8 Keys Growth Gauge

Life Skills

- I stay aware of what's important.
- I use my time according to my highest priorities.
- I balance my activities to nourish my mind, body, spirit, and emotions.
- I make positive choices.

- I have a clear vision and solidly follow it.
- I do whatever it takes to get the job done.
- I keep my word.
- I follow through on my promises to myself and others.

- I am accountable for my actions.
- I take responsibility naturally.
- I see what needs to be done and do it.
- I own what I feel, say and do.

- I keep my goals in view and change strategies easily when necessary to reach them.
- When something isn't working, I try another way (no ego here).
- I ask for help when I need it (versus, "I'll do it myself no matter what.")
- I change if needed to reach my goal.

- I have stated beliefs and values.
- I know and understand them.
- My behavior reflects them.
- I do the right thing.

- I am focused on my goals and objectives.
- I make the most of every moment.
- I acknowledge and accept where I am, both in good times and in challenging ones.
- I focus on what's happening now.

- I speak positively with good intent (no swearing, put-downs, gossip).
- I feel safe to be honest and direct.
- I "walk my talk."
- I think before I speak and choose my words carefully.

- I am not fearful of making mistakes.
- I take time when mistakes are made to learn from them and improve my system.
- I believe that failures are opportunities for growth.
- I grow by learning from my failures.

- These questions help me reflect.
- I grew from learning my way forward.
- I expanded my knowledge and understanding for growth.
- I learned from my mistakes and moved on.
- I now know and understand more.

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Name: _______________________
Growth

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