

COACHING WITH *Kass*

LIVE IN YOUR POWER



4-Way Self - Growth  
Venn Visual Resource

# To focus on ones self is not selfish but rather selfin.

To be in yourself, to love yourself, to calm yourself, to care for yourself.  
Self growth can only come from knowledge, reflection, regulation, and for yourself.

And since our self is the only person we can never be apart from, why not invest in self growth.

Here's some of how I do!!

♥ Kass



# #1 CHART

Self - Knowledge

Self - Reflection

Self- Regulation

Self - Care

## Steps to filling out 4-Way Self - Growth Venn:

- 1) Fill out as much as you can for each of the 4 areas in the chart.
- 2) Provide information about each ex. journaling events vs journaling emotions or gratitudes.
- 3) Place into Venn under correct circle or circle overlaps ex. journaling events would be self-reflexion, but journaling emotions would be self-reflexion and self-knowledge and possibly self-regulation.

*Good luck & have fun!*

## #2 4-WAY VENN

