

**Personal Growth** is a continuous journey that will go on our entire lives. It motivates us to move forward and master our environment.

## STAGES OF PERSONAL GROWTH

- 1 The Sleeping Stage**  
Not seeking personal growth
- 2 Waking Up**  
Journey from blaming others to deciding to taking control of life
- 3 Implementation**  
Making the changes
- 4 Acceptance**  
Learn to accept things we cannot change
- 5 Expansion**  
Help others for their personal growth journey



## SOME WAYS TO START PERSONAL GROWTH

- Start today
- Keep learning
- Volunteer for social causes
- Travel
- Be honest with yourself
- Embrace change

# Personal Growth and Personal Development How To Enhance Personal Growth

**G Thomas**



**Personal Growth and Personal Development How To Enhance Personal Growth:**

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