

MINDSET MONTHLY

1 May 2014



4 Steps to Achieving Personal Growth

Adapted from John C. Maxwell

"If a person will spend one hour a day on the same subject for five years, that person will be an expert on that subject."

Earl Nightingale

In a rapidly changing world, if we do not try to grow ourselves to a new level, we are going to regress. If we are just trying to maintain, kid ourselves not, for we are just going backwards. Maintaining is a passive form of regression.

Growth is necessary yet it does not come naturally. It requires a conscious intentional effort.

1. Set aside time to grow

Expect some changes in your routine if you desire to grow.

When was the last time you read a book? You cannot change your life unless you change something you do

daily. You need a detailed plan and daily agenda. In addition to that, you must have the discipline to make sure that you follow through the plan.

2. Identify your areas of growth

In school we were taught to do well in every subject and to improve the weaker subject.

The fact of the matter is, we cannot be good in everything. There are some arenas of life where we tend to perform poorly. No matter how hard we try, our progress is low.

Most companies will not hire someone with just average abilities. To be successful, you need to identify your natural talents and work diligently to

develop them into extraordinary skills.

3. Find resources in your area of growth

Just as iron sharpens iron, you need to stay close to people who challenge your thinking, encourage and inspire you.

Constantly looking for great content and have a hunger for insights are ways to help you to grow.

4. Apply what you have learnt

Unless you apply the knowledge you have learnt, it will not become a part of you. Seek to share what you have learnt with someone else within 24 hours.

Happy Growing!

BOOTSTRAP
The Growth Catalyst

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