

Growth and What You Can Sustain

Take 10 minutes to step outdoors and notice how Spring is in full swing. Everything around us is growing. But growth requires energy. Take a few minutes to step back and reflect:

Where Is Growth Happening?

Where in your life or work are things expanding or increasing?

What Feels Energising?

What aspects of this growth feel positive, motivating, or exciting?

What Feels Like Pressure?

Where does growth feel overwhelming or unsustainable?

What Can I Sustain?

Looking ahead, what level of growth feels realistic and sustainable?

What Needs to Change?

What might you need to adjust, stop, or say no to?

One Intentional Choice

What is one decision you can make to support sustainable growth?

Closing Reflection - Growth is not just about more.

What do you want to grow - and what can you sustain?

Monthly reflections for leaders navigating growth, change and transition

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