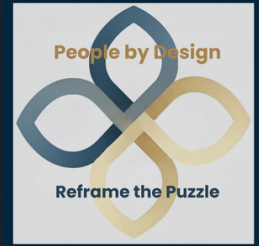




5 PHASES OF GROWTH

Reflection Guide



Inspire People. Ignite Culture. Transform Lives.

PHASE 1: GROUND

I'm establishing honest self-awareness. I'm learning what's solid beneath the performance.



PHASE 2: SEE

I'm facing reality clearly, but it feels uncomfortable. I see what needs to change.



PHASE 3: CHOOSE

I'm making intentional decisions about my future direction.



PHASE 4: BUILD

I'm developing real skills and confidence based on what I've seen.



PHASE 5: SUSTAIN

I have rhythms and relationships supporting long-term growth.

My current phase: _____

What do you see?

If Ground: What foundation am I standing on? What feels shaky?

If See: What reality am I avoiding?

If Choose: What futures decision aligns with my values?

If Build: What one skill bridges what I see and who I want to be?

If Sustain: What rhythms keep this momentum going?

You cannot lead people to a place of honesty you haven't been willing to go yourself.

With whom: _____

What I'll say: _____

CURRENT GOAL
A Measurable Target

FUTURES VISION
A Designed Direction With Meaning

NEXT PHASE ACTION PLAN

Specific Action: _____ **By When:** _____ **Accountability:** _____

Vulnerability Isn't Weakness. It's The Door.

Strategic Consulting | Workshops | Coaching | Inspirational Speaking

