Growing as a Person

- *Although the desire for personal growth may stem from a sense of personal dissatisfaction, it should not lead to a belittling or rejecting our worth as a person. We need to be 'a gentle agent of change'.*
- *Realising both our strengths and weaknesses gives us a more balanced view of ourselves.*
- *Personal growth is a process and a journey. Try to derive happiness through this process.*
- *It helps to take realistic and small steps in our daily life.*
- *It is important to be on the lookout for various ways of working on the change and checking what works for you. Observe and ask others who are making or have made such changes in themselves.*
- *It helps to make consistent efforts. However, we need not get disheartened if there is a break or set back in the process. We need to accept ups and downs, as these are natural in the course of change.*
- *Acknowledging our own efforts towards personal growth and its value can help us maintain our motivation.*

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What does 'Growing as a Person' mean?

Very simply stated, personal growth is about developing as a 'person' or moving closer towards our 'best possible selves'. According to Indian philosophical thought, our best possible selves are not out there to be reached. In fact, the potentials are very much within us to realise and manifest.

Although personal growth can often happen by itself as a result of life experiences, in this leaflet we are talking about being an active agent in nurturing personal growth. This means taking an active initiative to grow i.e. to change/ modify our personal attributes or usual patterns of acting/ feeling/ thinking in line with what we understand as valuable or desired. Of course, what you might consider

desirable change is shaped by the culture as well as your own context, belief and experience.

Working on our personal growth goals is sometimes triggered when we are dissatisfied with our own ways of thinking/ feeling/ behaviour because these are not helpful and are giving rise to problems in our lives.

Personal growth is an issue of relevance not just for those who are dissatisfied with something within themselves. For some people, working on personal growth may be important simply because they find it of value in itself and their efforts give them a sense of happiness and fulfilment.

Why does Personal Growth matter?

Research in the area of positive psychology has shown that there are multiple psychological outcomes for the individual:

- Having a personal growth goal can enhance our well- being and provide us with a purpose in life and help us cope better with adversities.

- The belief that we can grow and change/modify ourselves can give a sense of hope, facilitate optimism and motivate us to make efforts to bring about the desired changes.

What can we do to work on personal growth goals?

Personal growth starts by taking small steps, keeping few things in mind:

- ➢ *Self reflection is the first step towards growing as person. Spending few minutes every day out of our busy schedule, to stop and reflect on ourselves is a good way to take stock of our lives. It helps us recognise the aspects of life which we wish to work on.*

- ➢ *We need to have good clarity on what we want to modify and why this is desired (for e.g. to be calmer, more tolerant or manage time better). Change is difficult unless we are clear, convinced and motivated.*

- ➢ *Our lives are influenced by situations/ our environment. However, believing that we do have the scope or opportunity to respond to these situations in particular ways can help us in being an active agent of change in our lives. Responding need not only be in the way we act, but can also be in the way we react emotionally and the attitude that we adopt towards a situation.*