3 STEPS TO PERSONAL GROWTH

CoolBeanLiving

The journey to personal growth begins with the 3 step process of:

1. **Identifying**
2. **Admitting**
3. **Addressing**

Give a great deal of thought to the following questions and answer them honestly. Give page 3 to someone you are close with and let them answer the same questions about you. Comparing their feedback with yours will make it easier to see what needs improvement so that you may start taking action.

What are my strengths?

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What are my weaknesses?

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What are my aspirations?

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What do you think my strengths are?

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What do you think my weaknesses are?

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