



5A GROWTH CYCLE

How do we grow and change into who we want to become?
What is the process of breakthrough?





1. Awareness – we must first raise our self-awareness.

- What is going on?
- How do I want to grow? What are my Target Growth Areas?
- What is working for me? What's not working for me?
- How do people perceive me?

2. Apply – we must apply this new self-awareness to the context of our lives.

- How do I want to apply this new awareness?
- What areas of my life does it apply?
- What are my Target Growth Areas?

3. Action – we must set the action steps that align with our new awareness as well as identify how it applies to our lives personally.

- What action steps do I want to set?
- How do I want to move forward with the application?

4. Accountability – we must hold ourselves accountable to growth and change.

- Who do I want to communicate my action steps to?
- How do I want to be held accountable?
- How will I hold myself accountable?

5. Ask – we must evaluate by asking both ourselves and others

- How is my growth impacting you?
- Where is it working? Where is it not working?
- How can I shift?
- What best supports individual relationships/the team/the work culture?
- How is this forming my identity as a Leader?