

5 Agile Growth Habits

A Self-Coaching Guide to Navigate Change with Confidence

People by Design

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Agility Starts with You

Agility starts with you. Whether you're leading a team, navigating your career, or handling personal change, these 5 habits help you build resilience, clarity, and momentum.

This guide turns them into simple self-coaching tools:

- Ask yourself these questions.
- Try one micro-practice this week.
- Reflect on what shifts.

Use it solo, then level up with coaching for personalized support. Let's grow with purpose.

Habit 1: Facing New Challenges With Curiosity

Why it matters to you: New challenges test your adaptability. Curiosity helps you shift from overwhelm to opportunity, one small insight at a time.

Self-coaching questions:

- What's one thing I'm excited about in this new situation?
- What's one thing I'm unsure about, and what might I be assuming?
- What if we tried it a different way? (Challenge one "we always do it this way.")

Micro-practice this week: When something unexpected arises, pause and ask: "What's one thing I can influence right now?" Journal your answer.

Quick reflection:

What I noticed: _____

What I learned: _____

Next experiment: _____

Habit 2: Solving Problems with Action

Why it matters to you: Stuck problems drain energy. Small steps build momentum and confidence in your ability to move forward.

Self-coaching questions:

- What have I tried so far, and what worked even a little?
- What's one small step I could take right now?
- Who might have a fresh perspective I haven't asked?

Micro-practice this week: Pick one nagging problem. List 3 tiny actions (under 5 minutes each). Do one today.

Quick reflection:

What I noticed: _____

What I learned: _____

Next experiment: _____

Habit 3: Growing Skills with Intention

Why it matters to you: Intentional growth turns aspirations into strengths, boosting your career and well-being over time.

Self-coaching questions:

- What's one skill I'd like to develop this quarter?
- What support do I need to practice it (time, resources, accountability)?
- How will this skill help me show up more confidently?

Micro-practice this week: Spend 10 minutes daily on your skill (e.g., read one article, practice one technique). Track it.

What's one skill you'd like to develop this quarter?"

Quick reflection:

What I noticed: _____

What I learned: _____

Next experiment: _____

Habit 4: Reflecting for Real Progress

Why it matters to you: Reflection turns experience into wisdom, helping you repeat wins and tweak misses without self-judgment.

Self-coaching questions:

- What's one thing that went well this week, and why?
- What's one thing I'd do differently next time?
- What feedback did I get (or notice) from others or myself?

Micro-practice this week: End each day with 2 minutes: one win, one tweak. Note it in your phone.

Quick reflection:

What I noticed: _____

What I learned: _____

Next experiment: _____

Habit 5: Fueling Motivation & Well-being

Why it matters to you: Energy sustains growth. Tuning into what energizes you prevents burnout and keeps you aligned with purpose.

Self-coaching questions:

- What's energizing me right now (big or small)?
- How can I create more of that this week?
- What support do I need to recharge and stay resilient?

Micro-practice this week: Schedule one 15-minute "energy boost" (walk, call a friend, hobby). Protect it like a meeting.

Quick reflection:

What I noticed: _____

What I learned: _____

Next experiment: _____

Weekly Reflection Template

Track your agility weekly. Rate each habit 1-5 (1=not at all, 5=nailed it).

Habit	This Week's Rating	One Win	One Tweak
1. Facing New Challenges			
2. Solving Problems			
3. Growing Skills			
4. Reflecting			
5. Fueling Motivation			

Overall: What's my biggest insight this week?

Next week's focus:

Next Steps: Level Up with Coaching

These habits work solo, but coaching accelerates real, lasting change.

Is coaching right for you?

- You're navigating change or uncertainty at work/life.
- You want habits that stick beyond quick fixes.
- You're ready for clarity, confidence, and authentic growth.

How it works with me: One-on-one or group sessions blend these habits with your story. We design experiments, track wins, and build resilience. Individual sessions and packages available.

Ready to start? Book a free 30-minute discovery call.

- Email: info@pplbydesign.com
- Book here: [🌐 People by Design](#)
- LinkedIn: [Connect with Melissa Montgomery](#)

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