



ORGANISATION
INDIVIDUALS
TEAMS

„If you've never done it before,
there's always a possibility that
you can do it.“

Henry Ford

3 PERSONAL GROWTH



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No Growth Without Change.

Changes can challenge us and take us out of our comfort zone, but they are the key to personal growth.



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No Change Without Incentive.

With the right motivation, you can tackle the changes that are important to you. Be clear about your desires, as that will help you find the necessary energy and the incentive.



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No Motivation Without Personal Goals.

Personal goals are the key to our motivation. They provide the necessary drive to tackle changes and achieve personal growth.



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Start Growing!

- Embrace changes as opportunities to explore new paths.
- Pay attention to your needs and desires.
- Set clear goals and remember the "why" behind them.