

Volume 02, Issue 16: Growth is a Process, Stick with it.

We set goals because we want to grow. We realize that we can be more than what we have become so far. It is commendable to want to grow, but we have to be committed to work it out. Personal growth takes discipline. We must discipline ourselves to do what we need to do every day to reach our potential.

A desire for self improvement begins with self discovery. I can attest to the fact that we do not remain quite what we were once we discover ourselves. We cease to be comfortable with the status quo and declare it time for business unusual. Self discovery spurs within us a hunger for growth, a love for learning and application.

Once you decide what you want and the goals you want to achieve, recognize that growth is a process and stick with it. It isn't something that you do a couple of times then set aside. It is something that you determine to pursue continually.

We succeed only in what we give attention to. The secret of achieving our goals lies in our daily preoccupation. It is pitiful how we determine to accomplish something but do very little to attain it. We can do things differently this time. What we do on a daily basis determines what we get out of life. Let's occupy ourselves with actions that are in line with what we want to achieve.

As we refine our goals and draw work plans for achieving them, let's be sure to set the standards that we will use to measure our progress as we go along 2012; because only what gets measured gets done. What level of achievement is good enough for you? If we do not measure how well we are doing against a set standard, anything will be good enough for us. We will risk settling for less than our best.

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Friday, 27 January 2012 16:17
