

## Q12 At this point in your life, what would you like to change in your life and where would you start?

Answered: 390 Skipped: 236

#	RESPONSES	DATE
1	<b>Ages 21-29</b> <b>Male</b> <b>Social</b> Take better care of my income and start saving.	10/2/2018 10:04 AM
2	<b>Ages 50-59</b> <b>Male</b> <b>Quora</b> I wish I could find some way in being more active, like sessions of water aerobics, massage, walking, etc but being quite difficult doing this at this time , of current summer hot weather.	9/25/2018 3:32 PM
3	<b>Ages 21-29</b> <b>Female</b> <b>Quora</b> I would like to become a little more fit — not to be the person who brags about their lifestyle, but because I feel just a little overweight for my body and would like to lose a few pounds, nothing major. I'd start by slowly adapting my physical therapy exercises into a heavier workout, primarily focusing on the core, as those muscles have always given me issues. I already eat quite healthily, as I am allergic to gluten and corn, so getting more exercise in moderation would be good for me.	9/25/2018 3:28 PM
4	<b>Ages 50-59</b> <b>Male</b> <b>Quora</b> As humans, we have been bestowed with the trait of discrimination - what to do and what not to do which no other creation is endowed with. This special characteristic makes us special to introspect when we are faced with precarious situation - whether to take one action or the other. Our success or failure of our Karma depends partly on us and partly on the other factors such as destiny and the graces of our Creator. i would like the following things to change in my life for ensuring that I spend my remaining part of my life feeling satiety and I will start from the place I am presently:- Keep away from negativity to traverse in life. These negative traits are greed for more, lust, jealousy, etc. Remain positive and self assured while dealing any adverse situation. Be compassionate to others. Keep myself spiritually inclined; belief in my Creator that He would always remain with me. Take care that no touch of egocentric tendency influences me. Have belief that the God will come to my succour whenever required. Belief that giving gives joy will remain etched in my psyche. Be prepared for the worst situation. Remain a student up to my death. I will endeavour to not to uplift myself at the cost of others.	9/25/2018 3:26 PM
5	<b>Reddit</b> Gotta lose 20 pounds that have accumulated rapidly this winter. Just downloaded MyfitnessPal and am on day one of calorie counting.	9/25/2018 12:21 PM
6	<b>Age 17 or younger</b> <b>Female</b> <b>Interview</b> I'd like to focus more on my education instead of slacking off. Stop skipping. Probably start with my family. I distance myself from them. So...yeah. (I would be more involved in my family life. Talk to them more. Communicate with them.)	9/25/2018 11:38 AM
7	<b>Age 17 or younger</b> <b>Female</b> <b>Interview</b> The summer before high school started. Oh, ahaha. Like, what, like, category? Umm... My family life. I would change on how I understand them.	9/25/2018 11:34 AM
8	<b>Ages 21-29</b> <b>Female</b> <b>Interview</b> Um. I would like to change... Hm... This is kind of like a hard question because right now like I'm already kind of changing things and where I'm at. Like I'm already in the process of changing like having a lifestyle of having both time and money. I think that's one thing that I would like to change is having more time on my hands and money at the same time to create that ongoing asset. And so, that's one thing that I'd like to change, and I think I'm already in the process of changing that. And maybe personally like just changing how often I spend time with my family and, like, changing my routine like getting in the habit of those habits that I want to create in order to have that success that I want. Habits is a big thing.	9/25/2018 11:30 AM
9	<b>Ages 30-39</b> <b>Interview</b> <b>Male</b> Umm... What would I like to change in my life? I'd like to start a new company. My last one was successful, but my partner didn't really apply himself as much as I did. So, I would feel like I could have done it on my own. So, I wanna do it on my own instead of having a partner. So, that's my next thing I wanna do. I really gotta just—just gotta do it. Just apply time, and more resources, and money, and I gotta have that LLC. I just have to start applying for the licensing, and leasing, and still looking at office space I guess. Haha. Ahhh. Yeah, I don't know. 2018 is my—yeah, I gotta get it done this year though. Ha.	9/25/2018 11:28 AM

## Starting a Personal Growth Journey Survey

10	<b>Ages 21-29</b> <b>Female</b> <b>Interview</b>	What would I like to change? I would like to change my availability. I like that I work a lot, but I wish I had more time to spend with my friends, my family. I live really far away from my family so I wish my jobs allowed me to just be more involved with my friends and family as much as I'd like to.	9/25/2018 11:25 AM
11	<b>Age 17 or younger</b> <b>Female</b> <b>Interview</b>	Can you say that again? Hah. Like, can you explain that to me in a different way? Hah. Like, I don't know. Like, in another way. Like, explain another way. I don't know. To choose, like, the right friends. Choose the proper friends. How I, like, react to things. Like how—sometimes how I react. (So, be more proactive and less reactive.) Yeah. Like, start anywhere? Um. Like, something that I like. Like, start doing something that I want. Like, what I really want. (Pursuing a passion.) Yeah.	9/25/2018 11:23 AM
12	<b>Ages 21-29</b> <b>Interview</b> <b>Male</b>	Oh man, I wouldn't change anything. I love where I am. I love who I am. I'm happy. I wouldn't change anything.	9/25/2018 11:21 AM
13	<b>Age 17 or younger</b> <b>Female</b> <b>Interview</b>	With my friends. :D Choosing my friends. :D (I would get new friends, and work on my friendships with them) Both. (So, the people I surround myself with. That's how I'd change my life.) Yeah. I'd probably start with the way I treat people or something like that. Like, make sure I treat them good. Or how I would want to be treated. And yeah. :) Um. Probably the way I think. (Change my mindset.) Mhm. My thoughts. (So, how I talk to myself and how I think about other things.) Both.	9/25/2018 11:18 AM
14	<b>Ages 21-29</b> <b>Interview</b> <b>Male</b>	Where would I begin? Eleven. The age eleven. Myself? Um. I would change like my temper. My feelings. Like I hide my feelings until I feel comfortable with a person. (I would be more outspoken with my feelings. I would show my feelings more to other people.) (I would consider myself) Very emotional. Everybody knows that.	9/25/2018 11:15 AM
15	<b>Ages 40-49</b> <b>Female</b> <b>Interview</b>	Change my life? I don't want to change my life right now. I'm happy right now. If I have to change em... I don't know. It's kinda hard to... There's a lot of things in life you want to change... Hmm... Hm. I will... I don't know. Definitely, like work out. Health is very important. If you don't have health, you can no go nowhere. Be patient in life. Patience. Yeah. And then, try to be, somehow, successful in life.	9/25/2018 11:10 AM
16	<b>Ages 40-49</b> <b>Interview</b> <b>Male</b>	Uh... At this point in my life, what would I like to change in my life? Um... Uh... You know... I made a mistake with my previous relationship. Where would I start is with what I'm trying to do right now. Literally just leave everything behind and move to another state. Because in my mind, I'm just—when I say I'm going to start all over, I'm starting all over. And that means relocating and just meet somebody like I did and just start my whole life all over again. And hopefully, I'm blessed the second time around like I was the first time. Meaning, you know, I've always been really really well, like financially and stuff, but again, it's through a lot of hard work that I had put myself in at situations. So, that's really where I would start at this point in my life. And it's—I'm already doing it. I just got here, and it's hard, you know. Cuz this is new to me, you know. I have family here, trying to find out a place where I'm gonna live and move and just. I just don't know where I want to live, in fact, I came over here now. And I was telling Aubrey, "This is really nice around here. Maybe I'll be a neighbor or something." Haha. But you know, yeah so, you know, so yeah. So, that's it.	9/25/2018 11:05 AM
17	<b>Ages 30-39</b> <b>Interview</b> <b>Male</b>	At this point in my life, I think I'd like to change... Some of my behaviors that have become patterns. You know, in life, we always fall into patterns that end up sticking with us for a while. And sometimes they're not always benefiting us the best as they could. So, I would do some changes in how much I sleep. I would want to sleep more. I would probably change some of the time I spend on certain things like games or things that aren't really attributing to my success and being happy. Even though in those moments I'm happy playing my game, there's other things I could be doing. You know, in economics—which I'm a pre-economics major—we learn that there's a term called opportunity cost. Sometimes the opportunity cost in playing games is not really valuable, you know? But how about you take that opportunity to do continued education or spend time on research for something that's going to help you close a deal or... Opportunity cost. And stay on course. Stay focused with what your goal is and don't let outside forces pull you away. Cuz there's gonna be a lot. There's gonna be friends and family and events and things that are easy to say yes to sometimes. And maybe it's more important to stay focused on studying for, you know, the next test or studying for the next exam or whatever it is that you're working on with work or school that is going to, you know, take you to the next level and help you get to where you need to be, you know.	9/25/2018 11:01 AM

## Starting a Personal Growth Journey Survey

---

18	<b>Ages 21-29</b> <b>Interview</b> <b>Male</b> Think about this one...If I can change... If I can change something? Where would I start... Hm. Well, to be honest, I wouldn't want to change anything in my life because I think I'm a firm believer if everything happens for a reason. You know, if it's good or bad and it makes you who you are in the present time. So, you know, I don't... To me, going back and changing something is having regrets and I don't really have regrets in life. Oh, changing now like... I don't know, that's a hard question. So, okay if I could change something about myself, it would be—to not overthink everything and kind of just let things happen and, you know, be patient. I think that's something I would change about myself right now, definitely. It has to do with perfectionism, as well as just, you know, worrisome, anxiety. Yeah, I think overthinking can stem off from a lot of different things and can either hinder you or can, you know, propel you in the way you want to go. It's just—it's almost like a power. You have to kind of use it responsibly. That's how I look at it.	9/25/2018 10:57 AM
19	<b>Ages 50-59</b> <b>Interview</b> <b>Male</b> Uh... I think that's an open-ended question. I don't think it's whether I decide or not. I think everybody, me personally, I'm always working on myself. So it just depends on what's gnawing at me. Like if it's, you know, if I'm feeling a little bit out of shape, or I feel like I could be contributing more to, you know, financial success. Or I should be doing more to help people around me. Or am, you know, am I ultimately happy with what I'm doing, you know? Like, am I growing? In that respect. If I wanted to change my life, I would begin... That's a difficult question. I think I would, looking back at my age, I would begin to have done things sooner that I know that I should have done sooner. I think the trajectory in which I am right now, I would have been far greater, far further ahead. The things that I knew back then that I just really didn't apply myself to. Taking full advantage of that knowledge. So I was always—Yeah, taking action. Just delaying the inevitable. You know, trying to cheat in certain ways like, for example, taking shortcuts, you know, just rather than just doing it with diligence. And following through and doing the hard work necessary. I would start with what is the end goal and work backwards from there. In other words, if I wanted to say, achieve a certain level of fitness or have a certain amount of financial success or me to get into a new relationship. I would say what am I ultimately really looking for? And then I would work backwards from there, what it would take, and then figure out, you know, what steps I would have to take to achieve that.	9/25/2018 10:46 AM
20	<b>Ages 30-39</b> <b>Interview</b> <b>Male</b> Uh... What's it... Hmm... Hmm... I mean... If I wanted to improve myself, I guess I would have to start by figuring out where I could improve my life. As far as being happier in my life and find out exactly what that would entail. I think the area I would focus on in my life, personally, is procrastination. Yeah. Trying to overcome my procrastination. And doing the things that I keep saying I'm going to do. Taking action. Where would I begin... As far as research or just personally? I would probably do some research online. Do some research on trying to find a way that I can do it myself and if I couldn't do it myself then do some more research on finding out how I can do it by either just reading or, you know, online or taking some classes. Find out how or who I should speak to in order to do that. Or finding a life coach. A life coach. Talking to a pro. Yeah. Psychiatrist really. Education.	9/25/2018 10:43 AM
21	<b>Ages 18-20</b> <b>Female</b> <b>Interview</b> If I wanna change my life? Wow, that's deep! Um... Can I ask you a question? Like what do you mean by change my life? Change in what aspect? The thing is with that I think that when you think of... it sounds like such a deep question where you think it needs to be something drastic. But I believe to change your life drastically it starts with small steps that compound over time, that create habits. And, you know, it's like a compound effect, you know? It's just a slight edge that just takes you just tchoo, tchoo, tchoo, tchoo. Like it's like a smooth road and then all of a sudden you're just on the mountain. Drastically changing your life due to your small habits, small changes, you know.	9/25/2018 10:32 AM
22	<b>Ages 21-29</b> <b>Female</b> <b>Interview</b> What I'm gonna change right now. Hah. I am currently pursuing my helicopter pilot's license. And that takes a lot of dedication and just a lot of hard work. Cuz it's like, it's one of those things we have to prepare for. And the test is all like visual, audible. Like it's not something you can write down on paper. It's something where you have to be coherent and stabilize, and you have to be focused to work a machinery such as a helicopter that always wants to pull right and like, "No, come on." You have to be confident and take control of it. So that is a huge, I guess, drift in my life right now that I am working towards. And I gotta find another job that will just, you know, keep an income, extra income going while I'm going to school and do that and. So that's a huge change.	9/25/2018 10:29 AM

---

## Starting a Personal Growth Journey Survey

23	Ages 30-39 Interview Male	That's a good question. Haha. Um... I guess I wish I had more time for music. Because I'm artistic overall. And part of what I do is, you know, in the future I had hoped, I would hope that my businesses would run a little bit more on their own that way I'd have more time to write music. I don't care to be famous or anything. It's just a hobby, and it's just fun to do. And then for my... I guess one thing I wish I would change is heh I wish I was a little ballsy in my partnership with my other company that's getting off the ground because some decisions were made that I was just like, "Ah, whatever. We'll do it." Ya know? Which if it were me looking back, I probably would've put my foot down a little bit more with this partnership and been like, "Uh, you don't have as much experience trying to do what we're trying to do here." Kind of, "Listen to what I'm," you know, "saying, so..." I think, and it's kind of tough when it's a partnership with a friend. So, I guess just be more direct, I guess, in those business partnerships, I'd probably change. My life... I don't know if I'd really change anything right now as far—if I was to go back. I mean... it's really tough to see mistakes in hindsight, I guess, especially when you work for yourself because, you know, I mean I'm a different animal. I mean, I'm fine staying home and working and other people can't. You know, I'm fine turning on the music and just doing my to-do list. And I'm, you know, I'm happy. I'm, you know, doing my own thing. So, I don't know if I'd totally change anything about that.	9/25/2018 10:26 AM
24	Ages 50-59 Interview Male	Hm. Haha. Someone get Doc Brown and bring in that... The DeLorean time machine. That would answer all—that would solve all my problems. Haha. Just get in a time machine and go back 20 years. With what I know today. Certainly. Yeah. But we know that can't happen.	9/25/2018 10:19 AM
25	Ages 21-29 Interview Male	As in going back in time? Where would I begin. It would be... I don't know. I think it would... I don't know. I actually um... I would first go by changing my occupation because right now, I'm a teacher. I'm a first-year teacher. And I thought I was gonna be a teacher for a couple years. But then recently came across a new passion of mine that made me realize I have to actually quit my job. So I'm going to quit my job. But that is more of a response where it's already predetermined. So you're probably looking for a response where I actually do need like, you know, personal surgery, not medically. But and that would be... Hmm... So, for many, like, I don't know, my entirety of my twenties, I've always, like, been enamored with the larger picture. And in pursuit of that, as in like wanting to accomplish big and great things, I've always missed out on the little things. And I think that... I think if I was to reinvent myself or if I was to do something very different or start living differently. That's what you're asking. I would start appreciating the little things in life more. I think for me like my journey really begins from there. And so, part of me wanted to teach in the first place, earlier this—or within the last year as a high school teacher, was essentially like to be like I don't know like a proverbial like stop and smell the roses kind of thing. Yeah and so I, you know, I think if I start doing that, I think that would change a lot of things. Because so much of what I do every day because I trade for a living. Before that, I worked for a global macro hedge fund. Everything's about the big picture, the larger picture. What is the larger moving pieces? And it's so easy to just forget like the small pieces. But then the funny thing is it's the small pieces that become the larger piece, right? As in they amount to larger things. And so sometimes you just forget that. Yeah. And so I wanna, like, if I was to... One thing that I really wanna work on that has helped definitely by being a teacher was, you know, doing just that. Yeah, so I wanna appreciate the little things a lot more. I guess I would like to be healthier too. But yeah, I would like to be healthier. Because I guess life is a long game. And, you know, like I thought—I thought I would by this age would have a kid by now. But I don't, right. And a kid would definitely come a little later now. As I said earlier, like hopefully within three years or something. But I say this as if it could be all planned out. Haha. It can't, right? It can't. And but um... Because... In order for me to enjoy someone or enjoy all the love, all the amazing things that would come from it, right, I want to be able to do it for a very long time. For that reason, I want to be healthier. Like I go to the gym, like, I'm pretty healthy, yeah. Yeah, I am healthy; however, I want to take even more precautions. Physical health, yeah. Eating healthy. I want to eat healthier. Yeah. Much healthier, yeah. Yeah, start juicing. I'm just kidding. I want to cook more. I want to cook more. And I wish there was an easier way for me to prep that. Yeah. So achieving the balance, I guess. So hopefully, in the next three months or so, I'll be able to find that balance a lot more because I'll be winding down my teaching aspect of my life. Then I'll be moving onto my new passion project, and that will give me a lot more time. So yeah. Although I feel like I did pretty fine for 29. I rarely get 29. You know that, Cali?	9/25/2018 10:16 AM
26	Ages 40-49 Benchmark Male	Nothing	8/18/2018 3:47 PM
27	Ages 30-39 Benchmark Male	I would move to the beach and open a restaurant	8/12/2018 8:47 PM
28	Age 17 or younger Benchmark Male	Be a singer	8/12/2018 8:46 PM
29	Ages 18-20 Benchmark Male	Wife	8/12/2018 8:44 PM

## Starting a Personal Growth Journey Survey

30	Ages 30-39	Benchmark	Male	Leave my 9-5 job. I'm trying to start an online business that has the ability to make significantly more money with less time spent per day.	8/12/2018 8:43 PM
31	Ages 30-39	Benchmark	Male	I wouldn't change a thing	8/12/2018 8:43 PM
32	Ages 21-29	Benchmark	Male	Better time manager. Start with schedule.	8/12/2018 8:40 PM
33	Ages 40-49	Benchmark	Male	I'd like to have had kids ten years earlier! I'd also like to reclaim some semblance of independence from my children, define myself outside of them as well as with them.	8/12/2018 8:39 PM
34	Ages 21-29	Benchmark	Male	Nothing	8/12/2018 8:38 PM
35	Ages 40-49	Benchmark	Male	Go to counseling for homosexuality	8/12/2018 8:37 PM
36	Ages 21-29	Benchmark	Male	Trying harder	8/12/2018 8:36 PM
37	Ages 18-20	Benchmark	Male	I'm star at students college	8/12/2018 8:35 PM
38	Ages 21-29	Benchmark	Male	I would not change nothing in my life right now because this is how God wanted it to be for me	8/12/2018 8:34 PM
39	Ages 21-29	Benchmark	Male	Get a girlfriend and settle down, look on dating sites	8/12/2018 8:33 PM
40	Ages 21-29	Benchmark	Male	I would change my health at a younger age I never took care of myself.	8/12/2018 8:32 PM
41	Ages 21-29	Benchmark	Male	Have my own business some day	8/12/2018 8:31 PM
42	Ages 30-39	Benchmark	Male	Be more financially responsible	8/12/2018 8:29 PM
43	Ages 21-29	Benchmark	Male	I would like to have a better job and i would have went to school earlier	8/12/2018 8:29 PM
44	Ages 18-20	Benchmark	Male	Nothing	8/12/2018 8:27 PM
45	Ages 21-29	Benchmark	Male	Getting more education in knoxville	8/12/2018 8:26 PM
46	Ages 40-49	Benchmark	Male	Being single and find a date	8/12/2018 8:25 PM
47	Ages 30-39	Benchmark	Male	not drinking	8/12/2018 8:24 PM
48	Ages 18-20	Benchmark	Male	I want to change my financial status, and I can start by getting a job and actually do something with my life.	8/12/2018 8:24 PM
49	Ages 30-39	Benchmark	Male	nothing I am happy	8/12/2018 8:22 PM
50	Ages 30-39	Benchmark	Male	Would like more work stability - currently consulting but seeking a meaningful career home. I have started by broadening my job search, applying to "stretch" roles and getting more creative with the types of roles I'm seeking.	8/12/2018 8:21 PM
51	Ages 40-49	Benchmark	Male	My home	8/12/2018 8:20 PM
52	Ages 18-20	Benchmark	Male	Change my confidence I would start by being myself	8/12/2018 8:19 PM
53	Ages 21-29	Benchmark	Male	Better job	8/12/2018 8:18 PM
54	Ages 21-29	Benchmark	Male	Occupation	8/12/2018 8:17 PM
55	Ages 21-29	Benchmark	Male	I'd like to finish school	8/12/2018 8:16 PM
56	Ages 40-49	Benchmark	Male	I would like to retire.	8/12/2018 8:14 PM
57	Ages 30-39	Benchmark	Male	I would like to change my career and start to study	8/12/2018 8:14 PM
58	Ages 30-39	Benchmark	Male	Become a better father. And I would start by taking a good hard long look and decisions I've made and being honest with myself about what's truly important to me and be willing to make sacrifices and stop using excuses as a crutch not take care of my responsibilities	8/12/2018 8:12 PM
59	Ages 40-49	Benchmark	Male	Kids	8/12/2018 8:10 PM
60	Ages 30-39	Benchmark	Male	I guess it would be prosperity with dignity mixed in with integrity that makes me emotionally healthy, and it would be the creation of consistency.	8/12/2018 8:08 PM
61	Ages 30-39	Benchmark	Male	My reading habits. In the last year I've started getting up an hour earlier (530am) so I can read for an hour every day.	8/12/2018 8:07 PM

## Starting a Personal Growth Journey Survey

62	Ages 30-39	Benchmark	Male	Change nothing	8/12/2018 8:04 PM
63	Ages 40-49	Benchmark	Male	I have a tendency to take on big projects and I'm starting to become very aware of the fact that I could die tomorrow, leaving behind a big mess for my wife to deal with; my biggest change would be to wrap up some of my current projects and get it to where I start tackling only smaller projects that can be completed in relatively short time frames so that I don't potentially leave my wife with a lot of partially completed projects when I die. For example, a house partially renovated, vehicles partially restored, etc - get those things finished and only take on something new once my current items are complete.	8/12/2018 7:47 PM
64	Ages 18-20	Benchmark	Male	My financial situation. Going back to school	8/12/2018 7:44 PM
65	Ages 21-29	Benchmark	Male	I would like to make a change in my field of work. I would like to open my own saw mill and do what I love, I would start by getting all necessary permits and license to get to work.	8/12/2018 7:39 PM
66	Ages 30-39	Benchmark	Male	Mindset, reading more	8/12/2018 7:34 PM
67	Ages 18-20	Benchmark	Male	Education. Restart first years of college	8/12/2018 7:31 PM
68	Ages 60 or older	Benchmark	Male	nothing	8/12/2018 7:24 PM
69	Ages 18-20	Benchmark	Male	I am perfectly happy with my life now.	8/12/2018 7:22 PM
70	Ages 60 or older	Benchmark	Male	take care of my family and save more	8/12/2018 7:20 PM
71	Ages 30-39	Benchmark	Female	Economic solutions from beginning	8/12/2018 7:17 PM
72	Ages 60 or older	Benchmark	Male	like to change my medical problems for better	8/12/2018 7:15 PM
73	Age 17 or younger	Benchmark	Male	I would start a garden in 5 years.	8/12/2018 7:11 PM
74	Ages 60 or older	Benchmark	Male	I'm retired, traveling, and volunteering in my community about 15 hours per week sharing my life skills. Life is good.	8/12/2018 7:07 PM
75	Ages 60 or older	Benchmark	Male	I'm very happy and satisfied with where I am in life, but I am looking at retirement...it's time to get ready for that change. It's not about money, it's about the quality of the time I have left.	8/12/2018 7:04 PM
76	Ages 40-49	Benchmark	Male	Saving	8/12/2018 7:01 PM
77	Ages 50-59	Benchmark	Male	I would like to start my own business. Not sure where to start through.	8/12/2018 6:58 PM
78	Ages 50-59	Benchmark	Male	I would have gotten more education and done more career planning.	8/12/2018 6:56 PM
79	Ages 50-59	Benchmark	Male	I would like to have more friends; getting out in the community more.	8/12/2018 6:54 PM
80	Ages 30-39	Benchmark	Male	I wouldn't change a thing. I love my life, it's what I made it	8/12/2018 6:52 PM
81	Ages 60 or older	Benchmark	Male	all's well	8/12/2018 6:49 PM
82	Ages 60 or older	Benchmark	Male	I'm actually good. I worked hard, with the assistance of my wife, to get here. And here is a good place.	8/12/2018 6:46 PM
83	Ages 60 or older	Benchmark	Male	Spend more time traveling and live in a smaller house.	8/12/2018 6:43 PM
84	Ages 60 or older	Benchmark	Male	Better fitness	8/12/2018 6:41 PM
85	Ages 50-59	Benchmark	Male	I will be soon entering a new season of my life as I approach retirement from 30 years of teaching. I expect to launch a new career, and am presently exploring how best to use the gifts and opportunities that God has given me.	8/12/2018 6:39 PM
86	Ages 50-59	Benchmark	Female	stress less, take more time to relax	8/12/2018 6:34 PM
87	Ages 40-49	Benchmark	Male	I would not change a thing at this point. I'm very happy	8/12/2018 6:29 PM
88	Ages 60 or older	Benchmark	Male	I have many people that I love and they love me back - I just wish I had better health	8/12/2018 6:26 PM
89	Ages 60 or older	Benchmark	Male	Not sure	8/12/2018 6:23 PM
90	Ages 40-49	Benchmark	Male	I need to lose weight	8/12/2018 6:21 PM

## Starting a Personal Growth Journey Survey

91	Ages 40-49	Benchmark	Male	Now that my children are in their later teens, I would like to volunteer more.	8/12/2018 6:18 PM
92	Ages 60 or older	Benchmark	Male	health. start with weight loss	8/12/2018 6:15 PM
93	Ages 60 or older	Benchmark	Male	Nothing.	8/12/2018 5:36 PM
94	Ages 60 or older	Benchmark	Male	I have lived my life. I don't want to start over.	8/12/2018 5:34 PM
95	Ages 21-29	Benchmark	Male	A new job	8/12/2018 5:31 PM
96	Ages 60 or older	Benchmark	Male	Family ties	8/12/2018 5:28 PM
97	Ages 40-49	Benchmark	Male	financial and living circumstances and it starts with financial stability	8/12/2018 5:26 PM
98	Ages 60 or older	Benchmark	Male	make better investment decisions and trust my instincts	8/12/2018 5:23 PM
99	Ages 40-49	Benchmark	Male	Better financially, and healthier	8/12/2018 5:20 PM
100	Ages 50-59	Benchmark	Male	SAVE MORE MONEY, CHILDREN AT EARLIER AGE	8/12/2018 5:18 PM
101	Ages 21-29	Benchmark	Male	I would've studied harder and be working by now	8/12/2018 5:13 PM
102	Ages 60 or older	Benchmark	Female	I haven't been successful in marriage. Probably would have waited to marry and to be more choosy.	8/12/2018 5:10 PM
103	Ages 60 or older	Benchmark	Male	No change needed	8/12/2018 5:07 PM
104	Ages 60 or older	Benchmark	Male	change nothing	8/12/2018 5:03 PM
105	Ages 60 or older	Benchmark	Male	I am pretty happy with my life. I would have come out as a gay man a lot earlier than I did and not have the guilt associated with it	8/12/2018 5:00 PM
106	Ages 40-49	Benchmark	Male	My teen years	8/12/2018 4:55 PM
107	Ages 60 or older	Benchmark	Male	my twenties, choose a different career path	8/12/2018 4:52 PM
108	Ages 40-49	Benchmark	Male	I would like to create a masterpiece and I would start by quitting my current job.	8/12/2018 4:50 PM
109	Ages 50-59	Benchmark	Male	purchase more real estate	8/12/2018 4:46 PM
110	Ages 50-59	Benchmark	Male	Always strive to become a better listener and have more empathy	8/12/2018 4:42 PM
111	Ages 60 or older	Benchmark	Male	I would of liked to been a building engineer	8/12/2018 4:39 PM
112	Ages 21-29	Benchmark	Female	0	8/12/2018 4:35 PM
113	Ages 40-49	Benchmark	Male	I am quite content and blessed. Wish for continued good health	8/12/2018 4:30 PM
114	Ages 18-20	Benchmark	Male	Personal finances, saved more money	8/12/2018 4:27 PM
115	Ages 60 or older	Benchmark	Male	nothing	8/12/2018 4:14 PM
116	Ages 40-49	Benchmark	Male	weight so I would diet.	8/12/2018 4:10 PM
117	Ages 60 or older	Benchmark	Male	Improve health. Stop eating meat.	8/12/2018 4:08 PM
118	Ages 60 or older	Benchmark	Male	NOTHING	8/12/2018 4:06 PM
119	Ages 60 or older	Benchmark	Male	Health. More exercise, better diet.	8/12/2018 4:02 PM
120	Ages 30-39	Benchmark	Female	A few things	8/12/2018 3:56 PM
121	Ages 30-39	Benchmark	Female	I would like to pursue a different career path.	8/12/2018 3:48 PM
122	Ages 30-39	Benchmark	Female	go back to school	8/12/2018 3:45 PM
123	Ages 21-29	Benchmark	Female	I would like to start school to become a neuroscientist, the first step will be applying for grants and student loans / financial aid	8/12/2018 3:42 PM
124	Ages 21-29	Benchmark	Female	Everything, job	8/12/2018 3:40 PM
125	Ages 30-39	Benchmark	Female	Waste less time on things that don't make life seem meaningful. (Less texting, internet.)	8/12/2018 3:36 PM
126	Ages 30-39	Benchmark	Female	Job, depression, anxiety. Seeking professional help	8/12/2018 3:33 PM

## Starting a Personal Growth Journey Survey

127	Ages 18-20	Benchmark	Female	Financially	8/12/2018 3:31 PM
128	Ages 30-39	Benchmark	Female	I'd like to find the motivation I once had. I'd like to not be depressed. I'd like to be hopeful. I don't know where to start.	8/12/2018 3:28 PM
129	Ages 50-59	Benchmark	Male	new field of work	8/12/2018 3:22 PM
130	Ages 60 or older	Benchmark	Male	Have more patience starting at home.	8/12/2018 3:20 PM
131	Ages 21-29	Benchmark	Female	My whole life, from the beginning	8/12/2018 3:17 PM
132	Ages 21-29	Benchmark	Male	My job, I would start by going back to school.	8/12/2018 3:14 PM
133	Ages 21-29	Benchmark	Male	I would of gone to college	8/12/2018 3:11 PM
134	Ages 40-49	Benchmark	Male	Either in utero before conception or before birth, making sure I was never born.	8/12/2018 3:08 PM
135	Ages 30-39	Benchmark	Female	GET OUT OF DEBT	8/12/2018 3:05 PM
136	Ages 30-39	Benchmark	Female	Nothing. I have what I need. Anything beyond that has a habit of being brutally taken from me so I'd rather not tempt fate.	8/12/2018 2:55 PM
137	Ages 60 or older	Benchmark	Male	Travel, Europe	8/12/2018 2:52 PM
138	Ages 21-29	Benchmark	Female	Trusting others. I would start by not depending on others and solely rely on myself from here on out.	8/12/2018 2:50 PM
139	Ages 30-39	Benchmark	Female	By changing the age I started college.	8/12/2018 2:47 PM
140	Ages 21-29	Benchmark	Female	I would like to change locations mainly. I've been stuck in one place for a while and moving is a big part of beginning happiness and starting something more long term	8/12/2018 2:44 PM
141	Ages 30-39	Benchmark	Female	New job	8/12/2018 2:42 PM
142	Ages 18-20	Benchmark	Female	I don't think I would like to change anything in my life at this point.	8/12/2018 2:39 PM
143	Ages 30-39	Benchmark	Female	I would change how I spend my money, and I would start by saving what's left over from each paycheck.	8/12/2018 2:37 PM
144	Ages 60 or older	Benchmark	Male	Be in better health; more exercise, better diet	8/12/2018 2:31 PM
145	Ages 21-29	Benchmark	Female	I would not change anything about me	8/12/2018 2:28 PM
146	Ages 18-20	Benchmark	Male	My job. Back in school getting a ase certification	8/12/2018 2:25 PM
147	Ages 21-29	Benchmark	Female	I'd like to pursue my dreams and I would start by being less self critical	8/12/2018 2:22 PM
148	Ages 18-20	Benchmark	Female	Take more risks, and don't be afraid of failing	8/12/2018 2:20 PM
149	Ages 30-39	Benchmark	Female	I would like to be healthier for my kids by eating less and moving more.	8/12/2018 2:16 PM
150	Ages 60 or older	Benchmark	Male	Do not promise something that you can't deliver. Now	8/12/2018 2:13 PM
151	Ages 60 or older	Benchmark	Female	understand and accept my vulnerabilities, respect my skills; do the same for other people; find a financial advisor I trust	8/12/2018 2:10 PM
152	Ages 21-29	Benchmark	Female	I would like to change my appearance by making healthier choices.	8/12/2018 2:06 PM
153	Ages 40-49	Benchmark	Female	My weight. Fixing my health issues would be a good start.	8/12/2018 2:03 PM
154	Ages 21-29	Benchmark	Female	I wish I were more effective. It seems like I spend more time developing my ideas and selling them than other colleagues. In order to improve, I'm working on emulating colleagues who seem to be more influential.	8/12/2018 1:58 PM
155	Ages 40-49	Benchmark	Female	Weight, start working out	8/12/2018 1:55 PM
156	Ages 50-59	Benchmark	Female	I would trust more in the future.	8/12/2018 1:38 PM
157	Ages 60 or older	Benchmark	Female	Hard to say. I am happy with the way my life has turned out, but it would not have turned out this way if I had made what might have seemed smarter decisions (about men) when I was in college.	8/12/2018 1:34 PM

## Starting a Personal Growth Journey Survey

158	Ages 40-49	Benchmark	Female	make more money. start school earlier	8/12/2018 1:32 PM
159	Ages 21-29	Benchmark	Female	my health, better facial products	8/12/2018 1:29 PM
160	Ages 30-39	Benchmark	Female	Finances	8/12/2018 1:22 PM
161	Ages 40-49	Benchmark	Female	Too much too change. Taking baby steps but that is what Life is all about. You live, you learn.	8/12/2018 1:19 PM
162	Ages 60 or older	Benchmark	Female	Not so generous	8/12/2018 1:16 PM
163	Ages 18-20	Benchmark	Female	I would like to change that I'm unhealthy. I would start by changing my diet	8/12/2018 1:14 PM
164	Ages 60 or older	Benchmark	Female	Enjoy life one day at a time.	8/12/2018 1:11 PM
165	Ages 50-59	Benchmark	Female	Nothing.	8/12/2018 1:09 PM
166	Ages 50-59	Benchmark	Female	I am changing my life every day, every week. It is so joyful. In my 40's I finally took my life into my hands and quit worrying about whether my family (children/husband) was behind me. I cant say I got support, rather I lead by example. Here I am 17 years later with a job that fulfills me, several novels written, and a second home on the beach. Seventeen years ago I was akin to white trash in a little go-nowhere burg of Wisconsin. Just make one change. Throw a resume out there for the hell of it. Quit worrying about results and just do any change, anything, just for the hell of it. You have nothing - nothing - nothing to lose. Life is always a win situation. It's scary and thrilling and every step reminds me to keep up with myself. Keep up with my dreams.	8/12/2018 1:05 PM
167	Ages 60 or older	Benchmark	Female	I could use more money, honey! :)	8/12/2018 1:02 PM
168	Ages 50-59	Benchmark	Female	I would not change anything. Everything happened the way it was supposed to	8/12/2018 1:00 PM
169	Ages 50-59	Benchmark	Female	I would like to improve the work-life balance and have more time for myself. I would start by scaling down my expenses and then decrease my work hours.	8/12/2018 12:58 PM
170	Ages 40-49	Benchmark	Female	I'm doing it now: weekly counseling. Eating better. Being present when I'm with others. Cutting my hair short. Taking chances.	8/12/2018 12:52 PM
171	Ages 60 or older	Benchmark	Female	Being closer with my family. Call my brother.	8/12/2018 12:49 PM
172	Ages 40-49	Benchmark	Female	Learning more trades	8/12/2018 12:46 PM
173	Ages 50-59	Benchmark	Female	I'm pretty happy where I am in my life.	8/12/2018 12:38 PM
174	Ages 21-29	Benchmark	Female	getting rid of my good heart that controls me, at work and school not use my heart just mind	8/12/2018 12:34 PM
175	Ages 60 or older	Benchmark	Female	lose weight -- stop eating snacks at night	8/12/2018 12:29 PM
176	Ages 21-29	Benchmark	Female	Save more money, not waste time on stupid people	8/12/2018 12:27 PM
177	Ages 40-49	Benchmark	Female	move	8/12/2018 12:24 PM
178	Ages 30-39	Benchmark	Female	Job. Start learning more.	8/12/2018 12:19 PM
179	Ages 60 or older	Benchmark	Female	take better care of myself healthwise	8/12/2018 12:14 PM
180	Ages 60 or older	Benchmark	Male	To be assured of a financially comfortable retirement with continued good health. Winning a lottery jackpot would be a great start. :)	8/12/2018 12:12 PM
181	Ages 40-49	Benchmark	Female	Be more organized	8/12/2018 12:10 PM
182	Ages 40-49	Benchmark	Female	Lose weight pay off debt	8/12/2018 12:06 PM
183	Ages 60 or older	Benchmark	Female	I would like to change my employment status and begin to do things purely because I enjoy them and not for any other reason.	8/12/2018 12:03 PM
184	Ages 60 or older	Benchmark	Male	nothing at this point in my life	8/12/2018 12:01 PM
185	Ages 60 or older	Benchmark	Male	if it ain't broke no need to fix	8/12/2018 11:58 AM
186	Ages 50-59	Benchmark	Female	Retire soon, travel, volunteer, read	8/12/2018 11:56 AM
187	Ages 50-59	Benchmark	Female	Nothing. My kids are grown adults. My husband and I are enjoying life.	8/12/2018 11:51 AM

## Starting a Personal Growth Journey Survey

188	Ages 50-59	Benchmark	Female	More financial stability - getting out of debt.	8/12/2018 11:47 AM
189	Ages 60 or older	Benchmark	Female	Losing weight	8/12/2018 11:44 AM
190	Ages 50-59	Benchmark	Male	Save more	8/12/2018 11:41 AM
191	Ages 21-29	Benchmark	Female	I'd like to change the struggle life has stowed upon me. And to start things off I've got to just live and do the best I can to raise her into a wonderful life with love!	8/12/2018 11:39 AM
192	Ages 60 or older	Benchmark	Male	retirement planning	8/12/2018 11:31 AM
193	Ages 50-59	Benchmark	Female	New career	8/12/2018 11:28 AM
194	Ages 60 or older	Benchmark	Male	I would change one or two decisions I made along the way. I would be more patient.	8/12/2018 11:26 AM
195	Ages 60 or older	Benchmark	Female	I'd like to enjoy exercising. I'd start by getting off the couch	8/12/2018 11:24 AM
196	Ages 40-49	Benchmark	Female	I wish i would have finished school. go back to school	8/12/2018 11:22 AM
197	Ages 40-49	Benchmark	Female	I'd like to be more mindful. I can start by focusing on the task at hand.	8/12/2018 11:19 AM
198	Ages 50-59	Benchmark	Female	I would reevaluate how satisfied I am with what I have accomplished and what is important now	8/12/2018 11:16 AM
199	Ages 60 or older	Benchmark	Female	How I eat. Limit desserts. Drink more water.	8/12/2018 11:12 AM
200	Ages 60 or older	Benchmark	Female	I would like to be less critical of myself. I would start by changing the messages I give myself.	8/12/2018 11:09 AM
201	Ages 40-49	Benchmark	Female	I would like to change my sleep and drinking alcohol patterns.	8/12/2018 11:08 AM
202	Ages 21-29	Benchmark	Male	Getting a degree in Computer Science	8/12/2018 11:05 AM
203	Ages 21-29	Benchmark	Female	Meet my partner sooner so I could be happy longer	8/12/2018 11:01 AM
204	Ages 30-39	Benchmark	Female	Get a new job	8/12/2018 10:59 AM
205	Ages 50-59	Benchmark	Female	Like to change my eating habits by eating healthier	8/12/2018 10:57 AM
206	Ages 30-39	Benchmark	Female	Although there's things I would have different if I knew what I know now, I wouldn't change anything at this point in my life. Small changes can have big impacts on everything else and I wouldn't want to risk the great things I have and love.	8/12/2018 10:54 AM
207	Ages 60 or older	Benchmark	Female	Lack of money; move in w/ kid's family	8/12/2018 10:51 AM
208	Ages 40-49	Benchmark	Male	Run more	8/12/2018 10:48 AM
209	Ages 50-59	Benchmark	Male	At 39 again	8/12/2018 10:47 AM
210	Ages 50-59	Benchmark	Male	from laziness to hardworking	8/12/2018 10:44 AM
211	Ages 21-29	Benchmark	Female	To be healthy	8/12/2018 10:42 AM
212	Ages 60 or older	Benchmark	Female	My health and I would start with my diet	8/12/2018 10:40 AM
213	Ages 60 or older	Benchmark	Female	Had finished college & not be taken in by narcissistic and sociopathic ex-husband.	8/12/2018 10:37 AM
214	Ages 30-39	Benchmark	Female	I would like to have started a family sooner.	8/12/2018 10:32 AM
215	Ages 60 or older	Benchmark	Female	I'd have taken making money more seriously.	8/12/2018 10:30 AM
216	Ages 60 or older	Benchmark	Female	Everything. I would like to go back to 6 years old and start again.	8/12/2018 10:27 AM
217	Ages 60 or older	Benchmark	Female	personal relationship years ago	8/12/2018 10:22 AM
218	Ages 30-39	Benchmark	Female	My career - if I could id like to go back to school	8/12/2018 10:20 AM
219	Ages 60 or older	Benchmark	Female	I would like to change my attachment to television. Now that I'm retired, I could do more with my time. Unfortunately, a number of back surgeries has put me in this situation.	8/12/2018 10:18 AM

## Starting a Personal Growth Journey Survey

220	Ages 50-59	Benchmark	Female	Work less, more family, help others....start by paying off debt	8/12/2018 10:15 AM
221	Ages 60 or older	Benchmark	Female	Have more of a social life with old friends rather than just volunteering.	8/12/2018 10:13 AM
222	Ages 40-49	Benchmark	Female	Be healthier, start with not smoking	8/12/2018 10:11 AM
223	Ages 40-49	Benchmark	Female	none	8/12/2018 10:09 AM
224	Ages 60 or older	Benchmark	Female	nothing	8/12/2018 10:06 AM
225	Ages 50-59	Benchmark	Female	Enjoying a career and being able to take care of me financial.	8/12/2018 10:04 AM
226	Ages 60 or older	Benchmark	Male	Do the change in licensing, probably could have made more money if I didn't get my CPA license since they are held to a higher degree overall and can't open multiple offices unless a CPA is in each office where Block offices don't have to.	8/12/2018 10:01 AM
227	Ages 21-29	Benchmark	Female	I would give back to the community more; I would find a few things I am very passionate about and can actually make a difference in.	8/12/2018 9:57 AM
228	Ages 50-59	Benchmark	Female	I would change my job and I would start with an online search.	8/12/2018 9:54 AM
229	Ages 60 or older	Benchmark	Male	I would like to be freer to help my sons, friends.	8/12/2018 9:36 AM
230	Ages 50-59	Benchmark	Female	Financial status. Since I cannot work because of my health, I'm not sure how I could change this in my life	8/12/2018 9:32 AM
231	Ages 50-59	Benchmark	Female	Going back to school.	8/12/2018 9:29 AM
232	Ages 50-59	Benchmark	Female	My weight. Started eating healthier her this week	8/12/2018 9:27 AM
233	Ages 18-20	Benchmark	Female	I would like to change my routines to become more successful, I would start by trying to stay more organized	8/12/2018 9:22 AM
234	Ages 60 or older	Benchmark	Female	move to a less expensive state-save money	8/12/2018 9:20 AM
235	Ages 60 or older	Benchmark	Female	A larger mutually support group	8/12/2018 9:16 AM
236	Ages 50-59	Benchmark	Female	Getting home	8/12/2018 9:13 AM
237	Ages 30-39	Benchmark	Female	Start school to help people.	8/12/2018 9:10 AM
238	Ages 50-59	Benchmark	Male	Being honest about past mistakes	8/12/2018 8:52 AM
239	Ages 50-59	Benchmark	Female	Make different decisions	8/12/2018 8:48 AM
240	Ages 40-49	Benchmark	Female	Stay fit	8/12/2018 8:45 AM
241	Ages 60 or older	Benchmark	Male	I am content in most aspects	8/12/2018 8:39 AM
242	Ages 30-39	Benchmark	Female	My attitude I will first start with not getting angry so bad	8/12/2018 8:36 AM
243	Ages 50-59	Benchmark	Female	Do more. Travel, activities anything with friends	8/12/2018 8:33 AM
244	Ages 50-59	Benchmark	Female	I want to be less critical of others. I will start by meditating	8/12/2018 8:30 AM
245	Ages 60 or older	Benchmark	Female	Find a way to get more money. Don't know.	8/12/2018 8:27 AM
246	Ages 60 or older	Benchmark	Female	Being more positive with people, especially my family.	8/12/2018 8:25 AM
247	Ages 60 or older	Benchmark	Male	Help others more. Volunteer	8/12/2018 8:22 AM
248	Ages 30-39	Benchmark	Female	Education	8/12/2018 8:20 AM
249	Ages 40-49	Benchmark	Male	Go back to college	8/12/2018 8:17 AM
250	Ages 21-29	Benchmark	Female	I would change my schooling. I would go to a technical school instead of a four year university	8/12/2018 8:12 AM
251	Ages 50-59	Benchmark	Female	I wish I could give back	8/12/2018 8:09 AM
252	Ages 60 or older	Benchmark	Female	I'm satisfied with my life and accomplishments	8/12/2018 8:05 AM
253	Ages 60 or older	Benchmark	Female	I would like to relieve my financial stress. I will start by seeking part-time post-retirement gigs.	8/12/2018 8:02 AM

## Starting a Personal Growth Journey Survey

254	Ages 21-29	Benchmark	Female	I would like to change how much money I make, i'll start that by graduating college	8/12/2018 8:00 AM
255	Ages 18-20	Benchmark	Female	don't know	8/12/2018 7:56 AM
256	Ages 21-29	Benchmark	Female	I wouldn't like to change anything	8/12/2018 7:54 AM
257	Ages 60 or older	Benchmark	Female	Be rebellious to go after what I wanted.	8/12/2018 7:51 AM
258	Ages 60 or older	Benchmark	Female	I would pursue more targeted training and vocation, and let that be the starting point of my career decisions.	8/12/2018 7:48 AM
259	Ages 30-39	Benchmark	Female	Finances. If I could go back to school I would	8/12/2018 7:45 AM
260	Ages 60 or older	Benchmark	Female	I cannot change anything that is important to me.	8/12/2018 7:42 AM
261	Ages 60 or older	Benchmark	Female	Have more income. Get my health back.	8/12/2018 7:39 AM
262	Ages 50-59	Benchmark	Male	Be more Christlike	8/12/2018 7:36 AM
263	Ages 60 or older	Benchmark	Female	Nothing, looking forward to retirement in one year	8/12/2018 7:34 AM
264	Ages 60 or older	Benchmark	Female	Wish had more money to be able to do more of the wonderful things life has to offer	8/12/2018 7:31 AM
265	Ages 60 or older	Benchmark	Male	communicate better with my wife	8/12/2018 7:28 AM
266	Ages 60 or older	Benchmark	Female	I would have started my own business earlier in life.	8/12/2018 7:25 AM
267	Ages 30-39	Benchmark	Female	Start a new career. Go back to school	8/12/2018 7:22 AM
268	Ages 60 or older	Benchmark	Female	I would like to travel more. Research and book adventures.	8/12/2018 7:19 AM
269	Ages 60 or older	Benchmark	Male	I'm over 70. I wish I was able to fully retire. I made some business decisions which cost me hundreds of thousands of dollars. So I work part time to supplement other sources of income.	8/12/2018 7:16 AM
270	Ages 60 or older	Benchmark	Male	nothing, never	8/12/2018 7:12 AM
271	Ages 21-29	Benchmark	Female	getting a job that I like and have time to do art	8/12/2018 7:09 AM
272	Ages 40-49	Benchmark	Female	Get an office job again	8/12/2018 7:06 AM
273	Ages 60 or older	Benchmark	Female	I would like to be more physically fit. Would have learned a lifelong physical activity back in my 20s.	8/12/2018 7:01 AM
274	Ages 60 or older	Benchmark	Female	Only trusting God more and the world less.	8/12/2018 6:55 AM
275	Ages 40-49	Benchmark	Female	starting a business school	8/12/2018 6:50 AM
276	Ages 50-59	Benchmark	Female	Lose weight. Start by exercising.	8/12/2018 6:47 AM
277	Ages 60 or older	Benchmark	Female	Stress management	8/12/2018 6:44 AM
278	Ages 30-39	Benchmark	Female	Failure	8/12/2018 6:41 AM
279	Ages 60 or older	Benchmark	Female	I think I'm in a good place and have no regrets	8/12/2018 6:38 AM
280	Ages 40-49	Benchmark	Female	my career in HR. I believe I was born to make people laugh, talk to them, on television	8/12/2018 6:34 AM
281	Ages 40-49	Benchmark	Male	Nothing, I am content	8/12/2018 6:31 AM
282	Ages 60 or older	Benchmark	Female	Sadly, I'm a bit too old to start over.	8/12/2018 6:27 AM
283	Ages 40-49	Benchmark	Female	be more deep in studying at medical school	8/12/2018 6:23 AM
284	Ages 60 or older	Benchmark	Female	I would like my children to all be alive, and I would like to go back in time to see how I might help achieve this...	8/12/2018 6:19 AM
285	Ages 60 or older	Benchmark	Female	Nothing	8/12/2018 6:16 AM
286	Ages 60 or older	Benchmark	Female	So far, I'm where I want to be	8/12/2018 6:13 AM
287	Ages 40-49	Benchmark	Female	occupation, but seemingly not possible	8/12/2018 6:10 AM

## Starting a Personal Growth Journey Survey

288	Ages 30-39	Benchmark	Female	Organization and less procrastination, achieve by being consistent	8/12/2018 6:06 AM
289	Age 17 or younger	Benchmark	Female	All my past mistakes and when I am more matured.	8/12/2018 6:02 AM
290	Ages 30-39	Benchmark	Female	My living arrangements	8/12/2018 5:59 AM
291	Ages 21-29	Male	Social	My happiness and id start with myself	2/11/2018 2:05 PM
292	Ages 21-29	Other Gender	Social	Nothing and neither should you. Your wrong/right choices made how you are now. Maybe your last boyfriend/girlfriend broke you emotionally but now you know not to go near people like then. Maybe someone violated your trust, now you will make the next person earn it harder.	2/9/2018 11:27 PM
293	Ages 40-49	Male	Social	5 years back , better Investment portfolios	2/9/2018 4:24 AM
294	Ages 40-49	Female	Social	Learn to say no and put myself first. Start by stop worrying about everyone else	2/8/2018 9:55 AM
295	Ages 21-29	Male	Social	I would like to change my career schedule path by going back to school.	2/8/2018 9:54 AM
296	Ages 21-29	Female	Social	I wouldn't want to change anything just because if didn't make the mistakes I did, I wouldn't be the person I am today.	2/8/2018 9:02 AM
297	Ages 21-29	Male	Social	I wouldn't change anything, I learn from my mistakes everyday and that's what pushes me through life.	2/7/2018 9:56 PM
298	Ages 21-29	Male	Social	Saving money	2/7/2018 8:56 AM
299	Ages 21-29	Male	Social	I'd like to become a better student and focus more time in my studies	2/7/2018 8:13 AM
300	Ages 40-49	Male	Social	Find a wife and start a family	2/5/2018 6:04 PM
301	Age 17 or younger	Male	Social	I would like to change the way I set my priorities, school being first and social life being last, soemthing I've been struggling with	2/5/2018 3:34 PM
302	Age 17 or younger	Male	Social	Overall to be more productive and take on responsibilities. The only way to start is to have the confidence and the will to get up and be more productive.	2/5/2018 2:32 PM
303	Ages 30-39	Female	Social	I'd like to start over	2/4/2018 5:53 AM
304	Ages 40-49	Male	Social	Finding the ability to let go and worry less about that which I can't control	1/31/2018 2:45 PM
305	Ages 21-29	Male	Social	There is nothing I would hange but improve my resilience and power to adapt to any change in life.	1/28/2018 12:09 PM
306	Ages 40-49	Other Gender	Social	Develop skills into consulting products. Start by forming a business and marketing myself through business contacts.	1/27/2018 7:00 PM
307	Ages 21-29	Other Gender	Social	My gender, I was born as a boy	1/26/2018 11:27 PM
308	Ages 30-39	Male	Social	I Would have value other Jobs perhaps and also start saving for travels	1/26/2018 4:37 AM
309	Ages 21-29	Female	Social	People tend to wait to for another month or another year to begin a new chapter in their life but I feel like everything begins with us and how we think. We can always start fresh whenever we decide. It's not about how you start, it's about how you started.	1/25/2018 6:55 PM
310	Ages 21-29	Female	Social	I want to change my career because lately I experience that I don't add much value and impact that I want to create.	1/24/2018 9:23 PM
311	Ages 21-29	Female	Social	Goals	1/24/2018 2:57 PM
312	Ages 30-39	Female	Social	Where I live. And the people who surround me	1/24/2018 2:31 PM
313	Ages 21-29	Female	Social	I need to figure out how to get and STAY motivated to accomplish my goals instead of day-week long binges and hiatuses where I just give up on everything	1/24/2018 10:59 AM

## Starting a Personal Growth Journey Survey

314	Ages 21-29	Female	Social	I wouldn't want to change a thing. I am struggling about some sex self-limiting believes, I am finding my path in the professional way, and I wake up sometimes feeling compleatly lost. But I wouldn't change it. Because it is teaching me something. Instead of changing something, I would add somethign. I would add more self love, and conciousness. I would add gratitude, cups of teas, and calm moments. I would add more time to think and evaluate life.	1/24/2018 10:30 AM
315	Ages 21-29	Female	Social	I want to become more disciplined and have more structure to my life. I want to reach my own high standards. I want to feel like I am capable. I want to overcome my mental health problems. I want to be consistent. I want my boyfriend to be proud of me (and of course me be proud of me). I want to let go of perfectionism rooted in shame and instead strive for personal excellence.	1/24/2018 10:17 AM
316	Ages 18-20	Female	Social	My lack of self compassion, I'd start with seeing a professional to to recieve advice	1/24/2018 10:09 AM
317	Ages 21-29	Male	Social	I'd like to erase my self-destructiveness and cultivate/start with self-discipline	1/24/2018 9:48 AM
318	Age 17 or younger	Female	Social	I'd like to change my lifestyle by becoming vegan	1/24/2018 8:57 AM
319	Ages 21-29	Male	Social	I would like to change the way I deal with people and be positive about what I deserve. The people around you has a big impact on your decisions so I try to be picky with who I let in and who is worth my time.	1/23/2018 10:09 PM
320	Ages 21-29	Male	Social	I need a career, so I would like to start going back to school.	1/23/2018 7:53 PM
321	Ages 30-39	Female	Social	Change nothin. I would like to work for myself	1/23/2018 6:23 PM
322	Ages 18-20	Male	Social	Pursued my passion earlier	1/23/2018 5:30 PM
323	Ages 21-29	Female	Social	My job. I don't like it at all and it isn't what I'm passionate about. Currently looking for a new job and keeping my dream goal of becoming an author alive by working on my book and doing research on how to publish.	1/23/2018 3:58 PM
324	Ages 21-29	Female	Social	I want to be more successful in my work life and I'm starting by strategizing about that...	1/23/2018 3:34 PM
325	Ages 21-29	Female	Social	I'd change my job; get a job where I'd earn more and have insurance, vacations, etc	1/23/2018 3:04 PM
326	Ages 21-29	Female	Social	Being able to be productive. I'll start it in my morning routine.	1/23/2018 2:40 PM
327	Ages 30-39	Male	Social	Finding True friendship, and removing fears, starting with just doing not thinking	1/23/2018 2:12 PM
328	Ages 21-29	Female	Social	I don't want to change anything.	1/23/2018 12:57 PM
329	Ages 21-29	Female	Social	I want to grow my technical skillset to pursue better job prospects and I'm starting by working on obtaining my Salesforce certification.	1/23/2018 12:47 PM
330	Ages 30-39	Female	Social	I think I have nothing to change, only improve my skills and add ither ways to gain money. I have a fantastic family that I love, I love myself and my house.	1/23/2018 12:35 PM
331	Ages 21-29	Female	Social	Would like to improve my relationship with my boyfriend (currently on a break, and I'm so depressed), be less paranoid I guess.	1/23/2018 12:30 PM
332	Ages 30-39	Female	Social	Oh God, wish this long-winded marital legal separation was finally over! Can't really change it myself though.	1/23/2018 12:27 PM
333	Ages 21-29	Female	Social	I want to become more of a playwright than an actor, and I'd like to take some classes.	1/23/2018 12:23 PM
334	Ages 30-39	Female	Social	Get healthier. Ask for help	1/23/2018 11:59 AM
335	Ages 21-29	Female	Social	I would like to find a job I am passionate about	1/23/2018 11:47 AM
336	Ages 21-29	Female	Social	I would like to be less concerned in what others think of me and work on my jealousy. I'd say my first step would be cultivating a life I can be confident in so I feel comfortable standing up for who I am.	1/23/2018 11:46 AM
337	Ages 21-29	Female	Social	Return to my healthy habit of exercising regularly. Join the gym	1/23/2018 10:58 AM

## Starting a Personal Growth Journey Survey

338	Ages 21-29	Female	Social	I would like to focus on self-development, something I have neglected to please others	1/23/2018 10:51 AM
339	Ages 18-20	Female	Social	loving myself in a healthier way. i would start by eating healthier	1/23/2018 10:45 AM
340	Ages 21-29	Female	Social	Goals. From the beginning	1/23/2018 10:31 AM
341	Ages 18-20	Female	Social	Money problems	1/23/2018 10:31 AM
342	Ages 21-29	Female	Social	gratitude, be wellknown, travel, no regret	1/23/2018 10:22 AM
343	Ages 40-49	Male	Social	Nothing comes to mind	1/22/2018 9:07 PM
344	Ages 30-39	Male	Social	My debt. Be more responsible	1/22/2018 9:00 PM
345	Ages 40-49	Male	Social	Maybe to start a family.	1/22/2018 7:04 PM
346	Ages 40-49	Male	Social	I made changes every day the always start fresh with every new change	1/22/2018 5:01 PM
347	Ages 21-29	Female	Social	I would just like to be more consistent	1/22/2018 2:32 PM
348	Ages 30-39	Female	Social	I'd like to have a more balanced lifestyle. I want to start by focusing on eating better, exercising regularly, and taking care of my mental health as much as my body's health.	1/22/2018 9:28 AM
349	Ages 30-39	Female	Social	Should have saved more <input type="checkbox"/> , currently working onthat. Cutting out unnecessary expenses	1/21/2018 5:27 PM
350	Ages 60 or older	Female	Social	No to worry so much and be more positive.Try to find ways to relax and de stress.	1/21/2018 4:30 PM
351	Ages 30-39	Female	Social	Healthy eating	1/21/2018 3:08 PM
352	Ages 21-29	Male	Social	No changes.	1/21/2018 8:02 AM
353	Ages 40-49	Female	Social	Already have!	1/21/2018 4:59 AM
354	Ages 40-49	Female	Social	I would like to purchase a home and I can start by saving my money in accounts that earn money	1/20/2018 7:43 PM
355	Ages 50-59	Female	Social	Be debt free and only buy stuff truly need using cash	1/19/2018 7:12 PM
356	Ages 40-49	Female	Social	Making some time to take care of me once a while. I often neglect my needs because of wanting to take care of everyone.	1/19/2018 7:03 PM
357	Ages 18-20	Male	Social	Actions and decisions as a teenager, highschool	1/19/2018 1:24 PM
358	Ages 40-49	Female	Social	I love my life so the only thing I would change is me. Exeeaiice more and I would diet.	1/19/2018 9:12 AM
359	Ages 21-29	Female	Social	Have studied English from a younger age and I would like to start having more engagement on that.	1/19/2018 8:36 AM
360	Ages 50-59	Male	Social	Start early. i would have studied harder. learn more about finance and business. learn more lsnuages. Be even more worldly.	1/19/2018 8:01 AM
361	Ages 40-49	Male	Social	I would like to change how I have handled my money and my health.	1/19/2018 7:14 AM
362	Ages 40-49	Female	Social	nothing	1/19/2018 6:40 AM
363	Ages 40-49	Female	Social	I would like to have the means to travel the world and experience God's beauty.	1/19/2018 5:32 AM
364	Ages 50-59	Female	Social	I love my life	1/19/2018 5:25 AM
365	Ages 40-49	Female	Social	I just made the change, I'm leaving a stable company I've worked for 20 years to launch my own company. You should bank on yourself one time in your life and never fear failure. Failure is necessary for growth and makes you stronger.	1/19/2018 5:07 AM
366	Ages 40-49	Male	Social	I got married to young I wouldn't do that again	1/19/2018 4:48 AM
367	Ages 21-29	Female	Social	I'd like to be a better Christian and use my gifts to reach people that may be lost or broken. I would start with my writing and use God's word to fuel it.	1/19/2018 4:31 AM
368	Ages 40-49	Female	Social	I would Love to go back to school for more degrees	1/19/2018 4:13 AM

## Starting a Personal Growth Journey Survey

369	Ages 40-49	Female	Social	My health...I have started by taking action...with exercise & better eating habits	1/19/2018 3:36 AM
370	Ages 40-49	Male	Social	Being single, it all starts within myself...Which is where I am focusing currently...	1/19/2018 1:36 AM
371	Ages 30-39	Female	Social	Change my motivation! Develop plans that would allow me to achieve what I want to in a quicker and higher quality manner in the same way a business needs to find ways to outdo the competition.	1/18/2018 11:12 PM
372	Ages 40-49	Female	Social	Travel more. Never stop working	1/18/2018 11:02 PM
373	Ages 40-49	Male	Social	I'm in. To hiring more help and setting a more consistent schedule.	1/18/2018 9:41 PM
374	Ages 40-49	Female	Social	I wish I had finished my degree when I was younger. I plan to go back to school. (Just started)	1/18/2018 8:54 PM
375	Ages 40-49	Female	Social	I would like to be healthier and more fit. I need to start by being more active.	1/18/2018 8:49 PM
376	Ages 50-59	Female	Social	I would change nothing	1/18/2018 8:45 PM
377	Ages 40-49	Female	Social	owning more property	1/18/2018 8:34 PM
378	Ages 40-49	Female	Social	Thinking of the future	1/18/2018 8:25 PM
379	Ages 30-39	Female	Social	I would not change anything	1/18/2018 8:04 PM
380	Ages 40-49	Female	Social	I wouldn't have smoked or drank	1/18/2018 7:43 PM
381	Ages 40-49	Male	Social	Better girlfriend decisions	1/18/2018 7:01 PM
382	Ages 40-49	Male	Social	My health, eating better and healthier. Exercise.	1/18/2018 6:25 PM
383	Ages 30-39	Male	Social	A little more money and being in a little better shape. Pretty much like everyone else.	1/18/2018 6:15 PM
384	Ages 50-59	Female	Social	Not being so kind to strangers	1/18/2018 6:07 PM
385	Ages 40-49	Male	Social	I am never settled, always looking to learn, evolve and strive further.	1/18/2018 5:53 PM
386	Ages 50-59	Male	Social	Techological education	1/18/2018 5:38 PM
387	Ages 50-59	Male	Social	Nothing	1/18/2018 5:36 PM
388	Ages 30-39	Male	Social	I'd like to think more about starting a family, to live not just for myself. It will start by opening myself to another and committing to them.	1/18/2018 5:22 PM
389	Ages 40-49	Male	Social	Things are going way too fast, Id like to slow things down and be able to relax more. I am getting rid of a few rental houses and getting rid of many bills so I can start to relax more.	1/18/2018 4:53 PM
390	Ages 21-29	Female	Social	Nothing to be honest	1/18/2018 4:00 PM