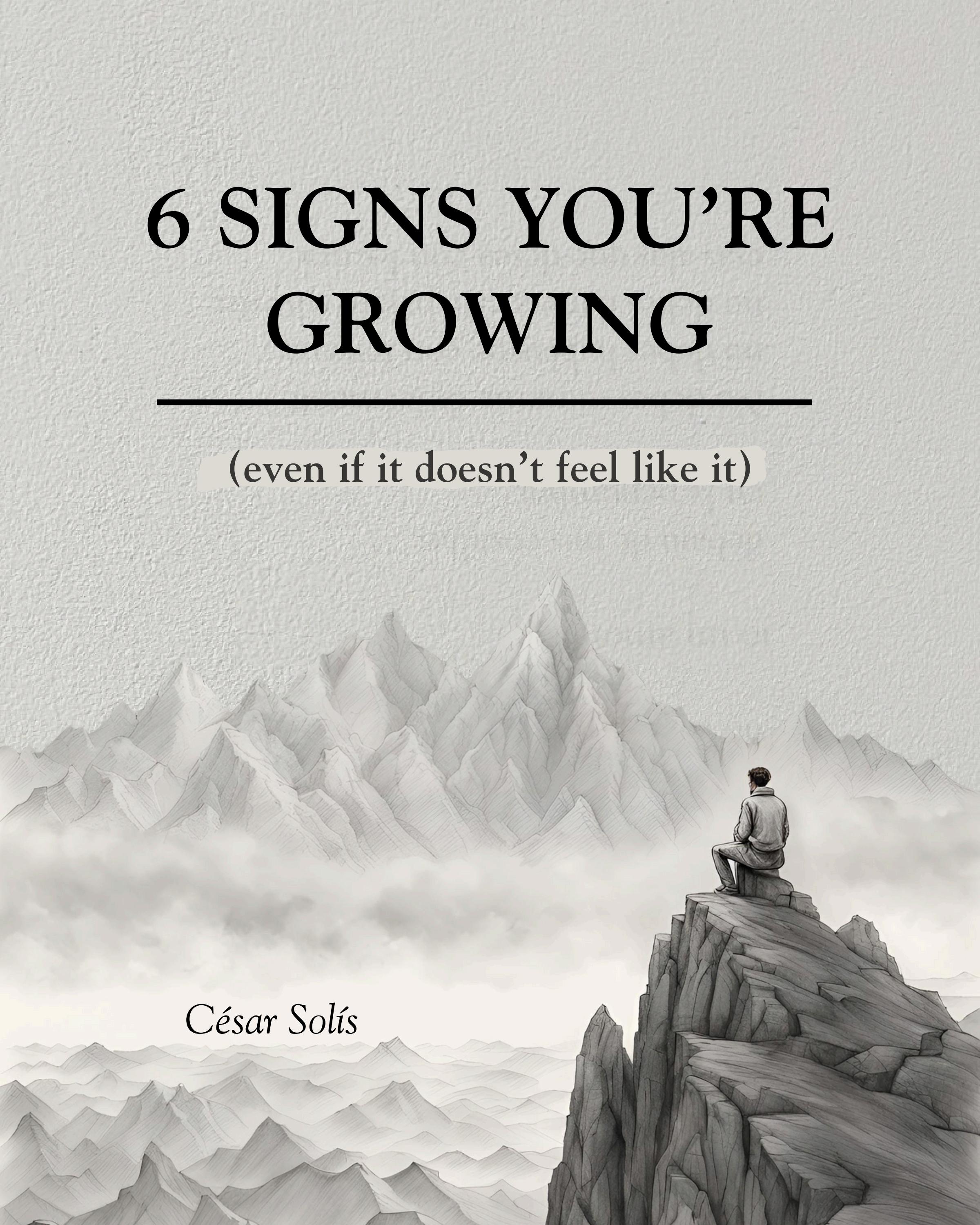


6 SIGNS YOU'RE GROWING

(even if it doesn't feel like it)



César Solís

1.

You're stepping outside your comfort zone

Growth often feels awkward and uncertain. It's the discomfort of learning something new or taking on challenges that stretch you beyond what's familiar. This uneasy feeling is a clear indicator that you're expanding your potential.

2.

You're making mistakes and learning from them

Saying no or enforcing limits can feel uncomfortable at first. But prioritizing your time and energy is a key sign of self-respect and personal growth. It shows you're taking control of your life.

3.

You're setting boundaries, even when it's hard

Saying no or enforcing limits can feel uncomfortable at first. But prioritizing your time and energy is a key sign of self-respect and personal growth. It shows you're taking control of your life.

4.

You're feeling resistance or self-doubt

Doubting yourself often signals you're pushing into new territory. Growth challenges your old beliefs and forces you to expand your limits, even if it feels uncomfortable along the way.

5.

You're getting feedback you didn't expect

Constructive criticism can be hard to hear, but it means you're taking on roles that matter. Use feedback as a guide to improve and strengthen your abilities.

6.

You're losing people who don't align with your values

Outgrowing relationships is tough, but it's a natural part of growth.

Letting go of those who no longer fit your journey creates space for healthier, more supportive connections.

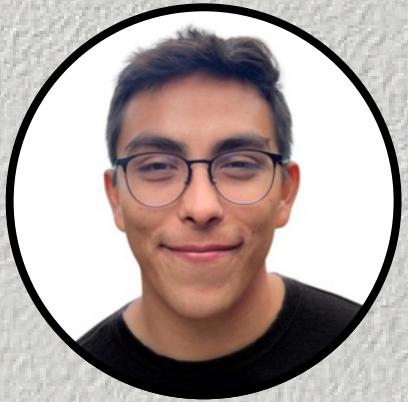
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