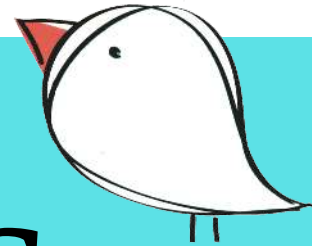




STEPS TO Personal Growth



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

**IDENTIFYING
ADMITTING
ADDRESSING**

Allow a great deal of thought to the following questions, and answer them honestly. Give the fourth page to someone you are close with, and let them answer the same questions about you. Comparing their feedback with your own will make it easier to see where improvement is needed so that you may begin to take action.

**"Change is inevitable but
personal growth is a choice."**

Bob Proctor

What are my strengths?

What are my weaknesses?

"Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."

Louisa May Alcott

What are my aspirations?

What do you think my strengths are?



What do you think my weaknesses are?



After comparing all the answers, where is improvement needed?



What actions will you take to achieve improvement?

