

Q13 What does personal growth mean to you? (i.e. personal development)

Answered: 386 Skipped: 240

#	RESPONSES	DATE
1	Age 21-29 Male Social Having a job that makes you happy but also sustains your needs and achieving any goals you set in your life.	10/2/2018 10:04 AM
2	Age 21-29 Female Quora ou are sitting on a silent beach, golden grains of sand caressing your feet. You're looking at the flaming horizon and the silky surface of the sea. And the sun is casting upon the stillness of the water the warmth of its vibrant light. You take a pebble and throw it in the water. At the point of contact, circles form and expand. They move outward, each circle larger than the one before it. They're like small waves that change, for the period of their ephemeral passing, the surface of the Sea. That's what personal growth looks like. Ripples moving outward, waves of impact growing their circumference, before becoming, once again, one with the Universe. Ripples moving with a wavelength that is unique to the initial contact, your coming to the world. These ripples are your ever-growing potential to become more and to do more, to expand the limits of your comfort zone, to reach further and farther out, to change how the world looks throughout your ephemeral life on Earth. If we apply Maslow's theory of motivation and pyramid of needs, ripples are needs going further up the pyramid until you reach self-actualization. If we think in terms of Covey's 7 habits of highly effective people, ripples are the upward spiral of independence and interdependence. If we consider Travis Bradberry's emotional intelligence, ripples are an increased understanding of one's self and of others as well as a continuous improvement in self-management and relationship management. Whatever the idea, model or action, personal growth is the improvement we make across life experiences, in us and all around us, that expands our circle of life. Thank you Isabella Gura for trusting me with an answer. And hey reader! If you're here, you might as well be interested in my blog, PERSED, focused on personal education and growth. Check it and tell me what you think! I welcome comments and feedback with an open heart.	9/25/2018 3:24 PM
3	Age 21-29 Male Quora Personal growth to me means becoming a better version of yourself. Becoming more genuine and being more of yourself. And there's nothing more important than being more of who you are!	9/25/2018 3:21 PM
4	Age 21-29 Male Quora For me, personal growth is the ability to reconnect with your higher self, free yourself from brainwashing, discovering your talents and abilities, and lastly putting yourself in a position that make you have a high chances of succeeding and having happiness in life. find me at unboundedwisdom.com	9/25/2018 3:20 PM
5	Male Quora Being better today than yesterday, and striving to be better tomorrow than today. Now - What 'actly does "better" mean? Now THAT is the question. For me, it means becoming more of a positive influence and less of a negative one. So then, personal growth for me means that I help others along a little bit more every day than I did the previous day. Unfortunately, some days you conquer the mountain and some days the mountain conquers you. But you get up the next day, shake off the rubble and do it all over again.	9/25/2018 3:18 PM
6	Age 17 or younger Male Quora Personal Growth means growing as a person.. I suppose it can be both positive and negative growth, but I'll usually think of positive growth.. That's what I'll base my whole answer around. Personal Growth means learning more about yourself and connecting more with yourself, and because you do so, you're more accepting of yourself and you care less and less what other people think or may think about you. What is personal growth? Personal growth means becoming more confident in yourself, your abilities, and your actions. You'll stand by yourself, despite what the world says, if you truly believe that you're doing the right thing. You'll do what you want to do, even if it doesn't align with social norms and expectations. The thing with personal growth is that the sky is limit. You can never grow too much as a person; there's no max or no cap or no limit. You can just keep growing and growing, and you can keep becoming a better version of yourself. There will always be something for you to work on! Your social skills, your confidence, your aura, your lifestyle etc. That's what personal growth is, to me at least.	9/25/2018 3:16 PM

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- 7 Age 30-39 Male Quora Personal Growth is the pursuit of positive activities, experiences, and education. The process expands your consciousness and opens you up to possibilities far beyond your currently perceived limits and boundaries. Without this I don't know where I would be today Im glad i ran into Bob Proctor when I did. Check this out this Free Report and Find Out 3 Simple Exercises To Creating The Wealth You have Always Desired. I also have more amazing great content in my newsletter and monthly Give always. you will not want to miss out on. 9/25/2018 3:14 PM
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- 8 Age 21-29 Quora To me, personal growth is improving at least 1% each day in the following areas of my life: Physical - If the body isn't healthy, nothing else will work. Mental - Building a bullet-proof mindset via visualization and affirmations Emotional - Building and nurturing mutually beneficial relationships, pursuing passion projects Spiritual - Achieving a sense of inner peace and quieting the inner turmoil by meditating every day and also expressing gratitude for something new each day The above is a practice I learned from James Altucher , and it has been working for me very, very well. Instead of trying to achieve too much, within a short period of time, by focusing on the above, you tend to grow in all the important areas, which in turn will gear one to growth in other areas of life as well!! 9/25/2018 3:13 PM
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Age 50-59 Male Quora The simplest answer is Spiritual Development - but what that means is a lot more complex. The Principle of Personal and Spiritual Development is best summarised by the psychologist Maslow's "Hierarchy of Needs" (diagram below). It indicates what the Stages are, as well as showing that WE CANNOT SKIP OVER ANY STAGE. Our material life has a Spiritual Purpose. In fact, we see that some people who try to "get to heaven too soon" are often denying their Personal Responsibility by giving control of their life to others. Or rather, the answer is simple, but understanding and LIVING it is complex in the face of family and social pressures. The first Principle is that to do so requires that we put aside Social and other Religious beliefs to discover our own personal contact with God - or whatever you call the Creative Principle of life. This means that Spiritual Development is a mainly a lone path. Although we may get help on the way, the task is ours alone. As a Christian I try to follow the example of Jesus. The point here is that EACH ONE OF US IS DIFFERENT TO EVERYONE ELSE IN THE WORLD, and has a different spiritual life path. This is mainly the result of Karma from past incarnations. Understanding that last sentence has been one of my main problems because, even though explicit in The Bible, it is not mentioned at all by other Christians. It took me a long time to come to terms with the fact. My middle name is Thomas. He was the disciple in the Bible who did not believe in Jesus' resurrection until he had seen for himself. He got the evidence he needed. In my case this has meant that, not only have I had to study subjects "forbidden" by the Christian religion, but I have had to PRACTISE them to prove to myself that they actually work. Such as Spiritualism, Tarot, Astrology, and Psychology. This has taken me 40 years so far, and I am still learning. I was aided in my search for truth by having several unusual experiences that began just 2 weeks after our family moved into our own home for the first time. The first Principle of Personal Development is the need to support our own physical body. To become self supporting away from parental controls. Why else would we as Spiritual beings need to incarnate into a physical body? This process is usually aided by Marriage, or some other close partner who is in the same position. At this level we are also aided by social conventions. The human body has no Will of its own, and is tied to the Cyclic rhythms of Nature. Such as the need to eat and sleep at regular intervals. By being bound by it, we are forced to experience those cycles - and gradually, CONSCIOUSLY, learn that there IS A PATTERN TO LIFE. Having got to this Stage we are more able to "do our own thing". Here are a few examples of my personal PRACTICAL experience. I have passed a test by "The Institute of Spiritual Mediums" to give Evidence of Survival (of death). I am a Spiritual Healer with a qualification recognised by the UK National Health Service. I had a developing practice giving Tarot Readings to clients - which I gave up in order to do deeper studies. I have been a practising Astrologer for 40 years and am currently getting 70% to 95% reports of accuracy for my Birth Chart interpretations. Unfortunately the subject has a bad reputation. Mainly because people who oppose it have not bothered to get any proper personal EVIDENCE. It is mainly "hearsay" that would not stand up in any democratic court of law. What the general public sees is not the whole truth. Also, unfortunately, Astrologers who want to make a living at it are forced to bend to the desires of their clients. To become "popular". This is why I gave up my general practice, and got a "day job" to earn a living - so I could research in my own way. I have just written a book "The Cycle of Growth". To produce this I have had to study a whole range of different subjects. Separately they do not make a lot of sense, but when we compare them we can see many common agreements - despite the fact that many practitioners can be antagonistic to other subjects - such as Astrology. I have also made some new discoveries. MORE INFORMATION - LINKS TO OTHER ANSWERS An example of a Birth Chart interpretation where the subject has added a comment as to accuracy. You will note my different approach to what might usually be expected by an Astrologer. Brian Baulsom's answer to I did an interview last week, what would be the result? I'm getting anxious, and I'm looking for a job change now. Below are my birth details: 18/10/1980, 06:11 pm, Ahmedabad, Gujarat, India. Ego Development as described by Psychology. Brian Baulsom's answer to Is Ego inborn or a culturally taught emotion? The Expansion of Consciousness Brian Baulsom's answer to How and when do we think that human consciousness came to be? Jungian Individuation Process Brian Baulsom's answer to At what stage in his life and how did man forget about his authentic self? My web site The Cycle of Growth-Home The Bible : Matthew Chapter 10 Verses 34 - 40 *Think not that I am come to send peace on earth: I came not to send peace, but a sword. *For I am come to set a man at variance against his father, and the daughter against her mother, and the daughter in law against her mother in law. *And a man's foes shall be they of his own household. *He that loveth father or mother more than me is not worthy of me: and he that loveth son or daughter more than me is not worthy of me. *And he that taketh not his cross, and followeth after me, is not worthy of me. *He that findeth his life shall lose it: and he that loseth his life for my sake shall find it. *He that receiveth you receiveth me, and he that receiveth me receiveth him that sent me.

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10	Age 30-39 Male Quora	“Life is a journey, not a destination.” — Ralph Waldo Emerson Personal growth to me means this: It’s about become a better person as a whole. This consists of striving for improvement just by 1% daily. Some areas of expertise may include writing, practicing yoga, or communicating effectively. It’s a constant work-in-progress, which encompasses any underdeveloped abilities I want to further expand. To grow, I ask myself: “What expertise do I want to practice and improve on?” Two other examples of skills include leadership and sales. Even becoming a great salsa dancer takes practice and effort. The sky’s the limit. On my journey of personal development, I inevitably will discover new abilities I want to acquire. Continually investing in myself and implementing that knowledge is the key to personal growth. It’s also an integral part of becoming the best person I can be. I hope this helps. For more information on personal growth and becoming a better man as a whole, please visit Purpose Driven Mastery - Empowering Men to Live Purposefully	9/25/2018 3:10 PM
11	Age 21-29 Male Quora	Thank you for the A2A Isabella! To me it’s what makes us or breaks us as a human being. We always work on how to grow within our jobs, our bodies on working out & our minds by studying school material. But personal growth or how I prefer to call it personal development is far beyond all of that. It’s what they don’t teach us in school. I like to call it our philosophy. Our philosophy changes once we decide to change. It determines weather or not we’ll grow in every aspect of our life and without it I don’t think I would be where I am today. I used to blame everyone else but myself prior to my personal development and I wouldn’t understand why. I would ask myself why did he get the job and didn’t? How come he has more money or a better car or why is he smarter than I am? I was so busy asking why him and why not me? Until I realized.... Why not me? That’s when it hit me. The only thing that separates him or her over me is our philosophy in life. The moment I changed that is the moment that changed my life. I believe it’ll change yours as well.	9/25/2018 3:08 PM
12	Reddit	Gaining weight	9/25/2018 12:25 PM
13	Reddit	Being able to work through fears and prejudices I hold.	9/25/2018 12:24 PM
14	Reddit	Changing your mindset for the better	9/25/2018 12:22 PM
15	Age 17 or younger Female Interview	Personal growth? What do you mean? I have no answer. I have no idea. I have no idea.	9/25/2018 11:38 AM
16	Age 17 or younger Female Interview	Growing up and like, becoming your own person.	9/25/2018 11:34 AM
17	Age 21-29 Female Interview	Bettering yourself, yeah. Like and just like it’s being the best you that you can be. That’s honestly what it is. Yeah. Not driving to be perfect or anything, but just being the best you.	9/25/2018 11:30 AM
18	Age 30-39 Interview Male	Um... Just becoming more satisfied with yourself, like mentally and physically. I mean, you always want to do better for yourself. So, I feel like you just wanna, you know, grow as a person instead of, you know, just superficially, I guess.	9/25/2018 11:28 AM
19	Age 21-29 Female Interview	Um... Just building yourself up to a higher level, always pushing yourself to be better, never settling for less. A lot of things. Bettering yourself so it reflects off others that they can learn from you. And learning in general, just knowledge never stops. Growing, you know so. Education never stops.	9/25/2018 11:26 AM
20	Age 17 or younger Female Interview	Um... Trying to push yourself harder to, like, to be somewhere where you want to be at. Like, you always wanted to be at. Something like that.	9/25/2018 11:24 AM
21	Age 21-29 Interview Male	Personal growth means learning from your lessons and other people’s lessons. If you do something wrong, you learn what’s right, and the next time that thing comes up, you do the right thing. Learning what’s good for you, what’s bad for you. And just becoming a better person for yourself and for others around you.	9/25/2018 11:21 AM
22	Age 17 or younger Female Interview	It means when you grow, personally. :) Um. It means when you haha... It means when you become a better person. In all ways.	9/25/2018 11:18 AM
23	Age 21-29 Interview Male	To be better than your past self. That’s what, like, it just means, like, be better than your past self. Like what you achieve before in, like, in the past, like achieve 20 times more than that in the future. That’s just to be better.	9/25/2018 11:16 AM
24	Age 40-49 Female Interview	The way how I see it is the way how you grew up in your life. And then, the way every minute grows. And then, what you going to be learning in life. Pretty much.	9/25/2018 11:10 AM

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25	Age 40-49 Interview Male	It means everything to me because—and I had to make a correction. I'll be 44 this year, just had a birthday in December. Career development—is that what you just said? Personal development? It means everything to me cuz I was here. I was left alone at a very young age, at the age of 18 and I didn't have a dad or anything like that. My mom just up and left and moved to Florida. So, if I didn't have baseball, I don't know what I would have done and a best friend whose parents said, "You can stay here." Because they knew I was going to go to college or go play professional baseball somewhere, something was gonna happen. So, when the New York Yankees sent me over here of all places, to USF, that day it was like an epiphany hit me. You know, I couldn't sign because I had an injury to my shoulder they didn't know about. And that particular day—I just thank God that as a young man I said to myself, "I can't sign this contract." I said to myself, literally on that baseball field, I said, "I am on this Earth by myself," you know, "I have nobody that I can rely on, but me." So, that's where I went on my journey to getting my 5 degrees. I just—I went to school, and I just did not stop because I just figured, I thought, "This is what I have to do to take care of myself." And it worked. So, yeah personal development it's, you know, it hit me at a very young age. You know, where I was just like, "You know what? I've gotta take care of myself." And that's what I did.	9/25/2018 11:05 AM
26	Age 30-39 Interview Male	Personal growth just means continuing to develop yourself as a person and becoming better at whatever it is you're focused on. You know, I'm a firm believer in the Law of Attraction and whatever we focus on in life we move towards. And if you're constantly focused on what you need to focus on to move towards these goals that you have, always keep your eye on the prize, always stay focused on what's going to make you happy and achieve that success.	9/25/2018 11:01 AM
27	Age 21-29 Interview Male	Hehehe. Personal growth to me means realizing the areas that you actually need growth in and not, you know, kind of pushing them to the side or saying, "Oh no, I don't need this or I need that." And working on it every single day, you know, to change it, to become better. I think it's a constant thing. Personal growth has to be a constant thing not just like a "Oh, I hope in a year I'm, you know, in a year I hope to be this person." No, I think it should start every day. You know, obviously little by little, but personal growth can I think it's—it depends on—it's kind of like success. It's kind of like how you want it to be. You know I mean... I mean hah that's a hard... It's almost like a not a defined thing like some people, personal growth can be "Oh I want to, I want to not eat 3 times a day. I want to cut back." And then someone's personal growth can be like "Oh I want to, you know, be head of or be manager of this place or that place." You know. I think it depends but I think as long as you work on it every single day I think that's important.	9/25/2018 10:58 AM
28	Age 50-59 Interview Male	Personal growth means, to me, that every day you look at as a new experience to find something new, learn something more. Either share that with someone or, you know, learn from someone's experience that they share with you. Whether it's good or bad. I just find that every day I just try to grow that way. I do like to analyze my experiences. Not necessarily daily, but I do reflect on them over time. I try to get to deal with them quicker. Try to stay a little bit more focused to where, you know, certain goals whether it's health, financial, relationship, emotional. And I try to be more and more difficult on myself to push myself further to achieving those goals.	9/25/2018 10:47 AM
29	Age 30-39 Interview Male	It means uh... Hm. I guess it means... Personal growth, to me, means facing your fears, all your inhibitions and tackling them. All the things that you really don't like about yourself and discovering ways to get over that.	9/25/2018 10:44 AM
30	Age 18-20 Female Interview	Personal growth means to me... um... What do you mean? It means always being in the pursuit of fulfilling who you're meant to be. Who you're meant to become. Creating yourself, you know, exploring. Just... Just trying to make yourself better every day. You know. Just working hard to...to truly find out why you're here. That's what I think personal growth is.	9/25/2018 10:33 AM

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- 31 **Age 21-29** **Female** **Interview** Personal growth... It's becoming better than you could ever imagine yourself being. It's not being the best. It's not being in comparison to someone else you know. It's like surrounding yourself around people who are successful, people who are doing things with their lives. And the same thing with personal growth is that you just kind of have to just look at yourself in the mirror, like take a step back and really reflect on who you are, who your friends are, who are those that you love, who haven't you loved lately, who haven't you spoken to. Personal growth is... is like... I want to compare it to like a seed growing into a beautiful tree blossoming with its fruits and its flowers and seasons. It's like you kind of just keep—you just keep growing. And you know there are leaves that wither but those for the tree—it's good for the tree. Because it doesn't need those leaves. And that's the same thing with personal growth is you have to take some bad habits away. There are habits that we can obtain whether good or bad. And if you're doing things that kind of are stunting your growth, you're not really personally growing, and you're not moving in a direction that's healthy for you, that is good for you, that keeps your mind stable. And personal growth—if you didn't have to figure that out, you have to take a look at what's wrong. And for a tree, it's gotta take out those leaves that are dead and they just... You just trim 'em. And they just keep growing. They keep the best leaves on them, anything they take—nutrients—to continue forth in being a tree. :D
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- 32 **Age 30-39** **Interview** **Male** Um... Personal growth means to me... Um... I guess I would say—I don't know if this is like a meaning but like just a positive attitude. You know, if—okay so, I don't know if you've heard of this but so my dad back in 2007 introduced me to the book, The Secret, which introduced me to The Law of Attraction. And I kind of started living my life to that aspect. Setting those goals, acting like I have, you know, acting I'm already there with my goals. One of the things that was really funny that we talked about was he was—cuz I own a web development company, that's one of my businesses. And he was like, "Hey! Try this. It's been working. I feel like it's been working for me. And when you have projects come in, write five business people that you admire." And so, of course, I'm gonna pick Elon Musk and Bill Gates and all the big ones. And then I would imagine I have this project that I haven't landed yet, but I would write Bill Gates' name next to it. And I'll be like, "Bill, land that deal for me" you know, "you're a master." And then, I would have all these people working on all these projects for me. And soon enough, you know, one by one, started landing. Just started coming in. And so, it's basically energy, you know. If you put your energy in the right place and karma, yes, does exist. And are courteous to people, and you have a positive attitude, you're probably gonna be successful. So, you can kind of attribute all that to personal growth. They all kind of work together, in my opinion. The minute you have a negative mindset, nothing's gonna work out. It's—I don't think it really works out for anyone. Now, there's always someone who's, you know, negative and they can be successful, but they're probably really unhappy in another portion of their life. Where if, I think, if you're positive, one, you're more likely to be successful, and your success is gonna change because if you're positive, you know, your happiness is gonna be at a different level than someone who's negative, basically. It's a matter of opinion, also.
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33	Age 50-59 Interview Male	<p>Hm. Well, looking back at it and you know, I'll make a... I'll make a confession, or I should say, say something that a lot of people aren't aware of. So, recently I had a bit of a health issue. I'm at 50 years old, and I've powered through life, never so much as having to go to the doctor for a broken bone or a bee sting. And I recently underwent surgery for a detached retina, and I can tell you that in the two months that I've been recovering from that, I have felt not myself. I have felt that I haven't been able to do the things that make me a hundred percent. I've had to half speed through my daily routine. I've had to watch sort of my physical activity to ensure that I recover correctly. And some of my friends that spend time around me have noticed that there's been a change. That I'm a little short sometimes. That I'm usually a very positive person. But it's easy to sink into a little bit of negativity, you know, when you're, again, when you're not feeling yourself or when you feel that you can't do the things that you need to do, that you're capable of doing, or that you were capable of doing before. So, going back to the question about defining personal growth, is this what we're on right now, right? I think personal growth is recognizing changes in your life and of being able to adapt to them. Personal growth—you can set forth a plan. You can have a concept of where you want to go in life and circumstances will just come in, you know, chance will come in and change everything for you. And suddenly, you know, and I'll give you some examples: you've got this grand idea of a dream that you want to accomplish and a kid comes along. Or a family member passes away. Or something severe happens in your life that changes the circumstances so much that your whole plan is shot. And what do you have to do? Or what is it that you can do? You have to sort of take a deep breath, sit back for a moment, and decide where next? And that's personal growth. Is being able to identify life-changing events for me and adapt to them. And accept—sometimes—the limitations that you have at those particular times and work towards a better place and if your plan doesn't come to fruition, you've got to come up with a new one and then work on that one and continue. You can decide to grow. You know that the one constant thing in life is change. Change will always occur. You know, we're not, you're not the person I met six, seven years ago. How long have you been living here? In this home? I think that's the first time I met you was the day that you moved in here. And you were sort of this really shy, meek creature, you know? And you have your own form of expressionism which I noticed right away. You know, and over time, I think I've seen you grow personally in different areas. I mean look at where we are now: doing something that requires interaction and communication between people who I would've never placed you in this role that many years ago when I first met you. Congratulations.</p>	9/25/2018 10:20 AM
34	Age 21-29 Interview Male	<p>Always, always asking the hard questions. As in, you know, by doing so, you always end up chasing the profound. Right? And so, you pose instead of—it's always tempting, right? It's always tempting to ask the easy questions to yourself just so that there's the assumption of growth. There's illusion of growth. And I think sometimes the pitfall is like we do that to ourselves to make ourselves feel better. And feel like we are always growing and moving forward. But, you know, to me, personal development or personal growth—and I think you should always be growing. I don't think you should ever not grow. No matter what the age is. And obviously, I'm in my latter twenties, the last year of my twenties. One thing that I do pride in myself is always asking the hard questions. I've always asked the hard questions. Yeah. Even though I might not like the answer. But I think that that's what makes sometimes life far more richer than... Well, see, the illusion is that if by not asking the question, your life may come off as not rich as you want. But in actuality, by asking the hard questions, your life actually gets richer as a result. If that makes sense.</p>	9/25/2018 10:16 AM
35	Age 40-49 Benchmark Male	Learning from mistakes	8/18/2018 3:47 PM
36	Age 30-39 Benchmark Male	Failing and learning and still trying	8/12/2018 8:48 PM
37	Age 17 or younger Benchmark Male	Don't know	8/12/2018 8:46 PM
38	Age 18-20 Benchmark Male	A lot 10/10	8/12/2018 8:44 PM
39	Age 30-39 Benchmark Male	Finding a skill or talent and getting better at it. For me it's getting better at rock climbing and studying to learn more about business online.	8/12/2018 8:43 PM
40	Age 21-29 Benchmark Male	Improving in knowledge and my God-given abilities.	8/12/2018 8:40 PM
41	Age 40-49 Benchmark Male	Learning. Moving forward but being able to look back and see that things are different as a result of intention.	8/12/2018 8:39 PM
42	Age 21-29 Benchmark Male	Being able to be well rounded in all aspects.	8/12/2018 8:38 PM
43	Age 40-49 Benchmark Male	Improving oneself morally	8/12/2018 8:37 PM
44	Age 18-20 Benchmark Male	ESOL 2	8/12/2018 8:35 PM

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45	Age 21-29	Benchmark	Male	Personal growth means to me is knowing who you are because you have to know yourself in order to grow	8/12/2018 8:35 PM
46	Age 21-29	Benchmark	Male	Succeeding at something	8/12/2018 8:33 PM
47	Age 21-29	Benchmark	Male	It means that I am always improving and learning.	8/12/2018 8:32 PM
48	Age 21-29	Benchmark	Male	A hard worker be good in Everything	8/12/2018 8:31 PM
49	Age 21-29	Benchmark	Male	Being mentally stable	8/12/2018 8:29 PM
50	Age 30-39	Benchmark	Male	Setting goals and accomplishing them	8/12/2018 8:29 PM
51	Age 18-20	Benchmark	Male	t means when your see yourself change over time	8/12/2018 8:27 PM
52	Age 21-29	Benchmark	Male	investing in yourself	8/12/2018 8:26 PM
53	Age 40-49	Benchmark	Male	Being happy	8/12/2018 8:25 PM
54	Age 30-39	Benchmark	Male	continuing to challenge yourself and not just settle or get complacent	8/12/2018 8:24 PM
55	Age 18-20	Benchmark	Male	Well maturing is important, also I believe that knowing where you are going in life is important.	8/12/2018 8:24 PM
56	Age 30-39	Benchmark	Male	education	8/12/2018 8:22 PM
57	Age 30-39	Benchmark	Male	Learning and applying something new and becoming more effective at whatever you choose to do	8/12/2018 8:21 PM
58	Age 40-49	Benchmark	Male	Family	8/12/2018 8:20 PM
59	Age 18-20	Benchmark	Male	I think it defines who you are as a person and what you've become	8/12/2018 8:19 PM
60	Age 21-29	Benchmark	Male	Bettering your self	8/12/2018 8:18 PM
61	Age 21-29	Benchmark	Male	Learning via life experience	8/12/2018 8:17 PM
62	Age 21-29	Benchmark	Male	I'm learning more, understanding things better	8/12/2018 8:16 PM
63	Age 30-39	Benchmark	Male	Personal is everything to me. That's the only way you can succeed.	8/12/2018 8:14 PM
64	Age 40-49	Benchmark	Male	Doing more than ask of you.	8/12/2018 8:14 PM
65	Age 30-39	Benchmark	Male	Continuously making strides become a better person a smarter person in all aspects of your life employment	8/12/2018 8:12 PM
66	Age 40-49	Benchmark	Male	Cash	8/12/2018 8:10 PM
67	Age 30-39	Benchmark	Male	Developmentality is your propagation in favor of your possibilities, that unfortunately subtracts those who do not support you and live life differently.	8/12/2018 8:08 PM
68	Age 30-39	Benchmark	Male	Dying to pride and self-ambition. Submitting myself to God.	8/12/2018 8:07 PM
69	Age 30-39	Benchmark	Male	Learning, developing and moving forward. Not being complacent	8/12/2018 8:04 PM
70	Age 40-49	Benchmark	Male	Making sure that you don't repeat the same mistake twice.	8/12/2018 7:47 PM
71	Age 18-20	Benchmark	Male	Overcoming obstacles and learning	8/12/2018 7:44 PM
72	Age 21-29	Benchmark	Male	How you view the world, I used think so small and nothing mattered, I found in my travels that it still doesn't matter, but you can still be happy and do what you want.	8/12/2018 7:39 PM
73	Age 30-39	Benchmark	Male	Becoming a more fulfilled individual	8/12/2018 7:35 PM
74	Age 18-20	Benchmark	Male	Character development	8/12/2018 7:31 PM
75	Age 60 or older	Benchmark	Male	learn	8/12/2018 7:24 PM
76	Age 18-20	Benchmark	Male	the ability to understand different outlooks on how things should function. Putting myself in other people's shoes	8/12/2018 7:22 PM
77	Age 60 or older	Benchmark	Male	care for my hygiene and eat wiser	8/12/2018 7:21 PM
78	Age 30-39	Benchmark	Female	Strong character	8/12/2018 7:17 PM

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79	Age 60 or older	Benchmark	Male	develop my personal attributes	8/12/2018 7:15 PM
80	Age 17 or younger	Benchmark	Male	Tirisa nagging on me.	8/12/2018 7:12 PM
81	Age 60 or older	Benchmark	Male	It means being able to be the best you can be. Looking for others before oneself. Being able to be confident, courteous, and able to achieve personal goals.	8/12/2018 7:07 PM
82	Age 60 or older	Benchmark	Male	It means I never stop evolving. Life has been a series of changes and challenges, and I am certain this never stops.	8/12/2018 7:04 PM
83	Age 40-49	Benchmark	Male	Financial success and relationships with others	8/12/2018 7:01 PM
84	Age 50-59	Benchmark	Male	Being a better person than I am now.	8/12/2018 6:59 PM
85	Age 50-59	Benchmark	Male	Learning to appreciate many different points of view.	8/12/2018 6:56 PM
86	Age 50-59	Benchmark	Male	Broadening, enhancing, or introducing new skills	8/12/2018 6:54 PM
87	Age 60 or older	Benchmark	Male	Finding more time for friends and family	8/12/2018 6:49 PM
88	Age 60 or older	Benchmark	Male	Definitely not measuring myself against others. That's something you generally find out later. I measure myself against myself. Am I better? Have I helped? Have I made a difference, if only to a small handful of people?	8/12/2018 6:47 PM
89	Age 60 or older	Benchmark	Male	Staying curious about the world around me - cultures, history, politics, civil rights, nature, etc.	8/12/2018 6:43 PM
90	Age 60 or older	Benchmark	Male	Learning something new every day. Keeping up with technology.	8/12/2018 6:41 PM
91	Age 50-59	Benchmark	Male	Every human being has purpose. Being created in the image of God, every human being has a gift. It is for each one of us to seek God to know his purposes for us, and to use the gifts that he gives to us to bless and serve others.	8/12/2018 6:39 PM
92	Age 50-59	Benchmark	Female	becoming more at ease with the life I have	8/12/2018 6:35 PM
93	Age 40-49	Benchmark	Male	Trying to do better in life and try to make more money	8/12/2018 6:29 PM
94	Age 60 or older	Benchmark	Male	improvement, maturity	8/12/2018 6:26 PM
95	Age 60 or older	Benchmark	Male	Constant learning and staying determined even in face of adversity	8/12/2018 6:23 PM
96	Age 40-49	Benchmark	Male	Learning more every day	8/12/2018 6:21 PM
97	Age 40-49	Benchmark	Male	Learning new things and becoming a better person with each new stage of life.	8/12/2018 6:18 PM
98	Age 60 or older	Benchmark	Male	self-confidence	8/12/2018 6:15 PM
99	Age 60 or older	Benchmark	Male	Becoming the best person you can be.	8/12/2018 5:36 PM
100	Age 60 or older	Benchmark	Male	Leaving the world better then I found it.	8/12/2018 5:34 PM
101	Age 21-29	Benchmark	Male	Intellectual	8/12/2018 5:31 PM
102	Age 60 or older	Benchmark	Male	Learning new things	8/12/2018 5:28 PM
103	Age 40-49	Benchmark	Male	learning something new everyday and growing as a person in all phases of your life.	8/12/2018 5:26 PM
104	Age 60 or older	Benchmark	Male	happy with where I am.	8/12/2018 5:23 PM
105	Age 40-49	Benchmark	Male	Making goals and completing them	8/12/2018 5:21 PM
106	Age 50-59	Benchmark	Male	AREAS OF WEAKNESS - AND MAKING THEM STRONGER	8/12/2018 5:18 PM
107	Age 21-29	Benchmark	Male	Achieving goals	8/12/2018 5:13 PM
108	Age 60 or older	Benchmark	Female	Try to learn something new every day or at least every week. Also to serve others, even in a small way... smile at a stranger or say good morning to them. These are the things that have helped me grow, as a person.	8/12/2018 5:10 PM
109	Age 60 or older	Benchmark	Male	Achieving pre conceived goals	8/12/2018 5:07 PM
110	Age 60 or older	Benchmark	Male	life lessons	8/12/2018 5:03 PM

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111	Age 60 or older	Benchmark	Male	Continuing to learn new life skills and continued spiritual growth	8/12/2018 5:00 PM
112	Age 40-49	Benchmark	Male	Being a great father	8/12/2018 4:55 PM
113	Age 60 or older	Benchmark	Male	learning	8/12/2018 4:53 PM
114	Age 40-49	Benchmark	Male	Getting better at enjoying your work and social life	8/12/2018 4:50 PM
115	Age 50-59	Benchmark	Male	none	8/12/2018 4:46 PM
116	Age 50-59	Benchmark	Male	Becoming a better husband and man	8/12/2018 4:42 PM
117	Age 60 or older	Benchmark	Male	To grow in my job and learn more	8/12/2018 4:39 PM
118	Age 21-29	Benchmark	Female	success	8/12/2018 4:35 PM
119	Age 40-49	Benchmark	Male	Learning new skills and having new experiences. Meeting new people and considering new ideas and viewpoints	8/12/2018 4:30 PM
120	Age 60 or older	Benchmark	Male	learning new things	8/12/2018 4:14 PM
121	Age 40-49	Benchmark	Male	Believe in the Lord.	8/12/2018 4:11 PM
122	Age 60 or older	Benchmark	Male	Taking advantage of learning via YouTube, google, etc.	8/12/2018 4:08 PM
123	Age 60 or older	Benchmark	Male	INCREASING IN GOD'S GRACE	8/12/2018 4:06 PM
124	Age 60 or older	Benchmark	Male	Learning and physical activity, including travel and arts	8/12/2018 4:03 PM
125	Age 30-39	Benchmark	Female	Growing in all aspects of who you are and what makes you, you.	8/12/2018 3:56 PM
126	Age 30-39	Benchmark	Female	When you learn to change for the better	8/12/2018 3:48 PM
127	Age 30-39	Benchmark	Female	a lot	8/12/2018 3:45 PM
128	Age 21-29	Benchmark	Female	Unlearning problematic and systemic things that have been taught to us since birth	8/12/2018 3:40 PM
129	Age 30-39	Benchmark	Female	Learning to become who you are.	8/12/2018 3:36 PM
130	Age 30-39	Benchmark	Female	Better/more substantial relationships	8/12/2018 3:33 PM
131	Age 18-20	Benchmark	Female	Mental and physical acceptance of responsibility	8/12/2018 3:31 PM
132	Age 30-39	Benchmark	Female	Being honest with yourself about your faults. Fixing what you can. Always wanting to learn something new, develop new skills.	8/12/2018 3:28 PM
133	Age 50-59	Benchmark	Male	always learning and experiencing new things	8/12/2018 3:22 PM
134	Age 60 or older	Benchmark	Male	Lifelong learning.	8/12/2018 3:20 PM
135	Age 21-29	Benchmark	Female	To be able to look in the mirror and be proud	8/12/2018 3:17 PM
136	Age 21-29	Benchmark	Male	Increasing your self-worth, be it by education, reaching fitness goals, promotion at work.	8/12/2018 3:15 PM
137	Age 21-29	Benchmark	Male	Being at peace with your choices, and changing the way you think in order to learn from your mistakes.	8/12/2018 3:11 PM
138	Age 40-49	Benchmark	Male	Working on my PTS symptoms, working on my bursts of anger & anxiety, finding a way to have a closer relationship with Jesus.	8/12/2018 3:08 PM
139	Age 30-39	Benchmark	Female	CHANGE	8/12/2018 3:05 PM
140	Age 30-39	Benchmark	Female	'm not sure if you're asking what it means in the abstract or what I require for myself for personal growth	8/12/2018 2:55 PM
141	Age 60 or older	Benchmark	Male	Self actualization	8/12/2018 2:52 PM
142	Age 21-29	Benchmark	Female	Overcoming personal obstacles such as your worth	8/12/2018 2:50 PM
143	Age 30-39	Benchmark	Female	Recognizing your weaknesses and finding ways to strengthen those parts of yourself.	8/12/2018 2:48 PM
144	Age 21-29	Benchmark	Female	It means always listening to other people. Specifically those who have different beliefs and opinions than you.	8/12/2018 2:45 PM

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145	Age 30-39	Benchmark	Female	Setting goals, learning new things	8/12/2018 2:42 PM
146	Age 18-20	Benchmark	Female	I'm not sure	8/12/2018 2:40 PM
147	Age 30-39	Benchmark	Female	Getting stronger every day--whether it be physically, emotionally, financially, intellectually...just make sure you improve yourself every day. One seemingly small thing times 365 ends up being a huge deal over a year's time.	8/12/2018 2:37 PM
148	Age 60 or older	Benchmark	Male	Maintaining a sense of peace, contributing to the common good	8/12/2018 2:31 PM
149	Age 21-29	Benchmark	Female	Getting the best education possible	8/12/2018 2:28 PM
150	Age 18-20	Benchmark	Male	Everything	8/12/2018 2:25 PM
151	Age 21-29	Benchmark	Female	I think it needs to happen more often	8/12/2018 2:22 PM
152	Age 18-20	Benchmark	Female	Learning from mistakes, and experiences	8/12/2018 2:20 PM
153	Age 30-39	Benchmark	Female	Becoming a person that my kids can look up to.	8/12/2018 2:16 PM
154	Age 60 or older	Benchmark	Male	Willing to learn something new.	8/12/2018 2:13 PM
155	Age 60 or older	Benchmark	Female	Understanding and accepting self and others; be supportive of self; courage to recover from adversity; accepting what is; keep moving forward	8/12/2018 2:10 PM
156	Age 21-29	Benchmark	Female	Realizing your faults and taking an initiative to change this.	8/12/2018 2:06 PM
157	Age 40-49	Benchmark	Female	Learning and incorporating something into my life that was previously unknown to me.	8/12/2018 2:04 PM
158	Age 21-29	Benchmark	Female	Greater capacity and more effectiveness	8/12/2018 1:58 PM
159	Age 40-49	Benchmark	Female	Being a better human being	8/12/2018 1:55 PM
160	Age 50-59	Benchmark	Female	Making thoughtful goals and taking steps to reach them.	8/12/2018 1:38 PM
161	Age 60 or older	Benchmark	Female	becoming more self-aware and working to be a better person in one's relationships with other individuals and with the world community	8/12/2018 1:35 PM
162	Age 40-49	Benchmark	Female	continue to learn	8/12/2018 1:32 PM
163	Age 21-29	Benchmark	Female	setting and achieving goals	8/12/2018 1:29 PM
164	Age 30-39	Benchmark	Female	Self evaluations	8/12/2018 1:22 PM
165	Age 40-49	Benchmark	Female	I think personal growth means to grow spiritually at my age now.	8/12/2018 1:19 PM
166	Age 60 or older	Benchmark	Female	Giving to others	8/12/2018 1:16 PM
167	Age 18-20	Benchmark	Female	It means getting to know myself and what I stand for	8/12/2018 1:14 PM
168	Age 60 or older	Benchmark	Female	Staying informed about daily happenings.	8/12/2018 1:11 PM
169	Age 50-59	Benchmark	Female	Continue to learn everyday. We can learn from every person or experience we have. Consider it an opportunity.	8/12/2018 1:09 PM
170	Age 50-59	Benchmark	Female	DO something about it. Grousing is a waste of time, effort and bores anyone listening. DO something and growth comes along as a backfill. Story: a farmer had a baby steer that needed to be lifted over the fence to stay safe from the bulls at night. Every day the farmer lifted the steer calf over the fence. Not even realizing it...without effort...as the calf grew...the farmer is lifting a bull steer up over a fence. You won't always know you are growing. You can only see it in the rearview mirror.	8/12/2018 1:05 PM
171	Age 60 or older	Benchmark	Female	Expanding your relationship with the world.	8/12/2018 1:03 PM
172	Age 50-59	Benchmark	Female	To be wiser than before... learning from your mistakes	8/12/2018 1:00 PM
173	Age 50-59	Benchmark	Female	Personal growth mean developing a new skill or experiencing something different..stretching your box.	8/12/2018 12:58 PM
174	Age 40-49	Benchmark	Female	Asking others, reading books and seeking wise guidance on being the best me I can be.	8/12/2018 12:52 PM
175	Age 60 or older	Benchmark	Female	With each life situation you grow.	8/12/2018 12:49 PM

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176	Age 40-49	Benchmark	Female	A better understanding of self	8/12/2018 12:46 PM
177	Age 50-59	Benchmark	Female	Never stop learning	8/12/2018 12:38 PM
178	Age 21-29	Benchmark	Female	it means what makes you grow, what makes you talented, experienced, what impacts you, what affects you	8/12/2018 12:34 PM
179	Age 60 or older	Benchmark	Female	becoming more self accepting and happier	8/12/2018 12:30 PM
180	Age 21-29	Benchmark	Female	Growth as a person and being a good person	8/12/2018 12:27 PM
181	Age 40-49	Benchmark	Female	believe in yourself and hang in there. Obstacles will be overcome.	8/12/2018 12:24 PM
182	Age 30-39	Benchmark	Female	Constantly improving myself and not becoming complacent	8/12/2018 12:20 PM
183	Age 60 or older	Benchmark	Female	nothing, it is not a term I relate too	8/12/2018 12:15 PM
184	Age 60 or older	Benchmark	Male	Being alert to opportunity when it appears; try to learn something new each and every day.	8/12/2018 12:12 PM
185	Age 40-49	Benchmark	Female	Learning from your mistakes	8/12/2018 12:10 PM
186	Age 40-49	Benchmark	Female	Bettering myself	8/12/2018 12:07 PM
187	Age 60 or older	Benchmark	Female	It means learning. About yourself, about other things, about things that interest or intrigue you.	8/12/2018 12:03 PM
188	Age 60 or older	Benchmark	Male	being able to improve myself that may or may not be used in my professional employment	8/12/2018 12:01 PM
189	Age 60 or older	Benchmark	Male	knowledge	8/12/2018 11:59 AM
190	Age 50-59	Benchmark	Female	Learning, doing, experiencing	8/12/2018 11:56 AM
191	Age 50-59	Benchmark	Female	Learning from your mistakes and changing how you look at things as you grow older.	8/12/2018 11:51 AM
192	Age 50-59	Benchmark	Female	Taking issues (mental, physical, financial) and setting goals that would make you more satisfied with your life.	8/12/2018 11:47 AM
193	Age 60 or older	Benchmark	Female	How you age and what you learn to do	8/12/2018 11:44 AM
194	Age 50-59	Benchmark	Male	Learning	8/12/2018 11:42 AM
195	Age 21-29	Benchmark	Female	Becoming a better you	8/12/2018 11:39 AM
196	Age 60 or older	Benchmark	Male	staying current and relevant	8/12/2018 11:31 AM
197	Age 50-59	Benchmark	Female	Reaching for the sky	8/12/2018 11:29 AM
198	Age 60 or older	Benchmark	Male	Growth at all levels, personally, academically, professionally.	8/12/2018 11:26 AM
199	Age 60 or older	Benchmark	Female	Learning something new	8/12/2018 11:24 AM
200	Age 40-49	Benchmark	Female	Always learning.	8/12/2018 11:19 AM
201	Age 50-59	Benchmark	Female	It means to continue to learn things that are meaningful and exciting and keep me feeling alive	8/12/2018 11:17 AM
202	Age 60 or older	Benchmark	Female	Being open to learning and trying new things while valuing what you already have and do.	8/12/2018 11:12 AM
203	Age 60 or older	Benchmark	Female	It means becoming the best me I can be for myself and for others.	8/12/2018 11:10 AM
204	Age 40-49	Benchmark	Female	Making mistakes and learning from them and then making necessary changes for a better life!	8/12/2018 11:08 AM
205	Age 21-29	Benchmark	Male	Good relationships, certifications and awesome job	8/12/2018 11:06 AM
206	Age 21-29	Benchmark	Female	To grow and become a better person than you were yesterday	8/12/2018 11:01 AM
207	Age 30-39	Benchmark	Female	Learning new things	8/12/2018 10:59 AM
208	Age 50-59	Benchmark	Female	Very important especially drawing closer to God	8/12/2018 10:57 AM

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209	Age 30-39	Benchmark	Female	Emotional maturity	8/12/2018 10:55 AM
210	Age 60 or older	Benchmark	Female	Accepting mess husband made w/ finances throughout the years	8/12/2018 10:51 AM
211	Age 40-49	Benchmark	Male	Exercise and learn	8/12/2018 10:48 AM
212	Age 21-29	Benchmark	Female	Advancing	8/12/2018 10:42 AM
213	Age 60 or older	Benchmark	Female	Always bettering yourself	8/12/2018 10:40 AM
214	Age 60 or older	Benchmark	Female	Knowledge, empathy, happiness in helping others	8/12/2018 10:37 AM
215	Age 30-39	Benchmark	Female	Looking back and seeing how far I have come.	8/12/2018 10:32 AM
216	Age 60 or older	Benchmark	Female	taking one's self less seriously	8/12/2018 10:30 AM
217	Age 60 or older	Benchmark	Female	Learn by your mistakes.	8/12/2018 10:27 AM
218	Age 60 or older	Benchmark	Female	living and never stop learning	8/12/2018 10:23 AM
219	Age 30-39	Benchmark	Female	Evolving from your core self spiritually mentally physically	8/12/2018 10:20 AM
220	Age 60 or older	Benchmark	Female	Self and family doing well and we are feeling good about how we are doing right now. We are also in a position to continue being fulfilled	8/12/2018 10:18 AM
221	Age 50-59	Benchmark	Female	Spiritual growth, peace of mind	8/12/2018 10:16 AM
222	Age 60 or older	Benchmark	Female	Keep on learning and trying new things	8/12/2018 10:13 AM
223	Age 40-49	Benchmark	Female	learning from past mistakes	8/12/2018 10:11 AM
224	Age 40-49	Benchmark	Female	improve awareness and identity, develop talents and potential	8/12/2018 10:09 AM
225	Age 60 or older	Benchmark	Female	gradually accomplishing things	8/12/2018 10:06 AM
226	Age 50-59	Benchmark	Female	It means everything.	8/12/2018 10:04 AM
227	Age 60 or older	Benchmark	Male	You get paid for work 9-5, what you do after 5 to develop your skills and professional education that will build a bright FUTURE.	8/12/2018 10:01 AM
228	Age 21-29	Benchmark	Female	Learning why we do the things we do, what behaviors we learned as coping mechanisms that might be harming us in our adult life. Getting in touch with your intuition.	8/12/2018 9:57 AM
229	Age 50-59	Benchmark	Female	Being the best I can be at my job.	8/12/2018 9:54 AM
230	Age 60 or older	Benchmark	Male	Theosis- an old Greek term for growing spiritually into the likeness of Christ. You asked.	8/12/2018 9:36 AM
231	Age 50-59	Benchmark	Female	Continue your education, not necessarily by going to a school but by researching and learning on your own. Use books, computers , internet and talk to older people to learn what they know. Expand your learning horizons to stay interested and growth will keep you in touch with the past, present and future.	8/12/2018 9:32 AM
232	Age 50-59	Benchmark	Female	Having money saved up.	8/12/2018 9:29 AM
233	Age 50-59	Benchmark	Female	Doing better tomorrow than yesterday	8/12/2018 9:27 AM
234	Age 18-20	Benchmark	Female	Becoming better versions of yourself as time goes on	8/12/2018 9:23 AM
235	Age 60 or older	Benchmark	Female	never stop listening to the outlook of others	8/12/2018 9:20 AM
236	Age 60 or older	Benchmark	Female	Understanding and loving self and others.	8/12/2018 9:16 AM
237	Age 50-59	Benchmark	Female	Yes	8/12/2018 9:13 AM
238	Age 30-39	Benchmark	Female	Calm	8/12/2018 9:10 AM
239	Age 50-59	Benchmark	Male	Understanding it's not about me	8/12/2018 8:52 AM
240	Age 50-59	Benchmark	Female	Improvement	8/12/2018 8:48 AM
241	Age 40-49	Benchmark	Female	Everything	8/12/2018 8:45 AM
242	Age 60 or older	Benchmark	Male	Financial, spiritual and relational development	8/12/2018 8:40 AM
243	Age 30-39	Benchmark	Female	You must take time to love and learn yourself	8/12/2018 8:36 AM

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244	Age 50-59	Benchmark	Female	To still be pursuing something, living on purpose	8/12/2018 8:34 AM
245	Age 50-59	Benchmark	Female	Becoming a better person and being less self absorbed	8/12/2018 8:30 AM
246	Age 60 or older	Benchmark	Female	Improving yourself - education wise and working out.	8/12/2018 8:28 AM
247	Age 60 or older	Benchmark	Female	Being able to adjust to whatever comes along.	8/12/2018 8:25 AM
248	Age 60 or older	Benchmark	Male	never stop learning	8/12/2018 8:23 AM
249	Age 30-39	Benchmark	Female	Development	8/12/2018 8:20 AM
250	Age 40-49	Benchmark	Male	Never stop learning	8/12/2018 8:17 AM
251	Age 21-29	Benchmark	Female	Working on things you know you need to work on to be a better you	8/12/2018 8:13 AM
252	Age 50-59	Benchmark	Female	to work on improving myself	8/12/2018 8:10 AM
253	Age 60 or older	Benchmark	Female	Satisfaction	8/12/2018 8:06 AM
254	Age 60 or older	Benchmark	Female	Building upon personal experiences, both positive and negative, to develop one's individual potential.	8/12/2018 8:03 AM
255	Age 21-29	Benchmark	Female	Being a better version of myself everyday	8/12/2018 8:00 AM
256	Age 18-20	Benchmark	Female	happiness	8/12/2018 7:57 AM
257	Age 21-29	Benchmark	Female	It means a lot to me	8/12/2018 7:54 AM
258	Age 60 or older	Benchmark	Female	Improving abilities to acquire insights and knowledge.	8/12/2018 7:51 AM
259	Age 60 or older	Benchmark	Female	Evolving and further developing specific areas of my life that are important to me, both in the moment and long term.	8/12/2018 7:48 AM
260	Age 30-39	Benchmark	Female	Being your best self	8/12/2018 7:45 AM
261	Age 60 or older	Benchmark	Female	Learning what is really important in life is the best personal growth one can hope for.	8/12/2018 7:42 AM
262	Age 60 or older	Benchmark	Female	try new things. Learn from the past. Mentor others	8/12/2018 7:39 AM
263	Age 50-59	Benchmark	Male	Pleasing God	8/12/2018 7:37 AM
264	Age 60 or older	Benchmark	Female	Learning what you need to know to become more successful	8/12/2018 7:34 AM
265	Age 60 or older	Benchmark	Female	Being able to do many things well for personal and world around me betterment	8/12/2018 7:31 AM
266	Age 60 or older	Benchmark	Male	continuing to learn and do	8/12/2018 7:28 AM
267	Age 60 or older	Benchmark	Female	Successful in you personal life as well as professional life	8/12/2018 7:25 AM
268	Age 30-39	Benchmark	Female	Bettering yourself and helping others. Realizing what is important in life	8/12/2018 7:22 AM
269	Age 60 or older	Benchmark	Female	Growing closer to God.	8/12/2018 7:19 AM
270	Age 60 or older	Benchmark	Male	learning to like yourself, and living to your full potential	8/12/2018 7:16 AM
271	Age 60 or older	Benchmark	Male	important	8/12/2018 7:12 AM
272	Age 21-29	Benchmark	Female	creative contribution	8/12/2018 7:09 AM
273	Age 60 or older	Benchmark	Female	Figuring out what makes me happy - not blindly following others. Being realistic.	8/12/2018 7:01 AM
274	Age 60 or older	Benchmark	Female	Finding peace and joy in any situation	8/12/2018 6:55 AM
275	Age 40-49	Benchmark	Female	moving up	8/12/2018 6:51 AM
276	Age 50-59	Benchmark	Female	Becoming a better version of myself	8/12/2018 6:48 AM
277	Age 60 or older	Benchmark	Female	Understanding self & others	8/12/2018 6:45 AM
278	Age 30-39	Benchmark	Female	Moving forward	8/12/2018 6:41 AM

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279	Age 40-49	Benchmark	Female	it's growing my weaknesses into strengths and succeeding something I did not understand	8/12/2018 6:35 AM
280	Age 40-49	Benchmark	Male	Being productive	8/12/2018 6:31 AM
281	Age 60 or older	Benchmark	Female	Money and being happy with your work. I love what I do and I'm very good at it.	8/12/2018 6:27 AM
282	Age 40-49	Benchmark	Female	be close to relationship with God	8/12/2018 6:23 AM
283	Age 60 or older	Benchmark	Female	Having a philosophic mind; understanding and having love for others	8/12/2018 6:19 AM
284	Age 60 or older	Benchmark	Female	Learning something new	8/12/2018 6:16 AM
285	Age 60 or older	Benchmark	Female	Becoming more satisfied with my life and comfort that I met most of my life goals	8/12/2018 6:13 AM
286	Age 40-49	Benchmark	Female	becoming the person you want to be	8/12/2018 6:10 AM
287	Age 30-39	Benchmark	Female	Learning, helping and being successful	8/12/2018 6:06 AM
288	Age 17 or younger	Benchmark	Female	Becoming better as a human being	8/12/2018 6:02 AM
289	Age 30-39	Benchmark	Female	Bettering myself	8/12/2018 5:59 AM
290	Age 21-29	Male	Social	Being a better person than you were yesterday	2/11/2018 2:05 PM
291	Age 21-29	Other Gender	Social	Personal growth is meeting new people, learning about other cultures, bla bla, bla. Most important thing is that you are at a stage of life where you have formed your own opinion of the world but aren't afraid of changing your opinions. Man/woman will have their own opinions, but a boy/girl will tell you opinions they learnt from their peers, teachers and parents. Learn from others and shape it in your own way to fit your world	2/9/2018 11:31 PM
292	Age 40-49	Male	Social	Improving within the four quadrants of life.	2/9/2018 4:24 AM
293	Age 21-29	Male	Social	Personal growth is the pursuit of positive activities, experiences and education.	2/8/2018 10:05 AM
294	Age 40-49	Female	Social	Education, debating, listening to other points of view	2/8/2018 9:56 AM
295	Age 21-29	Female	Social	Personal growth to me starts within...in the sense you need to start loving yourself before others. Then experience life all that you can so you know your likes and dislikes, learn about new cultures and different ways of life	2/8/2018 9:05 AM
296	Age 21-29	Male	Social	Discovering who we are. Lifelong learning and striving for growth	2/7/2018 9:59 PM
297	Age 21-29	Male	Social	Learning to adapt from uncomfortable situations	2/7/2018 8:56 AM
298	Age 21-29	Male	Social	Recognizing your flaws and improving on them. Setting goals for yourself and holding your self responsible when you come up short	2/7/2018 8:16 AM
299	Age 40-49	Male	Social	Learning different things from all aspects of life and having those things make a positive effect on me	2/5/2018 6:07 PM
300	Age 17 or younger	Male	Social	It means a lot to me because the person I am changing into is the person I'll become later in life	2/5/2018 3:34 PM
301	Age 17 or younger	Male	Social	Personal growth to me means a growth in maturity and an understanding of character in oneself.	2/5/2018 2:33 PM
302	Age 30-39	Female	Social	Becoming a better person than I was yesterday	2/4/2018 5:54 AM
303	Age 40-49	Male	Social	Learning from our mistakes. We will all make them time and time again but make new mistakes ... don't repeat the same ones	1/31/2018 2:46 PM
304	Age 21-29	Male	Social	There are things we can change and most of not all of them have to be with our own being, that would be body, mind and spirit. So improving what we can improve in the sense of our own self is personal development.	1/28/2018 12:11 PM
305	Age 40-49	Other Gender	Social	Striving to improve oneself in a holistic way.	1/27/2018 7:00 PM
306	Age 21-29	Other Gender	Social	Learning constantly	1/26/2018 11:27 PM
307	Age 30-39	Male	Social	Feeling like life is one with you, that you are useful in your work, family, friends, etc, and at the same time you love yourself	1/26/2018 4:38 AM

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308	Age 21-29	Female	Social	Personal growth isn't about becoming a different person, it's about fundamentally changing how you interact with who you already are.	1/25/2018 6:57 PM
309	Age 21-29	Female	Social	Improving and growing myself, changing my beliefs for good and having confidence in what I believe in and what I have accomplished.	1/24/2018 9:24 PM
310	Age 21-29	Female	Social	Growing in all aspects of oneself	1/24/2018 2:57 PM
311	Age 30-39	Female	Social	Be a better person in all aspects.	1/24/2018 2:32 PM
312	Age 21-29	Female	Social	Personal growth is looking back at the person you were last year or last month or last week and liking the person you are today even more than that person back then	1/24/2018 11:00 AM
313	Age 21-29	Female	Social	To me, it means to be able to embrace yourself in all possible ways. It is a journey that never ends, because once we solve that one thing, something new appears, but it is a process in which you embrace your flaws, and stop blaming yourself for them. You try to learn how to love them, and most of all, you begin to love your own strenghts. You get to a state from which you can learn anything and have a positive, active attitude about life.	1/24/2018 10:31 AM
314	Age 21-29	Female	Social	Constantly tuning into my higher self, confronting the truth about myself and others, and finding better ways to conduct my life. Studying successful people. Letting go of the ego and negative emotions (while still acknowledging them and allowing myself to feel). Truly growing by real energy and focus on the realities of my mind and soul.	1/24/2018 10:19 AM
315	Age 18-20	Female	Social	Everything, the way of life, consciously or subconsciously, everyone has personal growth	1/24/2018 10:11 AM
316	Age 21-29	Male	Social	personal growth means that I can look back and smile because something about me/my life improved, instead of looking back with regret	1/24/2018 9:49 AM
317	Age 17 or younger	Female	Social	being who you are and being proud of yourself	1/24/2018 8:57 AM
318	Age 21-29	Male	Social	It helps the person be successful not only with personal development, but It gets you far to the point where you be focused more on your goals and success.	1/23/2018 10:12 PM
319	Age 21-29	Male	Social	Completing goals. Even the baby step goals count as personal growth. Anything that helps you work towards the long term goal you strive for.	1/23/2018 7:55 PM
320	Age 30-39	Female	Social	Be patient	1/23/2018 6:24 PM
321	Age 18-20	Male	Social	Becoming more efficient and productive every day towards making an impact.	1/23/2018 5:31 PM
322	Age 21-29	Female	Social	Finding what is the most important to you in the few sections of your life (relationships, health, career, spirituality etc) and working to make the things that light you up in your every day life and your daily motivation.	1/23/2018 3:59 PM
323	Age 21-29	Female	Social	Always being honest with yourself and following your values.	1/23/2018 3:34 PM
324	Age 21-29	Female	Social	Focusing on ourselves and our inner voice that so often is forgotten	1/23/2018 3:05 PM
325	Age 21-29	Female	Social	Being able to grow hollistically.	1/23/2018 2:41 PM
326	Age 30-39	Male	Social	Unlocking potential and finding true self	1/23/2018 2:13 PM
327	Age 21-29	Female	Social	inner peace	1/23/2018 12:58 PM
328	Age 21-29	Female	Social	Always striving to be the best you you can be.	1/23/2018 12:48 PM
329	Age 30-39	Female	Social	Meditation, yoga, drawing, much responsibility, cure of someone else, improve skills, learn new things, meet new people and new places	1/23/2018 12:36 PM
330	Age 21-29	Female	Social	Be in tune with myself (not sure if you say it like that in English, sorry!), in and out.	1/23/2018 12:32 PM
331	Age 30-39	Female	Social	again - the life and lifestyle that make me really happy and thriving.	1/23/2018 12:28 PM
332	Age 21-29	Female	Social	Identifying the things about yourself that you would like to change, and moving towards improving them.	1/23/2018 12:23 PM
333	Age 30-39	Female	Social	A personal need for me to have a qualitative life	1/23/2018 12:04 PM
334	Age 21-29	Female	Social	molding yourself and your life to become the person you want to be and staying true to yourself along the way.	1/23/2018 11:54 AM

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335	Age 21-29	Female	Social	Working on appreciating yourself as your are as you learn how you can improve on the things that don't bring you happiness	1/23/2018 11:52 AM
336	Age 21-29	Female	Social	Continuing to learn and improve myself, be more valuable for everyone around me	1/23/2018 10:59 AM
337	Age 21-29	Female	Social	Understanding the ways of my behavior and learning to control my life in order to fulfill my goals	1/23/2018 10:52 AM
338	Age 18-20	Female	Social	overcoming life's obstacles and finding a balance in life	1/23/2018 10:45 AM
339	Age 18-20	Female	Social	nothing	1/23/2018 10:31 AM
340	Age 21-29	Female	Social	small steps	1/23/2018 10:22 AM
341	Age 40-49	Male	Social	Learning new things, developing new talents or simply taking part in new experiences	1/22/2018 9:10 PM
342	Age 30-39	Male	Social	Learning. Changing. Growing	1/22/2018 9:00 PM
343	Age 40-49	Male	Social	Always advancing by educating, training and loving yourself	1/22/2018 7:04 PM
344	Age 40-49	Male	Social	personal Grove to me is a catch phrase	1/22/2018 5:02 PM
345	Age 21-29	Female	Social	Personal growth is when you go through anything in life and that shapes you as a person	1/22/2018 2:34 PM
346	Age 30-39	Female	Social	start by understanding your potential. Do everything you can upto your potential.	1/22/2018 9:31 AM
347	Age 60 or older	Female	Social	To make small changes each day to become a better version of myself.	1/21/2018 4:32 PM
348	Age 30-39	Female	Social	Letting go! Breathe and move forward	1/21/2018 3:08 PM
349	Age 21-29	Male	Social	Being a better me in any/all facets of life	1/21/2018 8:03 AM
350	Age 40-49	Female	Social	Stretching yourself in order to discover your true talents, strengths and God given capabilities.	1/21/2018 5:01 AM
351	Age 40-49	Female	Social	To become a better version of who I am now	1/20/2018 7:44 PM
352	Age 50-59	Female	Social	Setting goals and achieving or striving to achieve them	1/19/2018 7:13 PM
353	Age 40-49	Female	Social	Personal growth is when you master having a balance life and focusing on things I can control.	1/19/2018 7:04 PM
354	Age 18-20	Male	Social	Maturing	1/19/2018 1:26 PM
355	Age 40-49	Female	Social	personal growth to me is alway trying to be the best I can be. Life is happiness and not being perfect but being kind and enjoying my life.	1/19/2018 9:17 AM
356	Age 21-29	Female	Social	Have experience and a good future.	1/19/2018 8:38 AM
357	Age 50-59	Male	Social	never stop learning	1/19/2018 8:01 AM
358	Age 40-49	Male	Social	Personal growth means trying not to make the same mistakes twice. It also means to learn something new and to apply what you have learned.	1/19/2018 7:15 AM
359	Age 40-49	Female	Social	It's my daily lifestyle	1/19/2018 6:40 AM
360	Age 40-49	Female	Social	Moving forward and learning from your mistakes.	1/19/2018 5:33 AM
361	Age 50-59	Female	Social	Achieving a balance between job and family	1/19/2018 5:26 AM
362	Age 40-49	Female	Social	Listening and learning from various resources such as conversation, books, experiences to learn better ways of being. Advancing and pushing oneself to be better than before. Balance and surrounding yourself with mentors that can help you achieve this.	1/19/2018 5:09 AM
363	Age 40-49	Male	Social	I have been much more charitable lately. Personal growth is helping others and being less selfish	1/19/2018 4:49 AM
364	Age 21-29	Female	Social	Finding the areas I feel insecure about and either changing them or learning to love them.	1/19/2018 4:32 AM

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365	Age 40-49	Female	Social	Learning from your mistakes not dwelling on the past - take it as lessons learned. Move on don't dwell. Take on change don't be afraid	1/19/2018 4:16 AM
366	Age 40-49	Female	Social	Taking initiative & action to pursue something I desire	1/19/2018 3:39 AM
367	Age 40-49	Male	Social	Learning from my mistakes and being happy within myself...	1/19/2018 1:37 AM
368	Age 30-39	Female	Social	The process of improving oneself through such activities as enhancing employment skills, increasing consciousness, and building wealth.	1/18/2018 11:28 PM
369	Age 40-49	Female	Social	Keep studying all the time	1/18/2018 11:02 PM
370	Age 40-49	Male	Social	I'm in. And personal growth means being a better person and more efficient in business and life.	1/18/2018 9:41 PM
371	Age 40-49	Female	Social	Reading your potential and then reaching your goals.	1/18/2018 8:55 PM
372	Age 40-49	Female	Social	Constantly learning and growing as a person.	1/18/2018 8:49 PM
373	Age 50-59	Female	Social	Learning , evolving, everyday . Be open	1/18/2018 8:45 PM
374	Age 40-49	Female	Social	learning from the past and not repeating samethings	1/18/2018 8:34 PM
375	Age 40-49	Female	Social	Push yourself further to reach all we desire	1/18/2018 8:26 PM
376	Age 30-39	Female	Social	do the things that make me happy	1/18/2018 8:06 PM
377	Age 40-49	Female	Social	Always learn something new, no matter how small	1/18/2018 7:43 PM
378	Age 40-49	Male	Social	Knowledge, goal setting and achieving them, healthy personal and professional relationships, monetary growth equal to skill and knowledge development	1/18/2018 7:02 PM
379	Age 40-49	Male	Social	Never stop learning each day.	1/18/2018 6:26 PM
380	Age 30-39	Male	Social	Learning to accept who you are as a person or deciding to better yourself until you do.	1/18/2018 6:15 PM
381	Age 50-59	Female	Social	Not under estimating my self worth	1/18/2018 6:08 PM
382	Age 40-49	Male	Social	No matter how much you may know there is always room to learn and grow, you always have to be open to evolve and grow because life is ever changing. And if you don't change with it you can become not as effective or obsolete.	1/18/2018 5:57 PM
383	Age 50-59	Male	Social	Knowledge acquisition	1/18/2018 5:38 PM
384	Age 50-59	Male	Social	The ability to learn at any age. The ability to correct your mistakes and avoid making the same ones.	1/18/2018 5:37 PM
385	Age 30-39	Male	Social	It means being flexible to change, to be self critical and improve, to learn new skills, to learn about other cultures and ways of approaching life, work, religion, etc. It means working at maintain existing relationships with people around me and meeting new people. It means living a healthy lifestyle and finding happiness through balance.	1/18/2018 5:24 PM
386	Age 40-49	Male	Social	For me personal growth is about always striving for more, more education, more knowledge, more experiences. I don't ever want to be stagnant.	1/18/2018 4:59 PM