, bypassing the thinking process and causing a quicker, more tense reaction?

Quiz on your Gut Instincts

- ◆ Who tend to maintain peripheral vision when entering a new place men or women?
- ◆ Who tends to be more specific in their descriptions, adults or children?