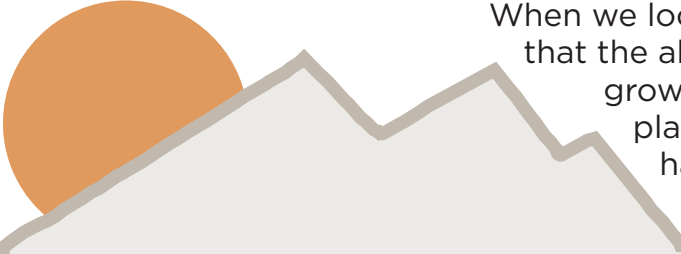


5 Reasons

Why Being Open to Growth Can Change Your Life



When we look at all other aspects of life in this planet, we see that the absence of growth leads to death. A plant that stops growing stops being healthy and soon dies. Even if a plant no longer appears to grow taller, it is constantly having to grow in ways that adapt and respond to environmental stresses or it will die. We are like that.

1. Your growth affects your relationships and relationships affect your growth.

Relationships often ask more of us than they give in return. At times it may feel like it is just easier to avoid people and all the drama that goes with them. So, rather than grow in that area, we may keep people at arm's length emotionally. But lack of growing relationally can leave us feeling very much alone and disconnected. We miss an essential part of our nature, which is to connect. When we become isolated for prolonged periods of time our rates of anxiety, depression and even suicide goes up. So, just like growth, relationships are essential to life.

2. Relationship growth requires personal growth.

One of the reasons relationships are so hard is because we have not grown confident in our own strengths and value. When this happens, we may hold back our thoughts and ideas for fear of being criticized or rejected, we can feel jealous and critical of others' successes instead of enjoying and celebrating them, we often hide our weaknesses from others to keep from being seen as a failure in their eyes and we become obsessed with seeking others' recognition in order to feel good about ourselves.

3. It is essential to learn how to change and grow.

The first way is to look for and accept guidance from others. It is essential to take some time to look at the aspects of our life from time to time and identify what is not important or not working well. Doing this will allow your time and energy to be focused on the aspects of your life that are most important. Ask yourself "What can I get rid of that will allow me to grow in other areas?"

4. It is important to find motivation to change.

Most of our lives are so full that we do not have room to add one more thing, relationship or activity. For those of us who have no margin time, we must give up something in order to grow. As a therapist I have seen too many people try to add something that would help them grow into an already crowded life and then wonder why it did not work. Pruning away nonessential busyness provides margin for growth.

5. Are you ready to look at your life and grow?

Journey Coaching can help you get started. By spending only 7 sessions with a coach, you will learn to identify growth points from your own story, spend time looking at how your strengths, growth areas, and unique worldview perspective came to be, and decide on life change goals you want to accomplish. Want to know more? Contact us at Hello@journeycoaching.org, we would love to help you in your growth Journey.