

# 10 TOP GROWTH HABITS

**“All humanity is divided into 3 classes: those who are immovable, those who are movable, and those who move!”**

*—Ben Franklin*

- 1. Journal for better emotional health.** Learning experiences are preserved, and the invisible is forced into reality.
- 2. Regularly check in with an accountability partner/success partner/friend.** Make time to nourish relationships away from work.
- 3. Take time for solitude.** Go on a technology fast. The greatest breakthroughs happen when you are quiet.
- 4. Identify each family member’s “love language” and speak it.** (Quality time, physical touch, acts of service, thoughtful gifts, words of affirmation.) You will fill them up, and they, in turn, are likely to fill you up.
- 5. Practice good boundaries.** Filter each request for your time/interaction through the boundary lens. If you are strong, you can offer what you have; if you are depleted, you don’t because it might put you over the edge.
- 6. Keep trying something new.** Reinvent yourself! It will keep you out of ruts and make you more creative.
- 7. Prioritize your time according to your values.** Plug the “big rocks” in your schedule first—or you will run out of time.
- 8. Maintain a rigorous program of personal and professional development.** (Books, magazines, podcasts, seminars, conferences, on-line courses/talks)
- 9. Invest in a mentor/coach. All top performers have one.** Allow them to ask you the hard questions that can stimulate life-change.
- 10. Give back to your community.** Volunteer for a cause you are passionate about. Donate generously to those less fortunate.

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