

## Human Systems Individual Mindful Growth Model

**Self Worth** is the core of **Individual Mindful Growth**. A strong sense of **Self Worth** makes possible the effective practice of each of the other elements of **Individual Mindful Growth**. To change and grow as individuals, we must believe that we are worth the resources needed to fuel our growth.

**Self Care** provides the energy and resources that help us sustain our **Self Worth**. When we practice effective **Self Care**, we can identify our needs and set the priorities and boundaries that get our needs met. Ideally, we meet our own needs before we address other's wants.

**Mindfulness**, the practice of being aware of ourselves and the environment in the present moment, is the responsive, purposeful, and adaptive interface between us and our environment. **Mindfulness** helps us filter our thoughts and stimuli from our environment so we can release whatever is not important. **Mindfulness** also creates awareness around our needs so we can be more effective with **Self Care**.

Our **Principles** create a dynamic, interactive boundary with the world. Having specific **Principles** (see [HS Operating Principles](#) for example) to which we refer when we are uncomfortable and/or not sure of what to do next keeps our behavior consistent and ensures that we are on the best path. As we actively apply our **Principles** to various situations, we receive feedback from our environment, which informs our growth. Our **Principles** will remain fairly stable, but how we apply them may change as we grow and learn.

When we are practicing all the elements of **Individual Mindful Growth**, we will have the capacity to actively seek and experience **Growth**. **Self Worth** provides the motivation, **Self Care** provides the energy, **Mindfulness** provides the knowledge and awareness, and our **Principles** provide the direction.

