

Adult First Day School 10/6/23

Growth

Know that growth more often looks like letting go than adding more; having all the extra stripped away until all that's left is Love. ~ Drew Jackson

One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again. ~ Abraham Maslow

Do the best you can until you know better. Then when you know better, do better. ~ Maya Angelou

It is never too late to be who you might have been. ~ George Eliot

There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self. ~ Ernest Hemingway

Personal growth is not a matter of learning new information but of unlearning old limits. ~Alan Cohen

All growth starts at the end of your comfort zone. ~ Tony Robbins

What we fear doing most is usually what we most need to do. ~ Ralph Waldo Emerson

Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong. ~ Anonymous

What you do makes a difference, and you have to decide what kind of difference you want to make. ~ Jane Goodall

For discussion:

Do you have a quote on 'growth' you'd like to share (from self or someone else...)?

Do any of these quotes draw you? If so, why?