

self-growth



The Self-Growth Action Plan

IT'S TIME TO GET UNAPOLOGETICALLY INTENTIONAL



I knew it would
work if I kept
trying.

The Self-Growth Action Plan

Unfulfilled potential is like dying with that manuscript, music, or idea still inside of you.

But how do you unlock and maximize your potential? Because reaching your potential is critical to career progression, business acceleration, and personal satisfaction.

To reach your potential, you've got to grow and develop - and be unapologetically intentional about it!

When you work on your personal growth, you will become more effective, motivated, and happier and achieve so much more.

When you grow, everything around you grows, especially your business.

There is lots of information online, and it's difficult to know where to begin, so I'm sharing some simple steps to get you started on your personal growth journey.

Your growth is the key that unlocks the door?

Are you ready to get unapologetically intentional about your growth?

01

ASK THE RIGHT QUESTIONS

Where would you like to go? How far do you see this business going? What direction would you like to take?

Invest in yourself to be the best person you can be. This flows down to your managers, your clients, your goods and services.

IDENTIFY YOUR OBJECTIVES.

If you still don't have clear objectives in mind, think about what you ultimately want to achieve. Imagine yourself from now on for one year, two years, or five years: what are you doing? When you identify your end goal, you can work backward and generate the landmarks you'll need to hit to attain it.

02

If your goal of self-improvement is to step up to your career, then your immediate goals could include taking classes or receiving certifications that are helpful in your profession. Identify your strengths and weaknesses, and your good and bad habits.

03

ESTABLISH YOUR PURPOSE

What's the meaning behind your objective? To ask yourself, this is a vital issue. It's easy to say, "I want to move up and make more money from my job," but why? If you have no justification behind it, self-improvement is futile, so decide what will eventually offer you the most fulfillment.

Do you want to succeed professionally so you can feel secure and provide for your family, or is it a way to follow your other interests with a higher-earning job? If you have the ultimate objective in mind, when difficulties or plateaus occur, you will not be deterred.

No matter who you are, we all have some kind of fear, but with confidence, we must face fear head-on. Cultivate trust and strangle fear.

FACE THE FEARS

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FIND THE TOOLS YOU NEED

In your profession, how do you make the progress you want? What do you need in order to flourish? Is it working with a business coach or taking additional educational courses? Lock in the self-improvement techniques and tools you need.

IMPROVE YOUR TIME MANAGEMENT.

As we just don't have the time, we sometimes let self-improvement fall by the wayside. But the number of hours a day is not a problem. To help you get more done, you must use techniques like chunking and Tony's Rapid Planning Process...

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DO IT NOW - TAKE MASSIVE ACTION

Nike was right – Just do it now, have a sense of urgency. Don't put self-imposed roadblocks, do it even if it's unfamiliar.

To put your self-improvement strategy to the test, you must take massive action. Maintain your focus on your ultimate target and get your state of mind where it needs to be. By maintaining a sense of mindfulness, even though you face difficulties, you can continue working towards your goals.

MEASURE YOUR PROGRESS

Find ways your progress can be monitored. Set metrics that allow you to assess your achievement. How are you going to know when you're moving on with your career? Give yourself clear targets to meet, such as completing a certain amount of professional courses in a certain period of time, so you can track your success in self-improvement as you go.

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CELEBRATE YOUR SUCCESS

It's just as important to celebrate your wins as to concentrate your attention and goal-setting. Go as big as a spa day or as small as a champagne toast with your partner. Taking the time to realize how far you have come will motivate you to go even further.

A close-up photograph of a hand with light pink manicured nails holding a silver fountain pen. The pen is positioned over an open notebook with blue-lined pages. The background is softly blurred, showing another pen and the spiral binding of the notebook. The overall tone is warm and professional.

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What you feed your mind,
will lead your life.

KEMI SOGUNLE