

# Personal growth experiences assignment

[Philosophy](#)



**ASSIGN  
BUSTER**

You also need to provide personal applications of each personal growth idea as described below. Complete this assignment, as described below, and then send to me through the dealt drop box before 12/10/04. If you send it to me before 11/20 and include your email and phone I will give you feedback on how to improve or fix your assignment to get a great grade and you'll have time to redo it and still make the 12/10/04 final deadline.. A. Complete definition of the personal growth idea. The personal growth idea is to be defined using the book's definition.

At the end of the definition, students should place the page in the book. The definition may be given in the exact words used in the book with quotation marks, or you may use your own words. You can read ahead of the assignments in order to find personal growth ideas you like. B. Examples of applications of the personal growth ideas in your life. Your examples should clearly and specifically illustrate the personal growth idea you have just defined. You should draw examples from your personal experiences.

Say hat the results were for all examples Two examples should be situations where you could have used the personal growth idea but did not use it. (These two examples can be from the past. ) Three examples should be situations where you did use the personal growth idea. These three should be from the present. You need four personal growth ideas with five examples for each idea. In other words. For each of the 4 personal growth ideas, you will have 1 definition and 5 examples. Example of One Personal Growth Idea and Its Accompanying Applications

Definition – “ People who are happy tend to compare themselves less to other people. They are not in a competition with their friends or neighbors and mostly Judge themselves by their own standards. ” (peg. 396 of textbook) Example 1 0 Not using the idea When I was a teenager, I used to compare my looks to other people and the women in the media. Result: I was very unhappy with my looks throughout high school. Example 2 0 Not using the idea When I first started college, I kept comparing my grades on test to the test grades of my fellow students. I got discouraged and decided I wasn't “ college material”.

Result 0 1 stopped trying, got very poor grades and was unhappy. Example 3 0 Using the idea. When I got into college, I decided to focus on being healthy instead of trying to look like the magazine models. I came to realize there are many different types of beauty. Result 0 1 enjoyed exercising and was happier with my looks. Example 4 0 Using the idea. I recently chose to spend time to try to understand what makes me happy. I realized it wasn't “ things” as much as it was activities, such as helping to create a clean environment, reading, walking in the woods, helping others and playing or listening to music.

I stopped comparing what I have to what other had and instead focused on what I enjoy doing. Result 0 1 was happier. Example 5 Using the idea. I used to be uncomfortable playing my clarinet because I had a friend who could play better. I decided to stop comparing. Result 0 1 play much more often now and have even improved as a result of playing more. The above is one personal growth idea and its examples. You need four tools written up like the above to complete this assignment.

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