

TOP 10 Growth Habits

“All humanity is divided into 3 classes: those who are immovable, those who are movable, and those who move!” -Ben Franklin

1. Journal for better emotional health.

Learning experiences are preserved, and the invisible is forced into reality.

2. Regularly check in with an accountability partner/success partner/friend.

Make time to nourish relationships away from work.

3. Take time for solitude. Go on a technology fast. The greatest breakthroughs happen when you are quiet.

4. Identify each family member’s “love language” and speak it. (Quality time, physical touch, acts of service, thoughtful gifts, words of affirmation.) You will fill them up, and they, in turn, are likely to fill you up.

5. Practice good boundaries. Filter each request for your time/interaction through the boundary lens. If you are strong, you can offer what you have; if you are depleted, you don’t because it might put you over the edge.

6. Keep trying something new. Reinvent yourself! It will keep you out of ruts and make you more creative.

7. Prioritize your time according to your values. Plug the “big rocks” in your schedule first—or you will run out of time.

8. Maintain a rigorous program of personal and professional development. (Books, magazines, podcasts, seminars, conferences, on-line courses/talks)

9. Invest in a mentor/coach. All top performers have one. Allow them to ask you the hard questions that can stimulate life-change.

10. Give back to your community. Volunteer for a cause you are passionate about. Donate generously to those less fortunate.



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