



4D GROWTH WORKSHEET





4-DIMENSIONAL GROWTH WORKSHEET

NAME YOUR GROWTH _____

ARE YOU EAGER TO START?

YES ____

COULD USE SOME HELP ____

WHAT TYPE: _____

ARE YOU DISCIPLINED TO FINISH

YES ____

COULD USE SOME HELP ____

WHAT TYPE: _____

**DO YOU HAVE A SYSTEM FOR
OPTIMIZING AND REFINING?**

YES ____

COULD USE SOME HELP ____

WHAT TYPE: _____

**To see growth and achievement, you'll need 3 types effort
and a 4th dimension of assistance**

**Wherever you did not answer yes, will require discipline and will not be
comfortable **AND** you should recruit some help.**

Types of Help: *delegation, collaboration, coaching, advising, accountability*

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Hey, it's Arvell.

Thanks for signing up for the **4D Growth Worksheet**.

This sheet is a work-in-progress, but it contains a powerful lesson.

If you are not accomplishing goals like you want, with humility and self-awareness... you may begin to find your way.

Learn to recognize where and how you may need help.

And then, without judgement and without pride, **find a person** to help you.

Find a proven process so you're not experimenting or spinning your wheels.

The deeper principle is on **leaning into discomfort**. ie, perseverance and discipline. I know... not fun. It's mentioned but not highlighted in this worksheet.

In future versions I'll find a better way to draw attention and practicality to it.

For now, just assess how you start, finish, and polish.

Find the gap and then align yourself with someone to help.

Create a Great Day!

- ARVELL

P.S.

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