

# How to Know Your *Growing*

## **Give**

Growth is about giving to yourself in areas of your work and life that are important to you. It is creating and stretching into unknown territory, which activates new ideas and creativity.

## **Receive**

Growth is about receiving support, ideas, and other perspectives when it comes to implementing your desires.

## **Be Open**

Growth is being willing to live in the YES and practice being open and not resistant to change. It is also about saying NO when it serves your truth.

## **Wholeness**

Growth is what creates wholeness, healing and expansion into what is possible. What will support you in feeling whole?

## **Build Trust**

Growth is about building trust in yourself through your intuition and acting on that intuition even when it feels uncomfortable and unsure of where it will lead.

## **Stay Present**

Growth is about honoring all messages, signs and insights as direction of where you want to lead. NO MATTER WHAT.

By looking at growth from this filter, there is an opportunity to grow yourself in the direction of your dreams and desires and to strengthen more of the true you – when you do this, everyone wins!