

The GROW Principle®



by Robert Silverstone

Your growth is inevitable! You can either grow by choice, or you can have it forced upon you by painful, sometimes traumatic experiences—such as job loss, bankruptcy, illness, or divorce.



CHARACTER / GROWTH

Who you are today is the direct result of your thoughts, words, and actions of the past. Who you will become in the future will be the result of your thoughts, words, and actions today.

If you want to grow into more than you are today, you must change something. Start by asking, *"Who, what or where do I want to be in the future?"* and *"What must I change to get there?"*

Your growth is inevitable! You can either grow by choice, or you can have it forced upon you by painful, sometimes traumatic experiences—such as job loss, bankruptcy, illness, or divorce. If you try to inhibit your growth—perhaps by avoiding challenges, ignoring obstacles, or by defending your negative behaviors—you will suffer adverse consequences—physically, mentally, emotionally, or spiritually.

Have you ever been brought to your knees by an issue or experience that has caused you to reflect on your behavior?

Since change can be scary, unknown, and uncertain, we all tend to resist change. But sooner or later, change will force itself upon us, and we will experience the pain and trauma of having the change flood us with whatever we have been avoiding or resisting.

As you know, it is difficult, if not impossible, to change others; however, you can always change something about yourself. What do you want to change? How will you make the change?

Two Principles

I have developed a simple tool to facilitate growth and change. It is based on two powerful fundamentals:

1. ***The power of words.*** Sigmund Freud said, "Words have magical power to create the greatest delight or deepest despair." As you become aware of your language, make modifications that facilitate the change you choose to make.

2. **The power of the present moment.** With your energy fully invested in the present moment, you are operating with your optimal power.

The *GROW Principle* enables you to make your change more intentional.

Four Pillars

GROW is an acronym that describes the four pillars of the principle:

- **G - Gratitude.** When you delve into thankfulness, appreciation, and acknowledgement, viewing everything in your life through the lens of gratitude, your perspective shifts and you start to view your life, family, friends, associates; and circumstances differently. You will notice a greater feeling of well-being and happiness.
- **R - Release.** Let go, detach from, or dispense with negative behaviors, harmful or destructive attitudes, and self-defeating thoughts.
- **O - Openness.** By being open and receptive to new ideas, habits and behaviors, you initiate change. Explore your dreams and visions for the future and set goals.
- **W - Willingness.** Invoke the power of your will to make decisions, commitments, and take action. Make choices about what actions you must take, and commit to take these action steps.

As you apply the *GROW Principle*, you will lower stress by eliminating behaviors that limit growth, while raising energy and causing shifts in perspectives that highlight positive aspects of your life.

Robert Silverstone developed The *GROW Principle* as a direct outcome of his own personal journey of transformation. Email robert@robertsilverstone.com or visit www.robertsilverstone.com.

Excellence in Action: Embark on your own *GROW* journey.