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## Understanding Personal Growth and Development: An Analysis of Self

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Understanding Personal Growth and Development:  
An Analysis of Self

A Self Analysis Presented to  
The Graduate Faculty of  
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By

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## Abstract

In understanding my lifetime development, it is important to consider the many aspects of my life that have influenced the person I am today. In many ways, my values have had a significant role in shaping my experiences and personal growth. Understanding my beliefs and values within relationships, professional settings, and my overall health is an important component to gaining self-awareness. Using a theoretical lens to reflect on my experiences also provides a new perspective to my awareness and the factors that have impacted my persona. By developing this sense of self-acceptance, I am also more aware that I am always evolving my personal and professional self, and that new experiences are simply another opportunity for growth.

*Keywords:* Self-awareness, development, values, relationships