

A woman with long, wavy hair, wearing a white dress, stands in a field of tall, golden grass. She is holding a large, woven basket or hat above her head with both hands. The background shows a vast, open landscape under a warm, golden sky, suggesting a sunset or sunrise. The image is framed by decorative shapes: a large orange shape in the top left, a pink shape on the left side, and a teal shape in the bottom right.

I Give Myself Room to Grow

glow up, gyrl

I Give Myself Room to Grow

I am a work in progress. I give myself room to learn and grow.

I try new things.

I keep an open mind and move beyond my comfort zone.

I go skydiving or write poetry. I

listen to country music instead of pop.

I replace my usual morning run with a yoga session.

I seek out challenges.

I volunteer for difficult assignments at work.

I talk about sensitive subjects with my family and friends.

I ask questions.

I gratify my curiosity.

I consult experts and small children.

I welcome feedback.

I invite colleagues and clients to let me know what they think about my performance.

I thank my loved ones for helpful reminders to pick up after myself or talk more slowly.

I use their input to make positive changes.

I teach others.

I tutor high school students and mentor newcomers in my field.

I show my grandparents how to play video games.

I read books.

I explore nonfiction titles and great literature.

I study science and history.

I take classes.

I sign up for courses at my local university and subscribe to e-learning platforms.

I make learning fun.

I visit my local library to browse for free audiobooks, movies, and events.

I travel to another country or around my neighborhood.

I practice speaking foreign languages at ethnic restaurants and grocery stores.

Today, I train my mind to think.

I add to my knowledge and skills.

I pursue my passion for learning.

Self-Reflection Questions:

1. What is one new skill that would help me to advance my career?
2. What is the difference between working hard and working smart?
3. Why is it important to adopt a growth mindset?