



LAW 1 — MEETING 1

# The Law of Intentionality

*Growth Doesn't Just Happen...*

I. Personal Growth is not a \_\_\_\_\_ in most people's lives.

## II. Growth Gap Traps

1. The Assumption Gap – *"I assume that I will \_\_\_\_\_ grow."*
2. The Knowledge Gap – *"I \_\_\_\_\_ to grow."*
3. The Timing Gap – *"It's not the \_\_\_\_\_ to begin."*
4. The Mistake Gap – *"I am afraid of \_\_\_\_\_."*
5. The Perfection Gap – *"I have to find the best way \_\_\_\_\_ I start."*
6. The inspiration Gap – *"I don't \_\_\_\_\_ like doing it."*
7. The Comparison Gap – *"\_\_\_\_\_ are better than I am."*
8. The Expectation Gap – *"I thought it would be \_\_\_\_\_ than this."*

\_\_\_\_\_ + \_\_\_\_\_ +  
\_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

# THE 15 INVALUABLE LAWS OF GROWTH



## IV. MAKING THE TRANSITION TO INTENTIONAL GROWTH

A. Ask the \_\_\_\_\_ Now

B. Do It \_\_\_\_\_

C. Face The \_\_\_\_\_

D. Change From \_\_\_\_\_ To \_\_\_\_\_ Growth

Accidental Growth					Intentional Growth					
0	1	2	3	4	5	6	7	8	9	10
←----->										
Plans to start tomorrow _____					Insists on starting now					
Waits for growth to come _____					Takes responsibility to grow					
Learns only from mistakes _____					Learns before mistakes					
Depends on good luck _____					Relies on hard work					
Quits early and often _____					Perseveres long and hard					
Falls into bad habits _____					Fights for good habits					
Talks big _____					Follows through					
Plays it safe _____					Takes risks					
Thinks like a victim _____					Thinks like a learner					
Relies on talent _____					Relies on character					
Stops learning after graduation _____					Never stops learning					

# THE 15 INVALUABLE LAWS OF GROWTH



## Applying the Law of Intentionality to your Life

Reviewing the Gaps, ask yourself which of these gaps has presented the greatest challenge for you?

1. **The Assumption Gap** – *I assume I will automatically grow*
2. **The Knowledge Gap** – *I don't know how to grow*
3. **The timing Gap** – *It's not the right time to grow*
4. **The Mistake Gap** – *I am afraid of growing*
5. **The Perfection Gap** – *I have to find the best way before I can start growing*
6. **The Inspiration Gap** – *I don't feel like growing*
7. **The Comparison Gap** – *Others are better than I am*
8. **The Expectation Gap** – *I thought it would be easier than this*

## OVERCOME GROWING PAINS

*(Specific Steps to Amazing Growth)*

**Want to really grow?** Take some time and write out a growth plan to address each area above. And take the first step TODAY to grow.

Look at your calendar for the next year: Schedule specific, timed and focused growth plans. If you think you don't have to time to schedule something else, imagine what last year could have looked like if you had scheduled plans for growing.

Remember, growing is not a goal, but a life-long process that MUST start with being intentional. While scheduling growth time may seem simplistic, it IS the beginning of action intention.

**Read the next chapter this week – *The Law of Awareness***



LAW 2 — MEETING 2

## The Law of Awareness

*You Must Know Yourself To Grow Yourself*

**I. Do You Have A Sense Of \_\_\_\_\_ ?**

**A. To grow yourself, you must know the following:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**A. To reach your full potential, you MUST know \_\_\_\_\_,  
and where \_\_\_\_\_.**

**II. There are three kinds of people when it comes to finding direction:**

**A. People who \_\_\_\_\_ what they would like to do**

They are confused

**B. People who \_\_\_\_\_ what they want to do, but \_\_\_\_\_**

They are frustrated

**C. People who know what they want to do, and do it.**

These people are fulfilled.

# THE 15 INVALUABLE LAWS OF GROWTH



## III. How To Find Your Passion and Purpose

**A. Discuss the need for personal “\_\_\_\_\_”**

1. What does it mean to be personally aware?

**B. Do you like what you are \_\_\_\_\_?**

**C. What would you \_\_\_\_\_?**

**D. Can you \_\_\_\_\_ what you would like to do?**

**E. Do you know \_\_\_\_\_ you want to do what you would like to do?**

**F. Do you know what to do so you can do what you want to do?**

1. \_\_\_\_\_ – Becoming very conscious of every choice you make.
2. \_\_\_\_\_ – The major difference between those who do it and those who don't do it, is those who do it, do it.
3. \_\_\_\_\_ – This can be shared accountability with a friend or coach, or personal accountability
4. \_\_\_\_\_ – Who are the people you are attracting? Are they like-minded in success?

# THE 15 INVALUABLE LAWS OF GROWTH



## **G. Do you know \_\_\_\_\_ who do what you'd like to do?**

This is the question of mentors and coaches – do you have one or more?

1. \_\_\_\_\_ – if you have to, pay people for their time and advise
2. \_\_\_\_\_ – Meet regularly with someone who can help you.
3. \_\_\_\_\_ – Learn from people even if you can't meet them.
4. \_\_\_\_\_ – Prepare for every interaction: don't wing it!
5. \_\_\_\_\_ – Reflect on each encounter and discover what you are learning
6. \_\_\_\_\_ – ALWAYS show appreciation for what you are learning from others.

## **H. \_\_\_\_\_ you do what you would like to do with them?**

*If you find a mentor, you have some responsibilities to this relationship:*

1. Possess a teachable spirit
2. Always be prepared
3. Ask questions
4. Demonstrate learning from them
5. Be accountable

*If you are a mentor, you should focus your teaching on the following areas:*

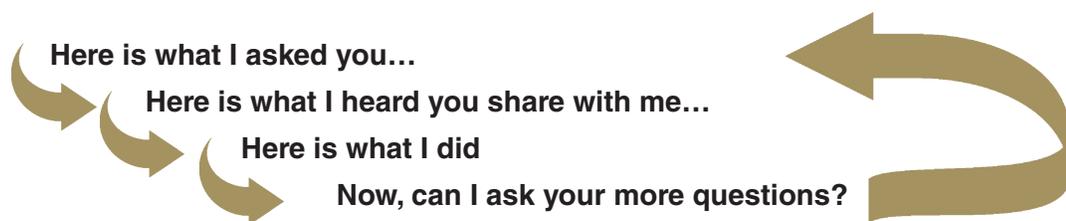
1. Strengths
2. Temperament
3. Track Record
4. Passion

# THE 15 INVALUABLE LAWS OF GROWTH



5. Choices
6. Advice
7. Support and resources
8. Feedback
9. Encouragement

In the mentoring relationship, it is important for the mentee to explore his/her own learning by observing this process:



The goal is to find a mentoring relationship that is mutually beneficial.

**I. Will you \_\_\_\_\_ to do what you want to do?**

**J. When can you \_\_\_\_\_ what you'd like to do?**

**K. What will it \_\_\_\_\_ when you get to do what you want to do?**



## OVERCOME GROWING PAINS

*(Specific Steps to Amazing Growth)*

- Spend some significant amount of time and answer these questions for your own life:
- What would you like to do?
- What talents, skills and opportunities do you possess that support your desire to do it?
- What are your motives for wanting to do it?
- What steps must you take (beginning today) to start doing what you want to do?
  - Awareness
  - Action
  - Accountability
- What advice can you get along the way?
- What price are you willing to pay?
- What will it cost in time?
- Resources?
- Sacrifices?
- Where do you most need to grow?

**Start with strengths and the future more than weaknesses and the past.**

**Read the next chapter this week – *The Law of The Mirror***



LAW 3 — MEETING 3

## The Law of The Mirror

*You Must See Value In Yourself And Add Value To Yourself*

**I. A Look In The Mirror – The Power Of \_\_\_\_\_**

- A. Self esteem is the single most significant key to a person's \_\_\_\_\_
- B. Low self esteem puts a ceiling on our \_\_\_\_\_
- C. The value we place on ourselves is usually the value \_\_\_\_\_ place on us.
- D. “If you place a small value on yourself, rest assured the world will not raise the price.”

**II. Steps to Build Your Self-Image**

- A. Guard your \_\_\_\_\_.
- B. What we “Say” about ourselves, we tend to believe. What we believe, we tend to act. What we act, we tend to become.
- C. No World record was ever set by someone who said, “I cannot do this”

**III. Stop \_\_\_\_\_ Yourself To Others**

- A. Making comparisons is an amazingly powerful attraction that is really just an \_\_\_\_\_ to your own potential.

# THE 15 INVALUABLE LAWS OF GROWTH



## IV. Move Beyond Your Own \_\_\_\_\_ Beliefs

A. Charles Schwab said, “When a man puts a limit on what he will do, he places a limit on what he can do.”

B. Discuss these steps to transforming limiting beliefs into empowering beliefs:

1. \_\_\_\_\_ a limiting belief that you want to change
2. \_\_\_\_\_ how that belief limits you.
3. \_\_\_\_\_ how you want to act, feel, or think
4. \_\_\_\_\_ a “turn around” statement that affirms or gives you the permission to act, feel or think differently.

## V. Add Value to \_\_\_\_\_

## VI. Do The \_\_\_\_\_ Even If It’s The Hard Thing

## VII. Practice A Small Discipline Daily In A Specific Are Of Your Life

## VIII. Celebrate Small Victories

## IX. Embrace A \_\_\_\_\_ For Your Life Based On What You Value

## X. Practice the \_\_\_\_\_ Strategy

# THE 15 INVALUABLE LAWS OF GROWTH



## XI. Take \_\_\_\_\_ for Your Life

### OVERCOME GROWING PAINS

*(Specific Steps to Amazing Growth)*

- **Make a list of your best personal qualities.**
- **Review this list daily and add more as your awareness of yourself rises.**
- **It is known that “self-Talk” has a powerful effect on those who practice it: Negative self-talk to the negative and positive self-talk to the positive.**
- **Write down some positive self-talk narratives that you can review each day.**
- **Find a place to display positive statements about yourself that you can read each day. Track how often you practice positive self-talk**
- **Make specific scheduled time each day to focus on others. Write down other people’s positive qualities and find a way to mention these things to them.**
- **Find specific activities that by their nature focus on other people.**

**Read the next chapter this week – *The Law of Reflection***



LAW 4 — MEETING 4

## The Law of Reflection

*Learning to Pause Allows Growth To Catch Up With You.*

I. The Power of \_\_\_\_\_

A. Reflection turns \_\_\_\_\_ into insight

B. Everyone needs a \_\_\_\_\_ to pause.

C. Pausing with \_\_\_\_\_ expands and enriches thinking

D. When you take time to pause, use your I's

1. \_\_\_\_\_ – Pausing is about finding meaning in each experience
2. \_\_\_\_\_ – Like Crock-Pot cooking, incubation allows experiences and thoughts to grow to their own full potential
3. \_\_\_\_\_ – The process of placing value on your experiences and performance. “They either applaud you or prod you”  
– Jim Rohn
4. \_\_\_\_\_ – The process of expanding your experiences into teachable lessons.

E. Good questions are at the \_\_\_\_\_ of reflection

# THE 15 INVALUABLE LAWS OF GROWTH



## II. Personal Awareness Questions

Explore these questions for a greater sense of your own awareness of who you are

- A. What is my biggest asset?
  
- B. What is my biggest liability?
  
- C. What is my highest high?
  
- D. What is my lowest low?
  
- E. What is my most worthwhile emotion?
  
- F. What is my least worthwhile emotion?
  
- G. What is my best habit?
  
- H. What is your worst habit?
  
- I. What is most fulfilling to me?
  
- J. What is my most prized possession?
  
- K. To experience growth in a specific area of your life, ask specific questions to that area of your life.



## III. The Journey Is \_\_\_\_\_

### OVERCOME GROWING PAINS

*(Specific Steps to Amazing Growth)*

- **Make it a top priority to find a place and time for personal reflection and question asking.**
- **Schedule time – don't hope you find the time – to pause and reflect.**
- **Ask the participants to take time to ask themselves the questions contained in this chapter.**
- **Remind everyone that “We all walk with the limp we got” and that personal growth and change starts with personal awareness that is found in personal reflection and pausing.**

**Read the next chapter this week – *The Law of Consistency***



LAW 5 — MEETING 5

## The Law of Consistency

*Motivation Gets You Going – Discipline Keeps You Going*

### I. How To Grow In Consistency

A. Do you know what you \_\_\_\_\_?

B. Do you know how you \_\_\_\_\_?

C. Do You Know \_\_\_\_\_ You Want To Keep Improving?

1. Take “The why Test”

- a. Do you constantly procrastinate on important tasks?
- b. Do you require coaxing to do small chores?
- c. Do you perform duties just to get by?
- d. Do you constantly talk negatively about your work?
- e. Do efforts of friends to encourage you irritate you instead?
- f. Do you start projects and abandon them?
- g. Do you avoid self-improvement opportunities?

D. Do You Know \_\_\_\_\_ You Are supposed To Improve?

### II. Maybe It's Time To Stop Setting Goals

Discuss the difference between being goal oriented and growth oriented:

# THE 15 INVALUABLE LAWS OF GROWTH



## Goal Consciousness

Focuses on a destination

Motivates you and others

Seasonal

Challenges you

Stops with the goal is reached

Waits for growth to come

Learns only from mistakes

Depends on good luck

## Growth Consciousness

Focuses on the journey

Motivates you and others

Lifelong

Changes you

Keeps growing beyond the goal

Takes responsibility to grow

Learns before mistakes

Relies on hard work

### III. Constantly Productive

- A. John points out that even the greatest composers didn't wait for inspiration
- B. "\_\_\_\_\_ " is often merely the excuse we use for not producing. But being consistent is the answer for productivity.
- C. Cite this quote by Michael Angier: "If you develop the habits of success, you'll \_\_\_\_\_."
- D. Being "constantly productive" does not mean grinding away at work. It simply means that the \_\_\_\_\_ is the productive person.



## OVERCOME GROWING PAINS

*(Specific Steps to Amazing Growth)*

- **Align your methods of motivation with your personality. Find one of the excellent methods for personality profiling.**
- **Remember, consistency is a muscle to be exercised. Do it daily.**
- **Seek as many “whys” as you can for motivation. Recall immediate benefits and long term outcomes for your activities.**

**Read the next chapter this week – *The Law of Environment***



LAW 6 — MEETING 6

# The Law of Environment

*Growth Thrives In Conducive Surroundings*

I. Time For A \_\_\_\_\_

II. Change Depends On \_\_\_\_\_

**A. Choices when it comes to change:**

*A list of areas that may nurture you: Evaluate these on how they list you up even if you are not receiving in one or more of the areas: give the participants time to think on these things.*

**Music** – What music lifts me up?

**Thoughts** – What ideas move me?

**Experiences** – What experiences give me energy?

**Friends** – Who encourages me?

**Recreation** – What activities give me energy?

**Soul** – What spiritual exercises strengthen me?

**Hopes** – What dreams inspire you?

**Home** – What family members care for me?

**Giftedness** – What blessings activate me?

**Memories** – What memories make me smile?

**Books** – What have I read that changes me?

# THE 15 INVALUABLE LAWS OF GROWTH



## B. Change Yourself and Your Environment

1. Change \_\_\_\_\_ but not your \_\_\_\_\_ –  
Growth will be slow and difficult
2. Change your \_\_\_\_\_ but not \_\_\_\_\_ –  
Growth will be slow and less difficult
3. Change your \_\_\_\_\_ and \_\_\_\_\_ – Growth  
will be faster and more successful
4. Understand that most people are NOT interested in actually growing!
5. As you consider your environment, ask these critical questions:
  - a. \_\_\_\_\_?
  - b. \_\_\_\_\_?
  - c. \_\_\_\_\_?

## C. Change The \_\_\_\_\_ You Spend Time With

## D. Challenge \_\_\_\_\_ In Your New Environment

1. Make your goals public
2. Set a deadline for your goals

When learning from others such as a mentor, explore these questions with this person:

3. What is their strength?
4. What are they learning now?
5. What do I need right now?
6. Who have they met, what have they read, or what have they done that has helped them?

# THE 15 INVALUABLE LAWS OF GROWTH



7. What have I not asked that I should have asked? – Ask your mentor this question.

**E. Focus On** \_\_\_\_\_

**F. Move Forward** \_\_\_\_\_

## **G. A Note For Leaders**

1. Leaders will always take responsibility for the growth of their organizations

*Discuss the need for leaders to create a culture in their organization where:*

- Others are ahead of some
- Each person is individually challenged
- The focus is always forward
- The atmosphere is affirming
- Creating a place designed to keep people out of their comfort zone
- Helping everyone stay excited
- Remembering that failure is not their enemy
- Keep others growing
- A place where change is desired
- Growth is modeled and expected.

# THE 15 INVALUABLE LAWS OF GROWTH



## OVERCOME GROWING PAINS

*(Specific Steps to Amazing Growth)*

**Assess your current environment when it comes to growth answering true or false to these ten statements:**

1. Others are ahead of me
2. I am continually challenged
3. My focus is always forward
4. The atmosphere is affirming
5. I am often out of my comfort zone
6. I wake up excited
7. Failure is not my enemy
8. Others growing
9. People desire change
10. Growth is modeled and expected.

**If you answered false to five or more of these, your environment may be lowering your growth. What are you going to do about it?**

**Assess your personal growth in the three areas in this chapter:**

- The right Soil – What nourishes me?
- The Right Air To Breathe – What keeps me alive?
- The Right Climate To Live In – What sustains me?

**Remember, growth comes best and effectively when your environment is aiding, not hold your back.**

**Read the next chapter this week – *The Law of Design***