



Just Keep Growing

BECAUSE CHANGE IS NATURAL

Abraham Maslow put it this way: ***“We have two options. Step forward into growth or step backward into safety.”***

As busy and overwhelming as life can be, you may feel that you’re simply trying to stay afloat, managing its random events and circumstances as best you can. If you’d like to turn that around and *lead* your life instead of it leading you, ***Just Keep Growing*** could be a great fit. ***Just Keep Growing*** helps you lead your life in a way that’s unique and right for you.

As a ***Just Keep Growing*** member, you’ll receive a weekly *Change Challenge*—an email featuring a short story with a powerful point, followed by questions for personal reflection. Jeanne laces her stories with wit, wisdom and a bit of uncommon sense, and the questions are designed to get you moving into action.

Meant to be consumed in under five minutes, each ***Just Keep Growing*** Change Challenge email is just enough—just enough to digest and act on, even in your busy life.

As you read each weekly Change Challenge story and questions, you’ll feel a shift starting to happen. Each morning, based on the inspiration of that week’s email, you’ll invest a few minutes to create your ***Make It a Great Day Plan***, setting your intentions and charting the course for your day.

Then, as you wind down each evening, you’ll ask yourself four key ***Just Keep Growing*** questions: What went well? What did not? What did you learn? What will you do differently tomorrow? This practice, along with other tiny power practices, will free you to lead, not just manage, your life.

Your ***Just Keep Growing*** Change Challenge will arrive every Friday morning, just in time for your weekend. Just in time for you to take a deep breath, reflect, and decide your next steps toward a future of your own choosing.

Want more support along the way? You’ve got it! ***Just Keep Growing*** is also a community of amazing and diverse members committed to increasing their own capacity to lead their lives in this ever-changing world. ***Just Keep Growing*** members are encouraged to support one another along the way. And they do.

Members connect in monthly Zoom sessions with Jeanne to share experiences, celebrate wins, get plugged into resources and experience live coaching. Continuous support and member resources are accessible in our private Facebook community.

What results can you expect from your ***Just Keep Growing*** year-long program? Through the weekly Change Challenge emails and your community involvement, you'll have more focus, clarity, and *oomph*, plus invaluable tools for getting ahead of your life and leading it in the direction *you* want to go.

Whatever the age or stage of life you're in, this is a chance to make real change—the change you *want* to see in your life.

Please join us on our fun and fulfilling journey of continuous personal growth as you creatively and consistently strengthen your *change-ability*. As you learn to lead your life *boldly*.

Just Keep Growing. A small investment with a large return. Because you're worth it. *JKG Link*