



Worksheet 9

PERSONAL GROWTH — AN ITEMIZED LIST

*What do you want to accomplish? How do you want to be?
Sit with this. Feel into it. Contemplate it.*

Take care of the first natural steps that occur to you to do (the low hanging fruit)

Go into research mode (what do you need to learn?)

Record whatever thoughts occur

Use your time purposefully

Keep going. Keep starting over. Don't give up. Walk On!

*Don't focus on the outcome; stay with the process; follow it wherever it leads
(there is no end to achieve; just a life to be lived)*

Acknowledge yourself for the progress you make.