



ARE YOU GROWING WITH PURPOSE? – by Marney W. DeFoore, LCSW-S

Important questions to consider:

YESTERDAY

- Have you made peace with your past? If not, what is the plan to do so?

TODAY

- As time passes, are you coming to know and love yourself more?
- Do you know where you are in life today? Are you happy with your answer here? If not, what is the plan in this area?
- Are you enjoying fulfilling and rewarding relationships?
- Are you experiencing new and challenging learning opportunities?
- Do you live daily with the following qualities of life?
 - Love & Forgiveness
 - Growth & Change
 - Appreciation & Gratitude
 - Abundance & Reward
 - Excitement & Enthusiasm

TOMORROW

- Do you know where you want to be in two, five, or ten years? If so, do you have a plan to get there? Are you measuring your progress in this area? If so, are you progressing? If not, do you know why?

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