



# PERSONAL GROWTH OUTLINE

---

Personal growth is vital to maintain and keep track of, to continue to grow and see results.

1	TALENTS TO BUILD ON
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	

4	NEW SKILLS TO LEARN
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	

2	MENTAL HEALTH AWARENESS
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	

5	PERSONAL DEVELOPMENT
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	

3	MONITORING STRESS
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	

6	WORKING ON WEAKNESSES
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	

**Personal Growth Check List**