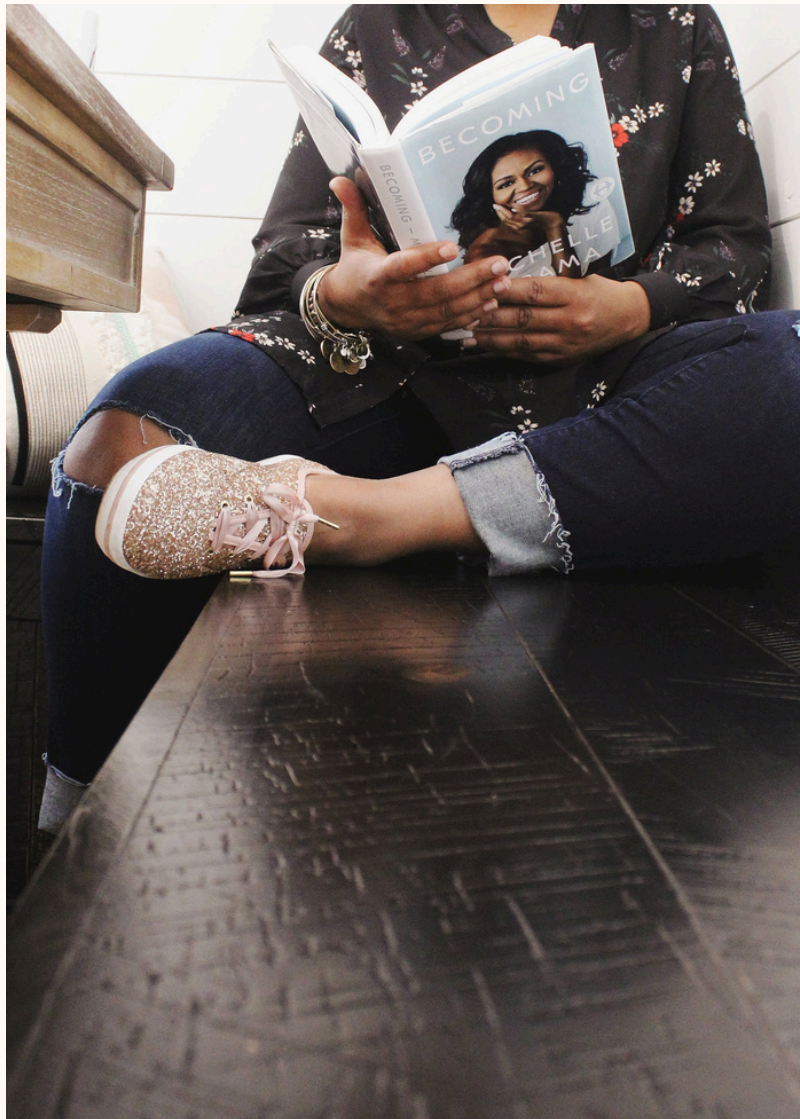


The Growing Focus on Personal Growth

Becoming a More Refined Version of Yourself is the Best ROI

For the past few years, if you weren't learning how to trade stocks, you were more than likely figuring out how to have a Plan B to traditional employment by way of entrepreneurship because financial stability and business expansion were the key focal points for the collective society.

Well, there's a new priority trending with an undeniable ROI—becoming a more refined version of yourself.



Whether you are increasing your personal growth KPIs for your private life or your professional career, you will reap great benefits from focusing on the seven focus areas of personal growth.



Personal growth and development can be broken down into 7 focus areas:

- 1. Lifestyle & Legacy Development**
- 2. Mental Growth**
- 3. Emotional Mastery**
- 4. Educational Expansion**
- 5. Spiritual Strengthening**
- 6. Social-Emotional Growth**
- 7. Career & Professional Development**

Each of these areas of personal growth (AOPG) will yield much greater outcomes than any single degree or certification, and I stand on that.

I have been building personal growth and development curriculum and coaching individuals through their personal growth course study for five years now, and I'm excited to see the shift in the priority around personal growth and development.

Here are 10 things to remember as you explore Personal Growth & Development as a major or a minor at the University of Life:

1. Be sure you have clear desires about what you want to learn/what area you want to grow before you get started. Ex: I want to learn how to have tough conversations and keep my relationship intact OR I want to grow in the area of Emotional Mastery.
2. Complete a personal evaluation of where you currently are before you begin your personal growth journey.
3. Put a Personal Growth Plan (PGP) in place after you determine what you want to learn.
4. Skip the ChatGPT this time, and grab the books. Physical and digital book resources are going to be the most credible and valuable sources of knowledge.
5. Focus on research-based strategies and tools for your expansion. Educational and neuroscience content is key.
6. Name each “class” you’re going to take to better manage and assess your own growth.
7. Keep it simple. You don’t need 50 “classes” in order to grow. Focus on 1-2 classes in each AOPG and start there.
8. Actually do the work. Reading books is good. Doing the work is better. Incorporate time into your studies to practice and implement what you learn.
9. See this as growth not improvement. Improvement implies that you need to be fixed. Growth conveys that you are already good enough—and ready for more.
10. Hire a Personal Growth Advisor and get connected to a community that values this kind of growth.

