

# SELF-GROWTH EXERCISE

## *develop a mindset for success*

Recognize your limitations, and be open to continuously learning and improving. No one is perfect, and we all have our flaws and limitations, but in order for growth it is important to become honest with yourself, and take strategic action to improve these areas--just the act of writing down your goals and dreams ignites an entire new dimension of ideas and productivity to the powerhouse that is your subconscious mind.

## *a simple exercise to do now*

What is one thing that you could improve about yourself in order to increase your odds of personal or professional success? Identify three actions that you can take to make this change:

- One thing that I could improve about myself:
- Identify three actions that you can take to make this change.:
  - 1.
  - 2.
  - 3.