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**PISTA**  
**PERSONAL**  
**DEVELOPMENT**



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There is a common assumption that personal development is only for those who want to climb the corporate ladder, open their own business, or are overly ambitious. However, we must constantly work on and improve our minds and attitudes to enjoy a sense of satisfaction and build our self-esteem.

**#PERSONALGROWTH**



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Through the PISTA method, we can explore our values and identify what is important to us. The PISTA Entry Point (EP) allows us to discover the obstacles preventing us from achieving our full potential. The EPs are designed to highlight issues that emotionally entangle us so we can identify why we feel “stuck”. The insight gives us the courage to stop mentally fighting for issues and goals that hurt us and focus on the important goals.



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By applying the PISTA method, we gain a deep and clear understanding of where we are, where we want to be, and the skills we need to rebuild our lives according to our values and choices. The technique teaches us how to use the power of our minds to bring our behaviour in line with the goals we want to achieve.

**#PERSONALGROWTH**



Self-development requires bravery, inner strength, and resilience. Because the PISTA method strengthens our ability to have an accurate self-concept, we can build stronger self-esteem, self-respect, better relationships, and the ability to think clearly about our emotional hurdles.

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