

PGL INSPIRATION



Stretching Into Growth | A Moment of Heart & Hope from PGL



DEAR PGL COMMUNITY,

Growth often lives at the edges—of our comfort, our certainty, our old stories. Sometimes, it shows up as a quiet decision to show up anyway—to say yes to something uncertain, to listen when it’s easier to speak, to believe in the value of one brave step forward.

At Positive Global Learning, we believe growth comes not just from what we learn, but from how we learn—through connection, reflection, and living into our values across cultures. Whether you’re preparing to travel, just returned from a transformative experience, or are simply navigating your own next chapter, we’re here with you.

This month, we invite you to explore the edges of your own growth—with heart, with courage, and with purpose.

With warmth and gratitude,

Marti, Founder & CEO

WHY THIS MATTERS.

PGL Inspiration is more than a newsletter—it’s a monthly rhythm of reflection and connection. Each issue explores part of the journey toward becoming the fullest version of ourselves—**together**





"Life begins at the end of your comfort zone."
— Neale Donald Walsch

PGL Voices

Grace Evans, our 20–30-year-old program lead and foundational board member, first felt the spark of global connection when she hosted a Japanese exchange student during high school. That experience opened her eyes to the joys and challenges of cultural exchange and sparked a journey of curiosity, hospitality, and leadership. Now, she's designing programs that offer others the same opportunity to grow through heart-led, cross-cultural connections.

Her story reminds us that global learning doesn't always require a passport—it starts with a moment of openness and continues through a life of intention.



Kibune, Japan

Global Spotlight: Inner Work

Our growth is shaped not just by what we learn—but by what we apply. Each issue includes a small prompt or practice to help you take your reflections further, supporting both personal transformation and how we engage with others in our lives and work.

Journal Prompt:

“Where am I being invited to grow right now, and what would one brave next step look like?”

Mini Practice:

- Today, take five quiet minutes to revisit a moment when you stretched beyond comfort—what did you learn about yourself?
- Want to share it with our community? Email us—we'd love to feature your voice.



WHAT'S NEW AT PGL?

Travel Program Applications Open This Fall:

All 2026 programs will be announced on October 1, with applications opening January 1. From immersive youth exchanges to intergenerational global journeys, we're excited to share what's ahead.

JetPrep Launches This Fall:

Launching this fall, JetPrep supports aspiring JET participants and globally-minded educators through reflection, mentorship, and cultural readiness. Explore your 'why' before you go. Stay tuned for podcast sneak peeks and travel opportunities in Japan.

Military Voices & Global Readiness:

We're building programs for military-connected youth and young adults that foster global connection, self-discovery, and lifelong learning. From regional workshops to exchange programs, our goal is to ensure every voice is heard and every story has a place in the world.

WHY WE'RE HERE

Travel is just the beginning. At PGL, we walk with you through the journey of becoming—across cultures, communities, and your own inner world. Thank you for growing with us.

WATCH

[“The Power of a Growth Mindset”](#)
by [Surbhi Sachdev](#)
([TED Talk](#))

READ

[Why Intentional Discomfort Is Actually Good For You \(TIME\)](#)

DO

A “Discomfort Zone” challenge – try something unfamiliar this week

Positive Global Learning

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With purpose and possibility, The PGL Team  