

FIVE HABITS THAT ENHANCE SELF-REFLECTION AND PERSONAL GROWTH

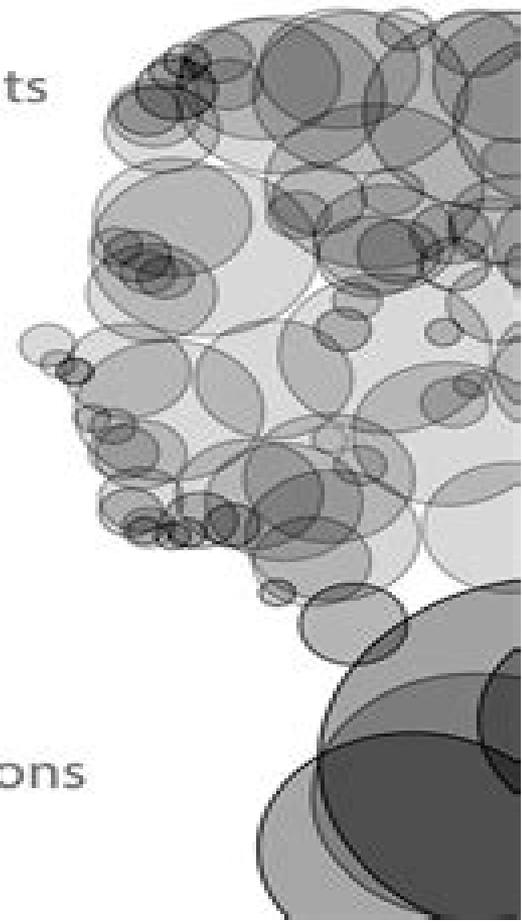
Be honest with yourself. Be honest with yourself about how things are going and how you are behaving.

Notice behavior patterns. Be aware of your habits so you can actively weaken the ones you don't want and strengthen the ones you do want.

Be able to articulate your core values. Take time to consider what's most important to you so that you can evaluate whether or not you're living those values.

Be forgiving. Be gentle with yourself when you don't get it right. We all make mistakes

Keep track of your self-reflection. Start a journal where you record your observations and monitor your personal growth.



Personal Growth Behavior

Lauren Gardner



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