



Campsite Six—Choose to Grow

You can make your personal journey more enjoyable and productive by taking time to think about, write about and act on the following ideas. Pick the ideas that are most meaningful to you and write your thoughts down. You may choose to write in your own journal or you may print off the custom Personal Journey pages and write on them.



Key Learning Points

- Actively choose to keep growing.



Application Exercises

1. How can you challenge yourself to grow this year? Think about the following questions or develop a list of your own. Decide how you will pursue your growth journey this year.
 - What new experiences would you like to have?
 - What learning opportunities would you like to participate in?
 - What projects would you like to pursue?
 - What skill, ability or talent would you like to acquire?
 - What relationships would you like to develop or improve?
 - How would you like to be a better person?
2. Are there resources that would help you grow? For example: taking a class, finding a mentor, joining a group organization, etc.
3. Interview people you respect. Ask them how they developed the talents, skills or characteristics you admire. How can you use that information to grow?
4. Read a book that will challenge you to improve your personal journey. For example, you might read *Authentic Happiness* by Martin Seligman.



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