

10 Laws for Personal Growth

- 1** **Remain teachable** – fight the urge to resist learning. It's what you learn after you know it all that counts.
- 2** **Get comfortable, feeling uncomfortable.** It's ok, it won't kill you. It means you are getting stronger. Progress, not perfection.
- 3** **Write and rewrite your personal goals** and visions you want to create. Reaffirm everything you deserve, even if you don't yet really believe that you do.
- 4** **Borrow from others that appear stronger.** Act as if you are them. Try on their confidence for size until it is really who you are.
- 5** **Find a source of strength outside of yourself.** Be it religion, nature, the gym, the piano; create a never ending well to draw from.
- 6** **Use the old tapes and head trash** that lies within you as a reminder of what was, and be strong and faithful as you set your new course and rewrite your beliefs.
- 7** **Be grateful for every lesson that you receive.** Disappointment is always followed by a return to greatness. Take the lesson with grace and humility. Appreciate how far you have come and look with eagerness to who you are becoming.
- 8** **When your head tells you** not to show up, not to try or not to commit or that you are already doing that; reframe, and ask yourself, how can I do this even better? What simple adjustments could elevate my game to even higher highs?
- 9** **Stay humble.** There are many teachers all around; your coach, trainer, fellow student, boss, employee, prospect, children, parent and random encounters are all brought to you to teach you something. Your job is to discover the lesson.
- 10** **Embrace sacrifice.** Invest in yourself. Give yourself the time, you are worth the investment, even if it is hard to do, it all will bring you so much more. Open your mind to your future self. Let your dreams materialize, they always will, if you work for them.

