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Personal Growth

Personal growth is all about making a positive change in your life, whether it be internal or external. Change can be scary, tiring, frustrating, and repetitious but will ultimately benefit you in the end. Personal growth depends mostly on you changing your mindset or the way you think. This could possibly be the most difficult part because it requires you to understand who you are and why you do the things you do. “You need to ‘look in the mirror’ and specify what the baggage, habits, emotions, and environment are that are keeping you from your goals” (Taylor). A big part of personal growth is making sure that you set goals and stick to them. Your goals should be specific, objective, and time defined (Taylor). It is also helpful to have someone who will make you stick to your goals and be encouraging in your quest for change. There are of course going to be forks in the road, and things that make it difficult for you to continue. But, it is important to know how to identify them and then work around them. “This awareness isn’t as easy as it seems because all those years of obstacles has created a myopia that can limit your field of vision causing you to miss the forks when you come upon them” (Taylor). But personal growth is about looking to the future and seeing a better you. It’s time to “finally put the past behind you when most of your life you have been putting your past in front of you” (Taylor). The main things to remember during a time of change or personal growth are the Three P’s: patience, persistence and perseverance. If you can keep these in mind and stick to your goals for the future, then you have a great payoff and a positive change in the way you think, feel and behave.

Personal growth is a big factor in happiness and also has a lot to do with it. Positivity has to be a factor in following through with your change. Not only positivity within yourself but also with the people around you. This change, must originally start by changing your mindset. If you're negative then there's no way you're going to accomplish the things you want to get done. You have to be able to encourage yourself and stay motivated and there's no way to do that unless you're mentally prepared to start this change. Also, once you actually achieve the goal you wish to accomplish you will feel an immense amount of pride in yourself and in your new lifestyle. You will then have a happier, more positive you.

Personal growth relates to me because I feel like I've experienced a lot of growing in the past few years, as many teens do. I agree that it takes a positive mentality because otherwise it's very difficult to stay motivated and keep going. I really liked the point, and I think it's something everybody should keep in mind. To achieve personal growth you have to put the past behind you and allow yourself to move forward. This is something that I find myself having a hard time doing. It's a great reminder to have not only for decided personal growth but also the natural personal growth we all experience as we get older.

Taylor, Jim. "Personal Growth: Five Steps to Positive Life Change". Sussex Publishers, 30 Jan. 2012.

Web. 24 Apr. 2014