

Person working from home sits in their kitchen and holds their dog while smiling at their laptop screen.

Self-growth is a process that allows you to expand your abilities by evaluating your behavior, attitude and reactions. Self-growth can positively affect your career and personal life as you learn skills like effective communication or begin positive habits like reading regularly.

In this article, we define self-growth, explain why it's important and suggest 18 ways to achieve it.

Key takeaways:

Self-growth or personal growth is when you develop new skills, positive habits, attitudes or behaviors to benefit specific areas of your life, such as in your career or personal life.

Expanding your skill set or mindset may help you increase your confidence, gain self-actualization and improve your communication skills, allowing you to be a better version of yourself as a person, colleague, parent, partner or friend.

You can implement various practices to help with your self-growth, including reading, meditating, hiring a career or life coach, attending therapy and tracking your habits.

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What is self-growth?

Self-growth, also known as "personal growth," is a process of developing new skills, behaviors, actions, attitudes, habits and reactions to benefit certain aspects of your life. Self-growth might