

It's optional!

Welcome to this edition of your weekly winning resource all about the word growth. Some people reject growth because it is often uncomfortable, messy, and full of unexpected feelings, but growth is necessary for success. Growth is never by chance, it is the result of hard work. Success begets success, it is a continuation of growth and development. It is accomplishing one thing and building off of that to accomplish something else – That is growth! In this age of information, change is happening at an unprecedented rate, and you have to decide if you will adapt and grow. As John Maxwell said so well, “Change is inevitable, growth is optional.” Without continual growth and progress, words like improvement, achievement, and success have no meaning. Growth isn't about how fast you get there, it's just always taking that step in the right direction. Remember, three steps forward and two steps back will still get you where you want to go. At I've Decided, our purpose is to help you achieve your goals and dreams whatever they may be, and we know you must always be growing to accomplish your hearts desire.

Your Weekly Winning Word:

Growth:

The process of increasing, developing, or maturing.

Your Weekly Winning Article:

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. Check out our article for 4 actions you can take each day for growth.

[Click Here to Read](#)

Your Weekly Winning Challenge:

Take some time this week to answer these questions.

1. How far and how much have you grown in life?
 2. Do you feel extremely fulfilled right now, or do you know there is more for you to do? If there is more for you to do, take some time now to write in your success workbook & journal what that is.
 3. Do you achieve most of the goals you set for yourself, or do you find yourself starting and stopping constantly?
 4. What action can you take for growth?
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Your Weekly Winning Quote:

Whatever makes you uncomfortable is your biggest opportunity for growth. ~Bryant H. McGill

We all need people who will give us honest feedback, that's how we grow! If you haven't upgraded yet, consider our Launch My Success Membership. Included in this membership, is weekly group coaching with one of our awesome Success Partners. You can learn more about them here:

[Learn More – Success Partners](#)

Having a coach is an investment that you can expect to get a return on, it is not an expense. The time is now...What are you waiting for?

WE NEED YOUR HELP...Please help us spread the word about our awesome community. You can help us by following our I've Decided Social Media pages on Facebook, LinkedIn, Instagram, and Twitter, and please be sure you like, comment, and share our posts. The more people we can reach, the more people we can help achieve their goals and dreams. Thank you!

AUGUST
WEEK 3

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19
Kari & Kim's Weekly Consultation 2:30PM CST Live on our I've Decided Facebook Page			Community Networking & Learning (CNL) 8:30-10AM CST In person or Virtual on Zoom. Guest Speaker: Becky Rossmann
FRIDAY 20	SATURDAY 21	SUNDAY 22	NOTES:
		Weekly Winning Resource Arrives in your Email at 5:15pm CST	Remember to register for our September 11th Virtual Conference (this week)

Included in your membership are the recordings of our events. If you want to remember a key point you heard in one of our past conferences or from the last Community Networking & Learning (CNL) click here and it will direct you to our website to watch! [Past Recordings – Members Only](#)

[I've Decided Media – Our Community](#)

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