

**My Personal GROWth Plan**

These quotes remind us that when we talk about personal growth, we are talking about self-directed efforts that emphasize the importance of progress over perfection:

1. "Better to do something imperfectly than to do nothing flawlessly." - Robert H. Schuller
2. "You are allowed to be both a masterpiece and a work in progress simultaneously." - Sophia Bush
3. "The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself." - Anna Quindlen

**As I see it, my life purpose (my why, my vision, my mission, my goal) is…?**

**The Four Aspects of Personal GROWth**

**Goal: What do I want?**

**Reality: Where am I at this moment?**

**Options: What could I do or be doing that would help me grow the way I want to?**

**Will: What will I do to grow and accomplish my goal(s)?**

**I believe what I wrote above is doable. I will act in good faith to make it happen and update it as needed.**

**Signed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\*The concept of GROW comes from Insidetrack®