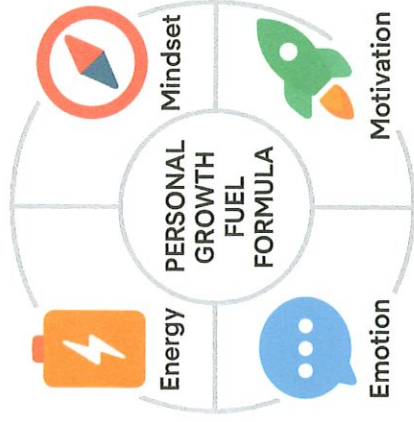




PERSONAL GROWTH FUEL FORMULA

Mindset Matters: Cultivating Growth
in Yourself and Others

Prepared by: Freddie D. Broome

Personal Growth Fuel Formula

This framework is designed to help individuals identify and cultivate their energy, mindset, emotional habits, and motivation. Together, these four elements form a personal growth fuel formula that supports resilience, collaboration, and impact in teams and communities.

Starts Us (Energy)

Identify the energy that drives you (e.g., optimism, calm, playfulness, passion).

Guides Us (Mindset)

Clarify the mindset that shapes your actions (e.g., growth, courage, vision, resilience).

Connects Us (Emotion)

Focus on the emotions that help you connect (e.g., joy, empathy, hope, kindness).

Sustains Us (Motivation)

Define the motivation that keeps you moving forward (e.g., purpose, achievement, faith).

Reflection

Consider one shift you'll commit to in each area:

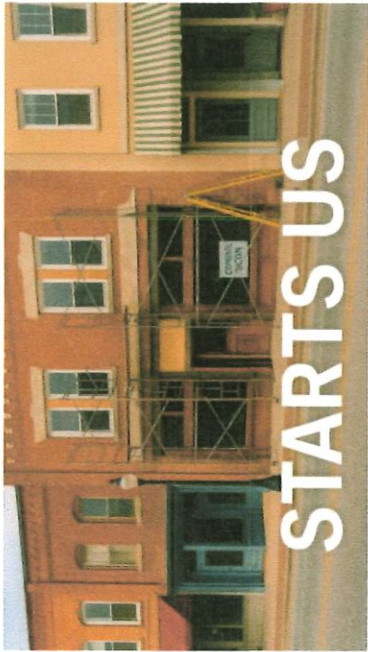
- Energy Shift
- Mindset Shift
- Emotional Habit
- Motivation Driver

Then ask yourself: How will these fuel your growth and ripple out to others in your team, work, or community?

Group Activity





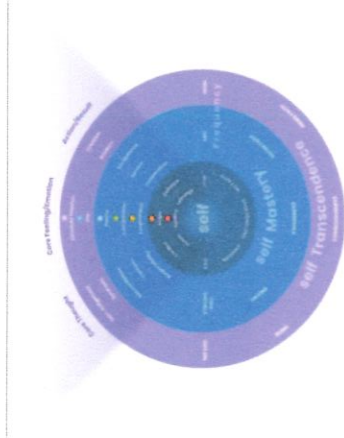




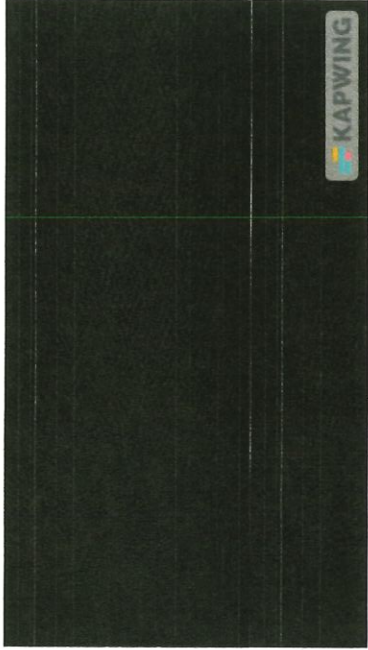
 Starts Me (Energy)
“What Starts Me Up”



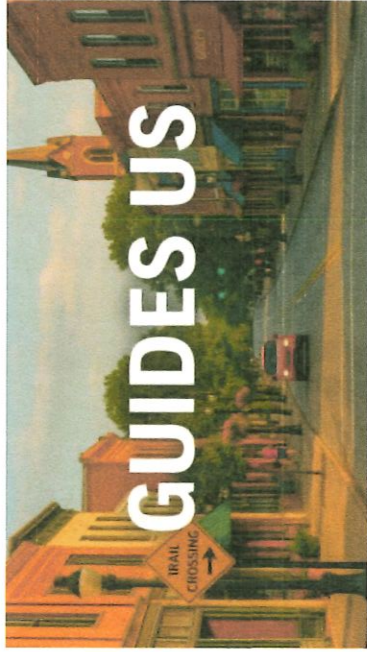
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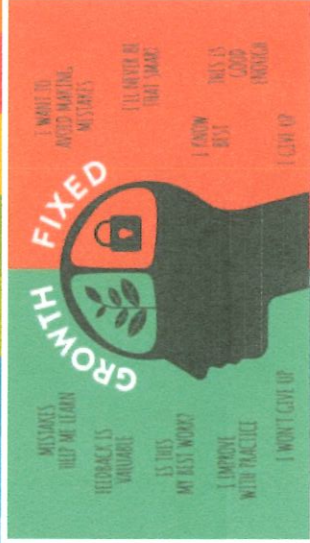
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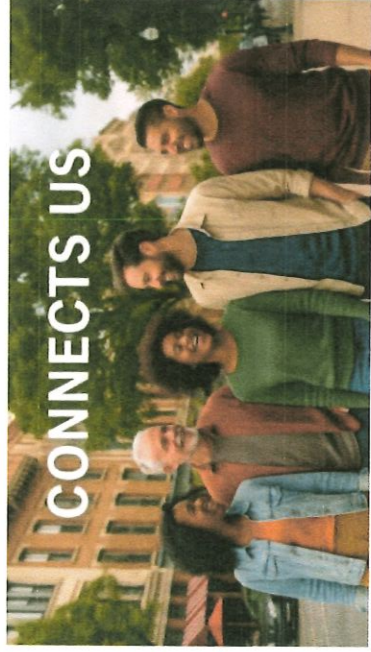
Guides Us (Mindset) "What Guides Me"



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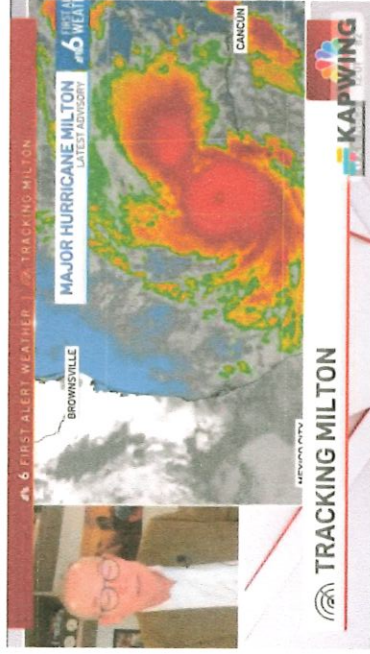
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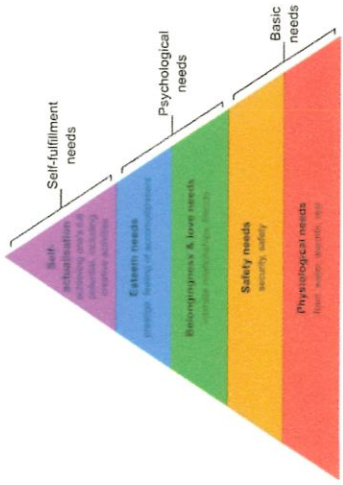
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Final Activity



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Reflect on and write down:

- Starts Us** → "One shift in energy you'll commit to"
- Guides Us** → "One mindset shift you'll adopt"
- Connects Us** → "One emotional habit you'll practice"
- Sustains Us** → "One motivation driver you'll lean on"

Then answer this:

"How will these fuel your growth and ripple out to others in your team, work, or downtown community?"



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Thank You!

Webpage



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