



GET GOING GET GROWING

IDEAS FOR GROWING!



- Pursue many of your passions
- Make little changes
- Do hard things
- Seek out inspiration
- Find people to follow
- Try new things
- Look to your past to see how you have grown
- Change your scenery
- Brainstorm everything you really want
- Take time to wonder
- Take time to dream
- Read about other people's lives
- Have all different kinds of conversations
- Listen to podcasts
- Spend time in nature
- Consider many areas of your life for growth:
 - Health and wellness
 - Stress management
 - Fitness
 - Nutrition
 - Finances
 - Relationships
 - Travel
 - Adventure
 - Personal growth: learning, studying, etc.

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