

## What Does Personal Growth Mean to You?

Everyone defines Personal Growth in his or her own terms. It is amazing how many people refer to it as a journey, while others look at it as an evolution.

A group of individuals and industry leaders have generously shared what personal growth means to them. There is so much wisdom in each and every one of their statements—a richness of experience in life that helps us understand who we are and why we are here.

Here are some of them:

“Personal Growth is the pursuit of positive activities, experiences, and education: The process expands your consciousness and opens you up to possibilities far beyond your currently perceived limits and boundaries.” ~ Kathryn Arnold ~

“...A constant examination of what is and isn't working in your life, and an exploration of new ways of being to achieve a fulfilling life, which is composed of health, wealth, love, and personal self-expression.” ~ Matthew Britt ~

“We are alive, and if we aren't growing we are dying. Make sure you're growing! Lifelong learning and striving for growth are the secrets to life.” ~ Debbie Hoogestraat ~

“The willingness and ability to look at life situations head on and to make informed choices is empowering. Instead of making decisions based on fear and negative past experiences, everybody can learn new strategies to succeed each day. At the heart of the matter are growth and change.” ~ Eric Turiansky ~

“Discovering who we are is a lifelong pursuit. The process embraces the spiritual, emotional, and intellectual aspects of ourselves. It is the journey, not the destination!” ~ Monika Zands. ~

“The study of the self is both an internal and external experience. The gamut of lessons we learn along the way shows us how to break habits and patterns so we expand from what we think is available to us or possible in our lives.” ~ Lee Lam ~

“Living more fully means the ability to open yourself up to the possibility that you are capable of more than you are currently doing. It is about recognizing the frustration you feel about where you are in your life, the negative and positive feelings you have about yourself, and knowing that there is more about you that you haven't developed yet.” ~ Korby Waters ~

Personal growth is about possibility, focusing on what you want, and living your full potential. Personal growth is in the process of being commonly understood and accepted in society. Many of us have been enjoying its value for years, while some of us may be learning about the benefits of personal growth for the first time. I ask that you start exploring what personal growth means to you as you enjoy making it a way of life.

## About the Author

Manny Goldman is the founder and the visionary force behind PersonalGrowth.com. His vision is to create a community through PersonalGrowth.com that will transform the lives of billions of people. A community where it is normal for each person to share in each others' successes, provide valuable support, encouragement and accountability. He envisions a world where Personal Growth is common practice and each person living their dreams to their full potential <http://www.personalgrowth.com>.

Source: <http://www.tntarticles.com>