



The first thing to do when starting a personal growth journey is to assess your starting point.

Where are you right now in your life, your happiness, your satisfaction, your career, your relationships with your family/spouse/kids/grand-kids/boss/co-workers/friends?

This isn't to compare yourself to ANYONE else.

These questions are meant simply to start to open up ideas inside you that perhaps you haven't thought about in a good long time, and possibly start the subconscious part of your brain about what could be waiting ahead. 😊

Growing is learning and learning is growing. Your growth journey will include a lot of learning about yourself, your feelings, and your perception of others (which is mostly based on your own experiences and the lens of life you look through).

When you are learning, do you:

- seek out advice from others?
- explore topic areas outside your usual 'favourite' or niche?
- take a step back and examine where your thoughts, beliefs, actions and reactions come from?
- discover a deeper understanding of areas you previously weren't interested in or aware of?

This week: look for people to learn from who you might not normally interact with (in person or online). Do you know someone who is passionate about a topic that you really don't understand or aren't interested in?

Ask them about it and be completely open to listening to their point of view. You don't have to also become passionate about it – this is an exercise to work on your listening skills, imagination, mindset, and ability to learn something out of your comfort zone.

It's as much a learning opportunity about your interest and ability to have an open mind, as it is about reconnecting with someone you perhaps haven't had a meaningful conversation with in a while.

Ask them what got them into this passion, and why they care so deeply about it. Even if they sell products of some sort, or are in business in an industry they are passionate about, it's not usually the actual product or service on its own that lights their fire. There is almost always more to the story. Ask them why they do what they do, how they got started, what makes them so passionate about it. By asking them questions to get them to 'dig deeper' you'll probably realize some things about yourself as well. 😊

Write down what you felt/noticed/discovered.

“What I felt / noticed / discovered about them & this topic:”

“What I felt / noticed / discovered about me:”
