

How to Actually Measure Your Growth

Growth isn't as linear as we might think. So when you've been putting in the work and still don't feel like you're making progress, it helps to shift your perspective.

Behold: the growth spiral.

Instead of viewing growth as a straight line or a staircase, think of it like a spiral. The bottom of the spiral represents the starting line of your growth journey. As you move up, you're collecting more knowledge, experience, and tools to help you grow.

Think about an area of your life where you are taking steps to grow. (Example: Setting boundaries.) Fill out the spiral with your wins, setbacks, resilience factors, and more.



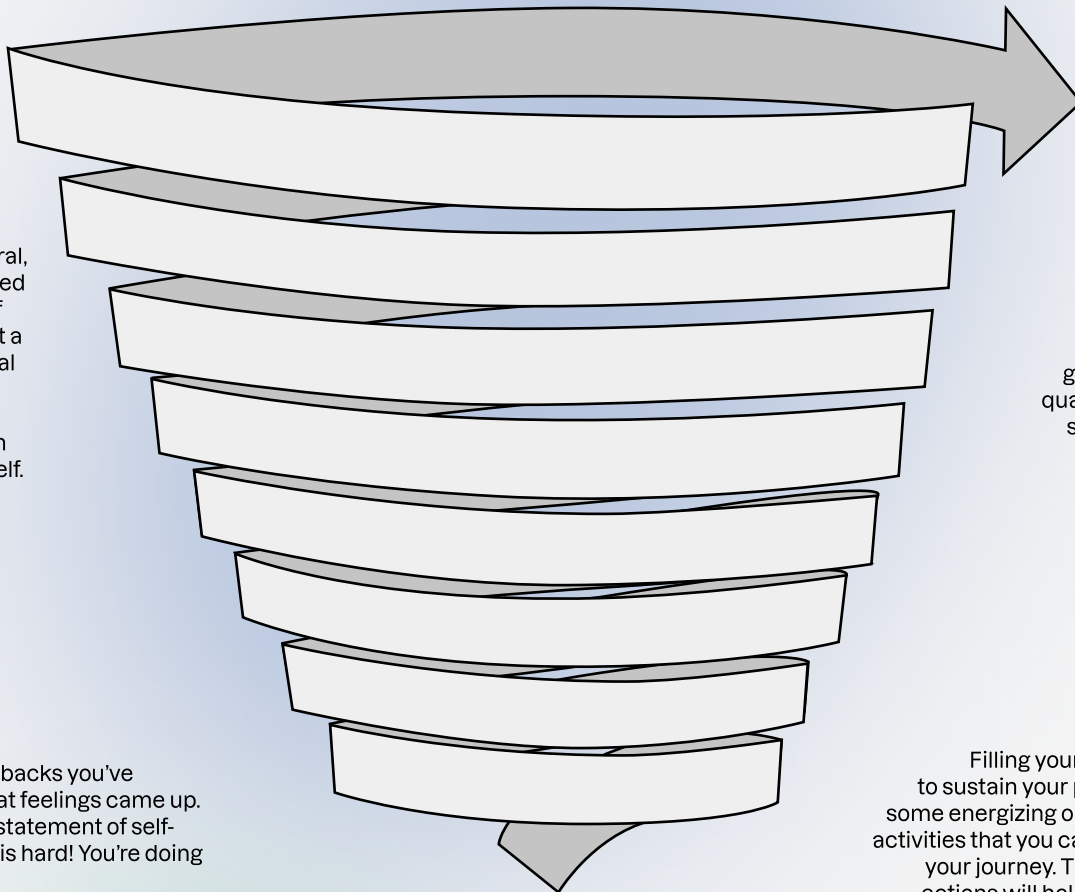
Celebrate your wins

No matter where you are on the growth spiral, you've definitely racked up some wins (even if they seem small). Plot a few wins on your spiral with a star. For each one, write out a little award-worthy speech congratulating yourself.



Be kind to yourself

Write in whatever setbacks you've encountered and what feelings came up. Next, respond with a statement of self-compassion. Growth is hard! You're doing great.



Find your resilience factors

When things get real, what keeps you energized and motivated to keep going? Jot down the qualities that give you strength. These are your resilience factors!



Keep going

Filling your own cup will help to sustain your progress. Jot down some energizing or relaxing self-care activities that you can engage in along your journey. These personalized actions will help fuel your growth.



Meet The Expert

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