

# Confident Women Keep Growing

## Personal Growth Plan Outline

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You must have a clear plan for growth. Achieving big results, does not require big life changes. Small improvements over time compounds into big results. Here are instructions in starting or continuing your journey to personal growth.

**Recommended:** A Journal/Notebook to keep up with your progress in an organized manner. This journal can be physical or digital.

### Instructions:

1. **IDENTIFY.** Identify an area(s) that you desire to grow in. (Try to choose at least one area that deals with character development and choose one area in an area will help you grow and develop in an area God has called you to). It is recommended to not work on no more than five areas at one time.
2. **RESOURCES.** Determine what resource(s) that you will utilize to help you grow in this area.
  - a. Examples of resources: scriptures, book, podcast, etc.
3. **DO IT.** Carve out at least 10 minutes to 1 hour a day for 6 days of out the week to utilize the resource(s) as it relates to this area. For example you can simple read one page of a book and reflect in a journal what you learned or your reflections. Make sure to reflect on what you are learning each day. THINK about what you are thinking about.
4. **WHAT CHANGES?** On the 7<sup>th</sup> day of the week, review the notes in your journal and reflect on what you learned and reviewed over the past 6 days. Then answer the question, 'What Changes?'. Let this be a small change that you can focus on and conquer within the next week.
5. **ACCOUNTABILITY.** Hold yourself accountable to start making this change. Connect with others that will encourage and celebrate your growth plan.
6. **REPEAT.** Each week repeat steps 1-5 until you are developed in this area (demonstrates consistency in changed behavior in the area).