

# **4 actions you can take each day for growth**

**Decide to grow in life and achieve the success you desire.**

Everyone wants to live a fulfilling and great life; we all want our dreams to come true! Success will not happen overnight, but it will come to you through small constant improvements and growth. Whatever you desire for your future, starts with the action you will take right now. You have the option to remain fixed or you can choose to always be growing. Growth is hard because it pushes us to do more and be more, but it is necessary for success. If you want to live the life you desire, you must always be willing to grow and learn, and you can start right now.

**Here are 4 actions to take each day for growth.**

**Seek new information –**

There's only one way you can become better and that's to inject new knowledge and new information into your brain. You can learn from people who have accomplished what you want to achieve and follow their strategies, you can commit to reading a book a month, socialize with successful people, and attend conferences and workshops. There are so many ways you can gain new information, but one thing for sure, if you want to always be growing, you must constantly be seeking new information..

**Recognize areas you want to improve –**

If you don't improve, you will become stagnant. Commit to improving in every area of your life. You have to constantly

ask yourself, “How can I do better? What can I do differently that will make me more efficient and productive?” Research tells us we can all do 40% more than we think we can. If this is true, then there isn’t anything we can do today that cannot be improved

## **Take it slow –**

Three steps forward and two steps back will still get you where you want to go. Remember, growth isn’t about speed work, it’s just about increasing by some small measure daily. You aren’t in a race. Success is a continuum of growth and development. Think of it like being on a journey that has no end. You just keep enjoying, learning, turning, detouring, but most importantly, you just keep going. Slow growth is growth. Oh, and let’s remember the tortoise and the hare

## **Show up –**

It sounds so easy, but this is probably the hardest one. For some reason, showing up is a difficult task for most people. There is always a great excuse not to show up. However, if you want to become a successful person, you must look at how you live your life. Do you follow through with your commitments? If you decide to go for a walk, don’t let a little rain stop you. If you decided to attend an event, don’t allow something that may feel like a better option keep you from going. When you show up, there is always a pleasant surprise that you weren’t expecting, an ah-ha moment that leads to your growth.

Are you willing to do more, to commit to constant growth and development? The only way you will separate yourself from the ordinary is to do the extra, go the extra mile. Remember, you don’t have to rush it, just decide to become better one step at a time. Don’t go through life, grow through life!

## **Written by:**

Kim Martin, Founder of I’ve Decided, INC

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