



**GROWTH** - a progression from simpler to more complex forms; the process of something becoming bigger, more developed, or of greater importance; (improvement, evolution, maturation, advancement).

**Crisis is an incredibly catalytic agent of change and potential growth. It upends the status quo and shakes our identity. How we adapt and make meaning from crisis is up to us – it's a choice to face suffering, ask hard questions, and decide who we want to be moving forward.**

### QUESTIONS TO ASK

- Why is this your priority?
- What about this resonates with you?
- Describe qualities of growth.
- When you look back on this time five years from now, how will you know you've grown?
- How can growth help guide your decision-making?
- Who or what does this priority serve? How does it help?
- Imagine yourself in a situation where you are prioritizing growth. What does that feel/sound/look like?

### INDIVIDUAL CONSIDERATIONS

Fear often holds us back from growth. Understanding our fears and knowing the ways they can paralyze us is the first part of choosing to grow. It can also be useful to identify teachers, mentors, and professionals (therapists, personal coaches, clergy) who can help guide the process of growth.

### LEADERSHIP CONSIDERATIONS

Leaders are easily trapped in settings where people stop telling them the truth. When growth is a priority, leaders seek open feedback, explore their blind spots, and welcome expert opinions.

### EXPLORING GROWTH

List ways you want to grow as a person.

Use "growth" as a mantra while you work out, in the shower, or doing dishes.

Ask three people to tell you where you have a blind spot.