

A Growth Challenge Example

1. I am very satisfied with my performance academically. I have been taking a hard class load and my grades are great. However, I feel that I am struggling relationally and often feel lonesome. I feel great physically, but spiritually and emotionally, I know my self esteem is low and I struggle to feel that I have worth. I would like to grow in my professionalism and learn the skills I need to get a good job.
2. I would like to grow in three main areas over the next year. A) I would like to participate in more extracurricular activities or clubs that interest me, so that I can make like-minded friends. B) I would like to feel better about myself and gain more confidence. C) In order to grow my professionalism, I would like to learn how to write a great resume and nail my interviews.

Action Steps:

1. Join intramural flag football. Primary goal: friends; secondary benefit, physical activity
2. Join cello club. Primary goal: friends; secondary benefit, creativity
3. Read one self-improvement book per quarter to help build confidence.
4. Take 2-3 personality or strengths tests to better understand and harness my uniqueness. Goal: Confidence
5. Take an online resume-writing class to learn how to write a cohesive and impressive resume. Goal: increased professionalism
6. Read *What I Wish I Knew at 18* to learn about landing job interviews communicating professionally, relationship building, and preparing for adulthood.

Assess progress quarterly.