

# 6 KEYS TO GROWTH



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## EMBRACE CHANGE AND CHALLENGE YOURSELF

When faced with chosen or forced change, embrace it. Understanding the reason and payoff for the change can motivate you. Look at ways of getting out of your comfort zone, and be open to the unknown and what could be.



## REFRAME STRUGGLES AS GROWTH OPPORTUNITIES

Cognitive reframing is a technique to help create a different way of looking at a situation, person, idea, or relationship by changing its meaning. This creates a different perspective.

## ADOPT A BURSTING MINDSET

By believing you can grow, you become receptive to more growth. This opens you up to change – things that are new and different – and holds a belief that things aren't fixed. When we experience growth, we have more to contribute to others, which, in turn, helps us and those around us grow.



## LIVE IN THE PRESENT

Your past can teach you lessons that can be applied now, and your future can open possibility and progress. Our future is the result of our thoughts, feelings, and actions in the now.

## GET A COACH OR MENTOR

Find someone who will challenge and help drive your growth; someone honest who is invested in your success. You may have an informal or formal relationship with your mentor or coach.



## MAKE SELF-GROWTH A PRIORITY

Self-growth starts with self-discipline, and a great way to do this is to create new habits around your growth. Sharing what you learn can evoke thought and conversation in others. This can occur on the job or simply by going through changes and being open to the lessons.

