

TRUE G.R.O.W.T.H.

MOTIVATE. INSPIRE. GROW.

WHAT IS TRUE G.R.O.W.T.H.?

My platform for TRUE G.R.O.W.T.H. consists of six principles that are essential to personal growth and development. Each principle is developed with the intention of helping break through personal thresholds and limitations we have set for ourselves in pursuit of unlocking our full potential. Prior to the military, I was content living a life of mediocracy and hiding in the shadows. The thought of challenging myself to become *better* was terrifying. The U.S. Army changed my life and the value I find in my life. I see the world through a much different lens which I wish to share with all of you.

The TRUE G.R.O.W.T.H. model creates a foundation for exploration into a better version of ourselves. On an even deeper level, the platform has sub categories of components needed to sustain growth by breaking out of our comfort zones. It challenges us to identify areas of needed improvements, as well as building on our existing strengths and progress. Each principle serves its own individual purpose while collectively building a stronger base. The six core principles of TRUE G.R.O.W.T.H. are:

G. Good People

- Who do we surround ourselves with?

R. Reliability and Resilience

- Are we able to rely on ourselves to get back up each time we fall? Does it make us stronger and help us learn?

O. Obstacles Vs. Opportunities

- What value do we find in the challenges we face? Do we seize the opportunities God has put in our lives to better ourselves and the world around us?

W. Will Power for change

- Change is hard, even if we need it. What does it take to integrate needed changes in our lives?

T. Time

- How do we spend our most valuable resource?

H. Heart and Soul

- Invest yourself in what you do. With every ounce of your heart and soul.

