

101 Ways to Experience Personal Growth

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There are many forms of Personal Growth available to you at all times. Below is a list of 101 different ways that you can integrate it into your life right now. Whatever your experience is, there are several ways you can take your Personal Growth to the next level.

Everything you think, feel, say and do affects you, your loved ones and the global community. The world around you will automatically transform, as you continue to positively impact your life.

Enhance your Personal Growth today. Review this list and pick the top 3 choices to implement immediately. To see the results happen in your life, you must take action and now is the best time. Support others in your life by inspiring them to do the same.

Please refer to this list often. Continue integrating these into your life by finishing one and starting another.

1. Attend live events, seminars, workshops, retreats, etc
2. Listen to live and recorded teleseminars
3. Participate in live and recorded webinars
4. Listen to audio programs/books on CD, MP3, on the Web, etc
5. Read books, special reports, newsletters, blogs, magazines, and more
6. Meditate
7. Exercise: gym, yoga, pilates, cardio, weight training, swimming, etc
8. Walk in nature or on the beach
9. Hire an expert as a coach (personal, business, physical trainer, etc)
10. Talk with a friend, loved one, colleague or a complete stranger
11. Journal
12. Visualize what you want
13. Create a vision board
14. Set and achieving goals
15. Take action on your goals and dreams
16. Be persistent in achieving your goals and dreams
17. Declare affirmations, declarations and incantations
18. Set up a mastermind group(s)
19. Get an accountability partner(s)
20. Get a mentor
21. Become a mentor
22. Coach others
23. Teach others
24. Write a book, poem, music, etc
25. Draw, paint, sculpt, sing, etc
26. Have fun
27. Manage your time (schedule what's important to you first)

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28. Learn from any situation in your life
29. Take responsibility
30. Network
31. Spend time with empowering friends
32. Do what you love to do – work, recreation, hobbies, etc
33. Smile
34. Laugh often
35. Be optimistic
36. Go to the chiropractor before there is problem
37. Relax on the beach
38. Travel
39. Speak with an elder
40. Spend time with babies and kids
41. Connect with God or your Higher Power
42. Spiritual and/or Religious rituals
43. Focus on your breath – deep diaphragm breaths
44. Apologize to someone
45. Forgive yourself and others
46. Face your fears and step out of your comfort zone
47. Educate yourself – find programs to develop skills and experience
48. Be happy
49. Focus on what you want
50. Connect and visit with loved ones
51. Discover and live from your purpose
52. Attitude of “Constant and Never Ending Improvement”
53. Model others - study people who have what you want
54. Be grateful for everything and everyone in your life
55. Write a list of everything you are grateful for
56. Watch inspirational movies, documentaries, etc
57. Surf the internet for valuable information
58. Go on a date
59. Schedule a date night with your significant companion
60. Study biographies of your role models
61. Say “I Love You” to someone
62. Have a heart to heart (deep and open) conversation with someone
63. Get a massage
64. Take a bath
65. Talk with a therapist or spiritual counselor
66. Garden
67. Call a friend or family member you haven’t spoken to in sometime
68. Create a life plan
69. Listen to music
70. Be spontaneous
71. Go to the spa

72. Feng Shui your home and office
73. Go dancing
74. Manage your finances
75. Be adventurous
76. Eat healthy
77. Buy organic food
78. Cook a meal
79. Do something that brings you joy
80. Play like you did as a child
81. Do outdoor activities – water sports, bike riding, etc.
82. Ask someone for advice
83. Create a board of advisors for your life and/or business
84. Start a business – part time or full time
85. Pray
86. Relax
87. Spend an hr/day/week without distractions (cell phones, t.v., computers, etc)
88. Just Be – be present to what is without having to do and say anything
89. Attend a networking event
90. Take a role model to lunch
91. Do something new you have never done before
92. Review circumstances from your past to discover what you've learned
93. Plan a romantic trip with your intimate partner
94. Take a drive in your car for pleasure
95. Set boundaries in your relationships and life
96. Tell others how you want to be treated
97. Identify your values and beliefs
98. Get clear on what's important to you and take a stand for it
99. Be in integrity and congruent with who you are
100. Invest in your future
101. Study history – the world and your family's