



Thank you for showing interest in my *Growth Plan*. It is something I value and would like to help you grow.

As you may know having a plan is only one thing. You can have the clearest well-structured plan, the best graphics and most colorful design, but if you do not put it into action and implement it, it will simply remain a plan.

Not only will I share my *3 step Growth Plan* with you, but I will also be here to assist you, via email, along the way in the design and implementation of your plan.

So, if you are ready, here we go!

When it comes to growth and continual growth, I have a simple 3 step process. Process means “*a series of actions or steps taken in order to achieve a particular end*”.

This is important to remember as we break down the Growth Plan Process.

I continually use these 3 simple to follow steps to keep me growing:

1. Focus
2. Expand
3. Fulfillment

Let's look at each one of them and break them down.

### **1. Focus**

*“The only reason people fail is because of broken focus” – Mike Murdock*

What do you focus on? What has your undivided attention?

At this first step there is one thing that has most of my attention and it's my vision. I am sold out to that. I do not give many things focus if it doesn't line up with my vision.

What is your vision for your life? What would you like to do, achieve or leave behind in this world?

I would encourage you to take some time now and write down your vision. Even if you have one. Is it written down? Do you see it continually?

If you don't know what your vision is or what you want to do, find someone that has a vision and support them like it's your own until you get to know what it is you want to do.

## **2. Expand**

The second step in my Growth Plan, once I have the vision clear and written out, is to start to expand myself to become the person worthy of achieving and accomplishing that vision.

Expanding means 3 things for me. *Increase yourself, extend your influences and develop a strategy to maintain.*

In my first blog I spoke a fair deal about the aspect of how to expand yourself.

“You might feel you have stagnated in your personal growth. Unless you are tracking your progress, you will never really know how you are progressing. There is nothing wrong in realizing, Hey! I'm behind, I haven't grown, I'm stagnating. The problem is when you know that and do nothing about it in order to change.”

How do you track your progress and growth? Do you need help with tracking your growth?

I have found one of the best ways to help with tracking my growth and it is through having someone holding me accountable. It helps a great deal when someone is involved and aware of your growth.

## **3. Fulfillment**

What do you do that brings fulfillment to your life?

People sometimes laugh when I share with them regarding this point because there are some random silly things that I do that gives me a sense of fulfillment and achievement that helps put me in a better state of mind that contributes back to me focusing on the vision and growing.

- Working in the garden, and I mean working. From digging holes, planting, pruning, watering, looking for earth worms and sitting at admiring all the roses and palm trees. After a long day in the garden I'm recharged and energized.
- Playing golf, some people will say that is too much of a stressful time, but I really relax on the course. I enjoy being outdoors and I see it more as a day out rather than an intense round of golf.
- Working out in the gym. I'm not an extremist but I enjoy a good workout that gets the heart pumping and blood flowing.

- Helping people in need. I'm involved in a community upliftment project where we help people establish self-sustainable vegetable gardens to feed them and their families and start small business if they so please.

These are a few things I thought I share with you, it's not always just about reaching the goals and doing more. I truly believe in order to grow you need to take time, smell the roses and do things that gives your fulfillment outside of your work, career or business.

Hope this helps you. Remember I am here to assist you if you get stuck along the way. Let me know where you need help.

*Christo Pretorius*