

## Principles of Self-growth

- 1) The “right practices” for a self-growth journey is individualized; decide what works for best for self.
- 2) A self-growth journey needs a destination; thus develop a vision of an ideal self (one’s best version of themself).
- 3) Do not settle spending all of one’s time exploiting current capability; life should be continually explored to gain greater meaning through investigation and being curious.
- 4) Do not rely on others for challenge thus challenge oneself to keep outside the comfortable zone and into an ideal zone of development.
- 5) Raise self-growth consciousness using reflection, metacognition, and self-distancing to create personal meaning through examining one’s life experiences to more easily transform growth moments into self-growth experiences.
- 6) Enjoy the journey of self-growth by being grateful for what one has, appreciating life’s joy, and finding daily humor in one’s life by not taking oneself too seriously.
- 7) Make effective QoL decisions in the moment using internalized broad criteria.
- 8) Self-growth requires personally going through a significant growth experience resulting in a belief that they can grow.
- 9) Recognize evaluation quickly, react non-judgmentally, and leverage evaluation by minimizing its negative impact and maximizing its positive impact.
- 10) Have Ideal self supersede ought self by self-challenging decisions, choices, and future goals to address ought self influences.
- 11) Invest time in growth and self-growth to increase future QoL.
- 12) Create greater spiritual significance to provide meaningful direction for self-growth.
- 13) Select activities, experiences, and people that help one stay in a personal ideal zone of development.
- 14) The more one helps the growth of others through selflessness, performance mentoring and self-growth coaching, the stronger one’s own self-growth capability becomes
- 15) Self-growth requires to take care of self first before investing in others.
- 16) One needs to be flexible with one’s life and growth plans so experiences and reflections can improve future direction through updated plans.
- 17) An active growth plan is foundational for implementing a self-growth plan.
- 18) Proficiency in use of mentoring skills unlock greater potential of self-growth capability