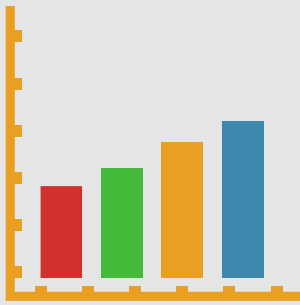


# 5 KEY TIPS

to build personal growth habits



1

## ALIGN YOUR PRIORITIES WITH YOUR VALUES AND GOALS

Make sure what you are looking to grow in is relevant and aligned with what you need and where you are going. How will it serve you and your team/business?



2

## CREATE A READING HABIT

Reading not only increases your knowledge base, it helps you learn new words, create thought leadership and actually grows your brain and memory function. Knowledge is power and sharing what you learn can evoke thought and conversation in others.



3

## ADOPT A BURSTING MINDSET

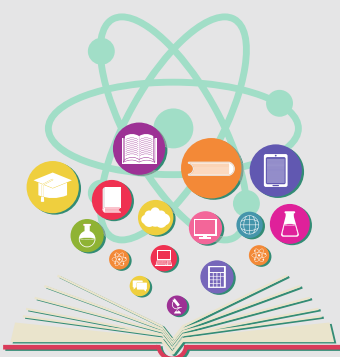
By believing you can grow and continue to improve yourself you are opening the space to be receptive. Never stop learning and educating yourself.



4

## GET A COACH OR A MENTOR

Find someone who will challenge and grow you and is honest and invested in your success. Recent ICF studies showed that 70% of the executives receiving regular formal coaching experienced improved work performance and 72% said it directly impacted their communication skills in a positive way.



5

## KNOW YOUR LEARNING STYLE

We all have a preferred learning style be it visual, hands on or by listening. Know what works for you so you can be as receptive as possible to learning. The world is your oyster when it comes to learning. Read real books, listen to Podcasts, Skype or Zoom in to webinars, attend face to face Meet ups and association events. Choose what works but make sure its relevant!



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Accelerating LIMITLESS LEADERS, teams and organisations. Energising mindset, collaboration, and culture to lift performance.

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