

Choosing Growth

A reflection on cultivating a healthy obsession with your becoming

As a coach, I often remind clients that growth isn't something we check off a list—it's something we *live into*. Mel Robbins talks about becoming *obsessed* with your own growth, and I love that perspective. Not the kind of obsession that burns you out, but the kind that lights you up—the kind that makes you curious, engaged, and in love with your own unfolding.

When you shift from “fixing yourself” to *understanding yourself*, everything changes. You start noticing the moments when you choose differently—when you pause instead of reacting, when you speak up instead of shrink back, when you give yourself grace instead of guilt. That's growth.

Focusing on personal growth involves dedicating your efforts toward areas of progress and development, rather than those that are diminishing. It means:

- Getting curious about your patterns instead of judging them.
- Investing in reflection, learning, and daily alignment.
- Choosing relationships and environments that help you rise.
- Celebrating progress—not perfection.

Growth is messy, beautiful, and ongoing. Some days it's loud and brave; other days it's quiet and internal. But when you stay devoted to your becoming, you start to feel the shift—in your thoughts, your energy, and your life.

So go ahead—fall in love with your evolution. Become a student of your own transformation. Get obsessed with your growth, not because you need to change, but because you're ready to see what's possible when you do.

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