

A person with a backpack is standing on a rocky mountain peak, looking out over a valley. The person is wearing a red shirt and dark pants. The background shows a vast landscape with mountains and a valley. The sky is clear and blue.

Presented by BU Happiness College

Re-Igniting Your Growth Journey

www.buhappinesscollege.com



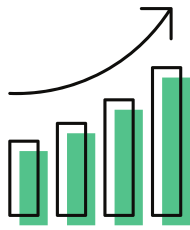


"Growth is not a linear line. We have our ups and downs in order to reach where we are supposed to be"

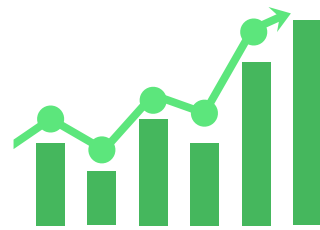
- **Kharthika**



Shifting Our Expectations



What we expect
our growth journey
to look like



What our growth
journey will actually
look like

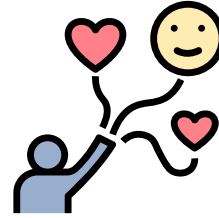
If "two steps forward, one step back" is such a common part of the growing experience when will we learn to embrace the steps back as part of the life's dance?

- I learn it
- I forget it
- I re-learn it
- I practice it
- I practice it again
- I forget to practice
- I revisit it
- I practice some more
- I embody it

Reactive Growth vs Proactive Growth



Reactive Growth



Proactive Growth

Empty rounded rectangular box for notes under Reactive Growth.

Empty rounded rectangular box for notes under Proactive Growth.

Am I currently in a phase of reactive growth, proactive growth or stagnancy? How would I like to change this?

Large empty rounded rectangular box for a detailed response to the question above.



Re-Igniting Your Growth

Why is personal growth important to you?
Why does it matter?



Step 1: Revisit Your Why

What have you learned/gained/achieved already as part of your personal growth journey?



Step 2: Reflect On How Far You've Come

What fundamentals are most important to you? What new goals might you want to move towards?



Step 3: Drill Your Fundamentals & Set New Goals

A photograph of a person's hands writing in a notebook with a pen. The person is wearing a dark shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...