

Growth Matters



A GUIDE TO GROWTH

In this guide, I share practical steps you can take to gain control of your future and develop habits that cultivate intentional growth. The possibilities are endless; whatever it takes, invest in yourself and grow.

By Dr. Pamela Davis

<http://www.thepdexperience.net>



WELCOME

You're on the right track. Just when you thought you knew everything there was to know about yourself, you realized there was so much more. Through this guide to growth, you will deepen your self-awareness and develop systems to become more intentional about your growth.

Growing doesn't just happen. You have to make a conscious choice to grow on purpose. Welcome as we journey toward growth, because growth matters

THE PD EXPERIENCE

CONTENT



AWARENESS

Get in touch with your emotions

ASSESSMENT

Take a personality assessment

ACCOUNTABILITY

Get an accountability partner

ACTION

Take action.

AFFIRMATION

Affirm the positive



ABOUT

I am Dr. Pamela Davis, the founder and CEO of Growth Matters, LLC doing business as The PD Experience. For the past 25+ years, I have been a teacher and school/district-based administrator. Through my work with school districts, community partners, and even faith-based organizations, I discovered my keen ability to develop others and compel them to get out of their own way in order to achieve more.

As a leadership and personal development coach, I work with clients to help enhance their awareness, increase confidence, and develop untapped skills within to improve overall performance.
Come grow with me!

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STEP 1



AWARENESS

Increase your awareness. The first step toward intentional growth is getting to know you. Whether you are leading an organization or leading on the home front, it will be essential for you to tap into the inner you. Reflection is an easy approach to deepen your understanding of your thoughts and emotions. What are your greatest assets? What do you long to accomplish? To grow, take time to reflect and increase your awareness.

STEP 2



ASSESSMENT

Take an assessment. Research supports the increased motivation and awareness as a result of internalizing feedback from a personality test. I am partial to the DISC Behavioral Assessment, however there are other instruments online - some are free and others come with a cost. It's worth the investment to unlock insights about you. Compare your results to your personal assessment - what's the same? What's different?

STEP 3

ACCOUNTABILITY
BREEDS
RESPONSE-ABILITY.
~STEVEN COVEY

ACCOUNTABILITY

Get an accountability partner. An accountability partner is someone who will help you keep your commitment. You might be working toward a goal, promotion, or timeline. Having an accountability partner that can support you through the challenge can be the jewel that helps you get results you want. Do not be afraid to connect with someone who can remind you of your why.

STEP 4



ACTION

Take action. You've identified your goal already, right? Now, all your actions need to align with making the goal happen. Create a comprehensive list of the activities, that if you engage in, will ensure you achieve your goal. Share the list with your accountability partner so they can help you brainstorm. An intense regimen will help you get the results you desire.

STEP 5

T H I N K

P O S I T I V E

AFFIRMATION

Affirm the positive. Drown out the noise by saturating your mind with positivity. Identify 5 power phrases that speak to you. Go ahead and secure what they are now - "I am enough." "I am pretty." "I am courageous." "I am in charge of how I feel." "I believe in me." Repeat it. Post it. Believe it. Feel it. Do not succumb to the negative voices.

WORK WITH ME



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