

What Changed You? Think of some things that happened to you during deployment that helped you to grow in each of the four areas listed on this worksheet. Write at least one experience down for each of the top 3 growth areas you listed on the deployment growth inventory (see the assessments for this section of the website). If you have not already done this assessment, you should do so before continuing this exercise.

- **Personal Development** (eg, maturity, confidence, competence, decisiveness, independence, and assertiveness)

- **Relationships** (eg, valuing relationships more, greater respect for others, better understanding and empathy, better able to express thoughts and feelings, believing others will be there for you, and feeling it is okay to need help sometimes)

- **New Meanings** (eg, stronger sense of moral values, greater faith, sense of meaning in life, valuing your own life, enjoying the moment, living life to the fullest, and better priorities in life)

- **New Possibilities** (eg, ready to take advantage of opportunities, change in goals, and deployment opened new doors to you)
