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# The Best Day to Grow: Today

By Brian Pauley

**B**y the time you read this, you, your department and your company will have 2012 business goals in hand. But let me ask you a question. What are your personal growth goals for the year? Many people show up to work and expect personal growth to just happen. An important but undervalued leadership principle is: **personal growth is an intentional process**. In other words, it doesn't just happen. You have to plan for it.

For you to accomplish personal growth and to reach your potential, you must develop and follow a plan to get there. The best way to get there is to follow a plan daily. Yes, every day. If you do this, you will make personal growth a priority, and it will become a habit.

Today is always the best day to start something. Here is an example:

I lead a leadership development group in my department, where we have a weekly reading assignment from a leadership book. I often hear *"Brian, I really like the idea of reading leadership books, but I'm really busy right now. When you start the next book, I will be there!"*

In other words, there is a day out there in the future that will be less busy and with time available to devote to personal growth. These individuals don't usually make it when the next book comes around. However, those who make it a priority and attend weekly seem to always find a way to get there.

If you already have a personal growth plan that you follow, great. If not, here are some great resources around which to build a personal growth plan, to help get you started. With the exception of the Maximum Impact Club, these are free.

- **Leadership Book Groups:** Start a group at your company or in your department for reading leadership books and discussing them. But don't make this a run of the mill book club. Make sure the group commits to living out what you've learned.

- **Maximum Impact Club:** The John Maxwell Company offers a monthly mentorship program led by leadership author and expert John Maxwell. This costs about \$20 per month (and is worth every penny). <http://www.mileaderonline.com/>
- **A Minute with Maxwell:** If you sign up, you get a daily link to a video where John Maxwell teaches you leadership and personal growth via a word of the day. <http://johnmaxwellteam.com/>

Online newsletters and blogs are an excellent resource for personal growth. Here are a few of my favorites.

- **John Maxwell on Leadership:** A weekly blog by John Maxwell. <http://johnmaxwellonleadership.com/>
- **Jon Gordon's Weekly Newsletter – Positive Strategies to Fuel Your Life and Career:** A weekly newsletter from leadership author and speaker Jon Gordon. Jon is the author of five books that make great reading for personal growth. His latest book is *The Seed – Finding Purpose and Happiness in Life and Work*. <http://www.jongordon.com/newsletter.html>
- **Leadership with Sass:** A weekly blog from Linda Sasser. She puts out a lot of great articles, especially on team improvement. <http://www.leadershipwithsass.com/>
- **Leadership Freak:** Dan Rockwell produces material aimed at "helping leaders reach higher in 300 words or less". These are quick reads, but contain great content. <http://leadershipfreak.wordpress.com/>

Don't wait for the perfect day to start your personal growth journey and reaching your potential. The perfect day is already here. ●



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