

Grow

Being on a path of personal growth is often uncomfortable, at times painful and always life-changing.

And yet without embarking on it, we wouldn't experience our biggest breakthroughs, learn to own our paths, re-calibrate our lives and realise our dreams.

This resource invites you to honour your growth and explore where you see yourself growing next.

**Take a moment for yourself
and explore the following
questions:**

1. How has your life changed since the pandemic?

2. Are any of these changes for the better?

3. What are your biggest realisations in the past 12 months?

4. Where do you see yourself growing next?

5. What does realising this require from you in terms of actions, commitments, changes or showing up in the world?



Inner growth is a continuous, non-linear process and it's often through adversity that we experience our biggest break-throughs.

Take a moment to
acknowledge
yourself for how
much you've grown.



I acknowledge myself for...

Grow from within.