



A W A K E N
p s y c h o l o g y

healing

through

growth



Looking for personal change or growth ... We can help with that too!

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Have you ever contemplated what might keep you 'stuck' in your life, whether that be your career, your relationships or even your personal goals? Maybe you know what keeps you 'stuck' but you don't know how to change it. That's where a Psychologist can help (we're not just for people who have anxiety, depression, or other mental health challenges).

If you're looking for personal growth or change, a Psychologist can help you:

- uncover 'old' patterns that may be keeping you from implementing this change
- implement 'new' patterns that are more helpful that lead to growth and change, and
- support you through your growth and change

So maybe now is the time to embrace personal growth, or to make those changes ... what better time than the start of a new year?

If you would like assistance in your personal growth, contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#). We'd love to work with you!

And don't forget our last article 'Bringing In The New Year'. [Click here](#) to access the full article.

If you're interested in our previous articles, please click [here](#)

If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email by clicking [here](#)

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