

Growth Skill	Description	Impact on Improvement of Quality of Life
Accepting consequences:	Agreeing to bear or own the full outcome of an action or decision	Having a mindset of “the buck stops here” encourages trust, respect, and a willingness to venture with you into risky endeavors
Accepting feedback:	Being receptive to the perspectives and analysis of others on your performance	Quality is enhanced by integrating multiple perspectives on how to improve quality
Analyzing performance:	Objectively assessing current capacity in a performance area	Learning, performance, and growth plans will be enhanced by thorough inquiry of how well they presently meet expectations
Applying criteria:	Aligning observations (evidence), analyses and feedback to focus areas	Consistently using broad criteria keeps one’s perspective on enhancing overall quality of life
Being metacognitive:	stepping back to better understand one’s thinking, affective, and social learning skills	Life quality is immediately increased by capability to responsively improve how well one’s thinking, affect and behavior match demands in any situation
Being passionate:	Flourishing by doing those things that create the greatest meaning in your life	Giving all of oneself to pursuit of select goals that mesh with one’s central values and also produce great meaning
Being proactive:	Using opportunities for taking steps that will enhance future outcomes	Getting things done quickly and early increases productivity, self-worth and progress toward life goals
Being self-aware:	appreciating opportunities for engaging in reflection	Self-confidence arises from realizing who you are in any activity, social role, or challenging situation
Being true to self:	Walking the walk of your values; following your inner compass	Imagine life quality if you consistently follow your values, beliefs and passions in everything you do
Believing in your potential:	Generalizing from achievements to validate a growth trend	Life quality is enhanced if you choose opportunities that are personally valuable and that you know you can learn to successfully actualize.
Changing behaviors:	deliberately responding in a new way to old feelings and situations	When a barrier occurs, choosing a new behavior or strategy that contrasts with how you have customarily reacted can open a new door.
Changing reactions:	purposefully trying out new or alternative reactions to specific feelings	Emotions can be interpreted in multiple ways; a positive choice will produce greater good and lead to greater quality.
Committing to self:	believing that the value of your life is as important as anyone else’s	Valuing your personal agency as second to none will sustain your pursuit of growth goals.
Committing to success:	devoting yourself to accomplishing your goals or triumphing in a challenge	You can add to the quality of your life by doing what it takes, ethics considered, to achieve important results.

Critiquing:	analyzing and determining quality using established standards and conventions	As one's ability to determine the cause and effect of effort on performance quality improves, one can more fully design, plan and improve quality of future performances.
Defining performance characteristics:	recognizing key features of actions or nuances in the process(es)	As you improve in the identification of factors that have impact on life quality, you can focus more clearly on the qualities that are important for your life.
Feeling empowered:	having all the factors needed to make a significant endeavor possible	As the number of your undertakings increases, you will feel more confident about how to select those with the best chance to improve your life quality.
Focusing on self-improvement:	taking on the mindset of continuously improving one's own performance	Daily, monthly, and annually seek growth opportunities to become the next better version of yourself
Having assessment mindset:	focusing on improvement without judging quality	Focusing on discovery of what to do better takes attention away from negative perceptions and attitudes that impede forward movement.
Identifying SII Opportunities:	picking the most valuable areas for analyzing and including in feedback	Learning to recognize what is most important and relevant to assess in any situation is the most efficient path to increased quality in all aspects of life.
Interpreting feedback:	figuring out why and what the assessor/evaluator is trying to say	You can maximize the value from feedback by better understanding the nature of the feedback, the motivations behind it, and how people are trying to help.
Introspecting:	using systematic analytical and assessment tools to produce greater meaning about self	Asking yourself the hardest questions about yourself unlocks barriers and constraints on who you want to become.
Listening to self:	tracking the focus of your inner voice	The most important person's voice of those around you is your own voice—make sure you hear it!
Maintaining balance:	practicing moderation	Life offers an abundance that can be overwhelming. You will find the right way by keeping the big picture in mind and staying in control as you experience the many challenges, blessings, beauty, people, situations, events, and special moments of your life.
Maintaining standards	refraining from subjectively changing evaluation criteria/standards after a performance	Because quality is related to high standards, lowering them will reduce quality. Holding yourself and others to high standards will maintain and improve quality of life for all.
Making meaning:	valuing experiences or insights that push you beyond your current concerns	Making new connections among ideas, experiences, or events that result in more integrated insights about life and the world.
Motivating self:	setting up conditions that lead to desired actions	Recognizing that motivation often arises outside oneself makes it possible to set plans, take first steps, collaborate, and do other actions to make quality outcomes more likely.
Persisting:	continuing on a reasonable path despite low mood or mounting difficulties	Learning that barriers like moods and low energy can be sidestepped—or will change if one is patient—makes it possible to pursue important goals to quality outcomes.
Practicing reflection:	increasing apprehension of new truths about identities, values, feelings and actions	The better one can step back and create meaning from self, situations, ideas, and their interactions, the more one can control actions that enhance quality of life.

Prioritizing:	consistently putting the most important things first	Being fully conscious of the relative importance within the range of one's roles, areas of performance, and values makes it possible to create present and future life quality through better decisions.
Seeing prompts:	knowing when reflection is needed and will produce significant value	Quality of life is greatly enhanced by recognizing growable moments that contain life qualities and opportunities that you are seeking.
Seeking feedback:	asking for assessment/evaluation to adjust and strengthen self-assessment	Increasing the frequency, diversity and effectiveness of feedback increases growth and its impact on areas of life quality.
Setting growth goals:	identifying direction to increase capacity with plans to do so	The better you target and select where, when and how you invest in growth, the more you will improve your quality of life.
Strengthening role identities:	prioritizing the most important parts you play	Identity development will be greater as you make better decisions about how to increase the coherence and value of key roles that are related to life quality.
Toughening self-esteem:	strengthening self-worth by overcoming difficulties and struggles	The stronger your self-worth becomes, the more you get from each moment of life because you value who you are, what you want and where you are headed
Trusting self:	knowing that your values and capabilities are the most relevant to your situation	Your life is your own and the person who you need to trust most is yourself if you want to improve your own version of quality of life
Updating life vision:	mapping new paths to realize your identities in achieving goals and dreams	Improving the clarity of who you are, who you want to become, what your life means, the qualities that enhance your life, and developing life goals and milestones with strategies will produce greater quality
Using summative assessment:	analyzing a process or project quality for future benefit	Termination points are a fertile time for assessment of the full impact of endeavors or experiences for future performance development and self-growth.
Valuing growth:	appreciating opportunities for increasing your capacity	There is a direct relationship between increased personal capability and improvements in quality of life.
Valuing performance:	acknowledging excellence in performances	Constantly seeking higher levels of performance is valuable because it expands one's work ethic and increases quality of life.