



The Best Personal Growth Goal You Can Have

This worksheet will help you embrace the "We're #2!" mindset so that you can balance your accolades with your ego. This will enable you to focus your efforts on serving others.

Do you feel like you have to be #1 at something? What is it?

Have you achieved this level of success?

If yes, how do you feel when you think about this success? Do you feel inspired to keep growing and to serve other? Or, do you feel worried that you will lose your status and that you must protect it?

If no, is this a level of success you even want/need? Or is it a level of success you feel you must reach because society or your family/friends have put that expectation in your head?

Can you truly say that you are giving your best to this endeavor?

If yes, since you know that your best is dynamic, what's one action you can take to be sure you continue to give your best?

If no, what's one action you can take to improve and work toward giving your best to this endeavor?

Name someone who is better at this endeavor than you. It might be someone you are in competition with, or it might be someone who has achieved a success you would like to.

What skills, talents, or characteristics does this person have that have helped them become successful?

Do you possess those skills, talents, or characteristics? If so, are you fully utilizing them? If not, could you learn them? How?

How could these skills, talents, or characteristics be used to help you realize your full potential and be of service to others?

Are you a gracious loser? What can you do to become one?



Do you realize that your best is dynamic? In what ways?



Do you value staying curious? What daily habits could you form or break to help you stay curious?

