



Providing insights which incite personal and interpersonal growth!

CONTRIBUTING

Time, Talents, Finances, Assistance, Encouragement, Material goods, Friendship, etc.
We all need opportunities to give back!
Best of all, this contributes to the necessary nourishing, growing, and connecting for ourselves and others!

CONNECTING

Home, School, Workplace, Community, Place of worship
(Context Relationships)
We need the opportunities and skills to build and maintain effective social connections!

GROWING

- Physically
- Mentally
- Emotionally
- Ethically/morally
- Financially
- Socially
- Spiritually
- Independent living skills

NOURISHING

Healthy diet, exercise, sleep, recreation, relaxation, income, inspiration, motivation, affirmation, information, supportive relationships, transportation, lodging: basic needs met

How does your tree grow? Do you have a healthy, well-balanced life, or are you concentrating your time and energy into only one or two areas? Where do you need to devote more time and energy? How will you do that?

Notice that you do not need to start by getting all of your needs met. When you are connecting and contributing, often those experiences provide the nourishment and opportunities that you need for personal growth, as well as providing what others need, which sparks interpersonal growth!



My Personal Growth

What do I need, and how will I get those needs met?
Note that needs can be from any of the four categories (nourishing, growing, connecting, and contributing), and may include people, physical or financial resources, information, etc.

Need	How I will meet it	Who will help me

Three Basic Truths:

Everyone has EXPECTATIONS for the things I do and say (This is true of parents, siblings, friends, employers, teachers, etc.)	I need to find out what people EXPECT me to do or say (Sometimes it's written, or they tell me. Sometimes I may need to ask questions)
If I can do what people expect, I will be more successful	I can keep LEARNING, even from my mistakes
Every choice has consequences. Good choices usually bring good things. Bad choices usually bring bad things.	I can try to make good choices, and show that I understand and care when I make bad choices. This is part of learning!