



G.R.O.W.[®]

Growth. Reward. Opportunity. Wealth.

FOCUS ON THE RIGHT ATTITUDE FOR YOURSELF WHICH WILL DRIVE YOU ON FOR GREAT REWARDS. YOU ARE GOING TO GROW.

Introduction

This is a simple menu style that you can read and relate to and then you can link to to the appropriate PowerBook.

I have built up my business over many years and rather than just talk about successes and how wonderful it all was, I am sharing in the form of reflective menu style pocket sized reader, a sample of what I feel is appropriate and honest to overcome some challenges in your career.

Predominantly Grow is about motivation, transformation and mentoring how to be successful and the Powerbooks will target this.

However, in the field of self-help and great motivational experts, too often the messages seem to be awash with everything is fantastic and simple practices will make you very successful.

Let us understand and overcome the challenges before we achieve the success.

You are going to grow!

The Challenge

Business and life can be challenging to say least, particularly at certain times of a year or certain times in your life.

The Wrong Mindset

I have often been in situations whereby I suppose deep down I thought they were out of my league or that certain business would come my way and it didn't happen and what is worse, it took a lot of my time and effort. I have felt very disheartened over these events and the only I got through them was by stating myself that these are feedback moments otherwise I think I would have become bitter on my dealings with people that led me up a garden path.

The Natural Mindset

We all are gifted, and we are born with incredible skills and talents. Sometimes I am amazed at the skills of human beings and when they are put to work in a constructive manner, we can thrive. This is our natural mindset and I believe you know what I mean as you feel it when you do your job or pull together a project or even manage a sports team. This is your unique talent, and it is yours. Even if you haven't yet fully discovered it, you will.

The Negative Carousel

The problem with negativity is that it seems to spur you with other negative thoughts and sometimes you seem to be left on the carousel without being able to step off it. This can happen if you have many negative events in a row. This creates a zone of negativity.

Detox Certain Relationships

Without a doubt, there are some very toxic people in this world, be it their actions, emotions or hidden agenda that is just hard to understand. These relations be they business or personal need to be eliminated as soon as possible. Whatever you think, be it a great business deal or earning good money or future venture that promises great rewards, if the relationship is toxic, you need to detox your side of it. Some people want to continue toxic relationships, but you must get rid of them to Grow.

Jump out of your own trap.

If you are in a negative run of events, whereby you have been mentally drained by a series of let downs or challenging events, you are most likely in a zone that is not good for you mentally. This meant you think that you have created this, but most likely others have, and you have allowed them to put you in this place/zone. So, jump out of it mentally and begin to change your mindset now.

Reflection

As we know there are times when business, your career or even your personal life are challenging, and you may have experienced this or be experiencing it now. If this is the case, you need to take time out to reflect on what has happened and your reaction to it. This is whereby you must accept some responsibility yourself for allowing it to happen and take it seriously. However, one way to do understand why something has happened and to think out how you should react is the following

Take a few hours out and head got your favourite nature place, switch off and let your mind provide you with answers and do not force them.

Set goals and read self-help books.

Believe it or not, setting goals is wonderful and the more you write them out, the clearer they become. One to look at is Brian Treacy, who is a Canadian guru on success and mindset change.

Remember the Clock of Time will kill your dreams.

Procrastination is a killer of goals and objectives and one you must avoid constantly. The Clock of Time ticks away our lives and we don't see too easily. You must avoid as much as possible and do the tasks and jobs that move you closer to your goals. Remember doing tasks that are uncomfortable can quickly become second nature and habitual, so by doing this you will become much more efficient.

Develop your own plan

You need to write down and set out your own plan, be in a career, financial, business, or personal capacity. Setting out your plan will help you understand what you need to do and the challenges you need to overcome to achieve your goals.

Conclusion

I believe we all have a journey to complete in our lives and careers. And yes, the journey can be rocky, however G.R.O.W. was developed to help you understand the challenges and how to overcome them and succeed.

Best of luck with G.R.O.W.



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