



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.

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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:

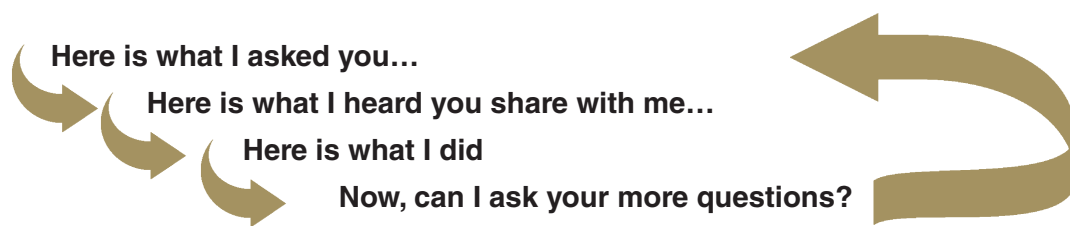
1. Strengths
2. Temperament
3. Track Record
4. Passion

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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



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

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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:

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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?

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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?

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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*



LAW 7 — MEETING 7

The Law of Design

To Maximize Growth, Develop Strategies

I. Glancing Backward, Planning _____

II. Life Lessons

A. Life is very simple, but keeping it that way is _____

1. Keeping plans simple can be found in these questions:

- a. Can it be _____? – Can a person internalize it?
- b. Can it be _____?
- c. Can it be transferred _____? – Is it dependant on a specific understanding, or can it be passed on through different cultures?

B. Designing Your Life Is More Important Than Designing Your _____

C. Life Is Not A _____

D. In Planning Your Life, Multiply _____

THE 15 INVALUABLE LAWS OF GROWTH



III. To Develop Strategies, Depend On Systems

A. Personal growth can and will come _____

B. There is a saying in business: _____ .

C. Effective Systems Include:

1. _____ – We must have the end result in mind when building an effective system

2. _____ – What is the highest and best use of your time right now?

3. _____ – Without a metric of our own system, there is no way to know if we are succeeding.

4. _____ – A good system answers the question: “What now?”

5. _____ – A good system should predict the outcome reliably. This is a daily practice of doing the right things over and over again.



OVERCOME GROWING PAINS

(Specific Steps to Amazing Growth)

Take the time to assess which areas of your life should receive the most strategic planning.

- Career
- Faith
- Family
- Health
- Hobby
- Marriage
- Personal Growth
- Free Time

Discuss this axiom: “Luck comes to the prepared.” What does that say about planning and strategy?

For systems to be effective, they must fit into these criteria: Discuss the meaning and application of each of these.

- Simple
- Scalable
- Reproducible
- Teachable

Begin developing or refining the systems which will lead to your own growth. As you do, keep the following in your awareness.”

- The Big Picture – Will it help you reach your big-picture goals?
- Your Priorities – Is it consistent with your goals?
- Measurement – Can you have a tangible means of determining your success?
- Application – Does it have a built in focus toward action?
- Organization – Does it make a better use of your time than what you are doing now?
- Consistency – Can you and will you repeat it on a regular basis?.

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



LAW 8 — MEETING 8

The Law of Pain

*Good management Of Bad Experiences
Leads To Great Growth*

I. Discuss this quote : “Every problem introduces a person to himself

II. Truths About _____ :

A. _____ has them

B. _____ likes them

C. Few Make Bad Experiences _____

III. The Pain File

A. The Pain of _____ – “I have never been through that”

B. The Pain of _____ – “I should have seen that coming”

C. The Pain of _____ – “I wish it had never happened”

D. The Pain of _____ – “Human encounter doesn’t always feel good”

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- E. The Pain of _____ – “I didn’t want that to happen”
- F. The Pain of _____ – “I lost what I thought I would always have”
- G. The Pain of _____ – “You can’t make everyone happy”
- H. The Pain of _____ – “If I could only get that back”
- I. The Pain of _____ – “Some people will grow in a different direction than I”
- J. The Pain of Not Being _____ – “I deserved to be there”
- K. The Pain of _____ – “When I am away, I feel...”
- L. The Pain of _____ – “They expect so much from me”

IV. How To Turn Your Pain Into Gain

- A. Choose a _____ life stance
- B. Embrace and Develop Your _____
- C. Embrace The Value Of _____

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D. Make _____ After Learning From Bad Experiences

E. Take _____ For Your Life

OVERCOME GROWING PAINS

(Specific Steps to Amazing Growth)

Based on your life, which of these statements best describes your response to pain:

- I do anything and everything possible to avoid pain at all.
- I know pain is inevitable, but I try to ignore it or just block it out.
- I know everyone endures pain, so I just endure it when it comes
- I don't like pain, but I try to remain positive despite it.
- I process the emotion of painful experiences quickly and try to find a lesson in them.
- I process pain, find the lesson, and make changes proactively as a result.

Discuss this process John has used in his life when he has encountered painful experiences:

- a. Define the problem
- b. Understand your emotion
- c. Articulate the lesson
- d. Identify a desired change
- e. Brainstorm numerous pathways
- f. Receive other's input
- g. Implement a course of action.

Remember, personal change require action. Decide now to take action, attitude and altitude when the next painful experience arrives.

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



LAW 9 — MEETING 9

The Law of The Ladder

*Character Growth Determine The Height
Of Your Personal Growth*

I. _____ :

A. What does John Mean, “Ambition without guidance?”

II. To Be A Success, _____ :

III. The Value Of _____

IV. Rungs On The Character Ladder

A. I will focus on being better on the inside than the outside –

B. I will follow the Golden Rule – _____

1. “With one insignificant exception, the world is made up of others.
2. Whether you like people or not, they already know

C. I will only teach what I believe – _____

1. Borrowed beliefs are not owned beliefs.
2. We must be about the discipline of developing our own core beliefs, then passionately teaching them...people can tell the difference.

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D. I will value humility above all virtues – _____

1. In life, one can never “stop” – the either “finish, or keep going.
2. Our character is being developed until we are finished.

E. I will strive to finish well – _____

1. In life, one can never “stop” – the either “finish, or keep going.
2. Our character is being developed until we are finished.

V. The Stronger Your Character, The Greater Your Growth Potential

OVERCOME GROWING PAINS

(Specific Steps to Amazing Growth)

- **Assess where you have placed most of your growth energy up until now in your life: Has it been on the inside, or the outside?**
- **How much time do you spend the things of the outside and how much time on the inside?**
- **Schedule specific time for developing the inside – humility, character, seeking others first and family importance.**
- **Discuss this idea: “There are many decisions one must make before they have to, or they will make the wrong one.”**
- **Explore this truth: “Emergencies don’t develop character, they revel it.”**

Read the next chapter this week – *The Law of The Rubber Band*



LAW 10 — MEETING 10

The Law of The Rubber Band

*Growth Stops When You Lose The Tension Between
Where You Are And Where You Could Be*

I. A Series of Stretches

- A. What do you think John means by “God’s gift to us: Potential. Our gift to God: Developing it”?
- B. John discusses a series of his personal “stretches” along the way of his life. What does he mean by “stretches”?

II. The Benefit of Stretching

- A. Few people _____.
- B. Settling for the status quo ultimately _____.
- C. Stretching always starts from _____.
- D. Stretching always requires _____.
- E. Stretching sets you apart _____.
- F. Stretching can become a _____.

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1. Reflect on this quote by Rabbi Nahman: *“If you won’t be better tomorrow than today, then what do you need tomorrow for?”*

G. Stretching gives you a shot at _____.

H. Stretching to the end

OVERCOME GROWING PAINS

(Specific Steps to Amazing Growth)

- In what areas of your life have you lost your stretch and settled in?
- Have you been able to define your own potential? If not, seeking aid in this area from a coach or mentor may be in order.
- What habits have you developed that have hindered your progress toward your potential?
- Rate your satisfaction in areas of your life. In what areas have you become “average” and may have lost some stretching?
- Create some specific means for stretching in the areas of your life for which you are no longer winning.
- Remember to establish a balance between your potential and your present place so that stretching is both possible and challenging. This tension is critical, but you do not want to get so overwhelmed that you simply give up.
- Your stretching goals should be SMART:
 - Specific** – words like “more, bigger, faster” are not specific
 - Measurable** – without measuring, how do you know if you succeeded?
 - Attainable** – they should be something you WILL actually do
 - Realistic** – they must be something you CAN actually do
 - Timed** – without a timed arrival, you are only creating a wish list

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



LAW 11 — MEETING 11

The Law of Tradeoffs

You Have To Give Up To Go Up

I. The Next Step

A. What will it take for you to go to the next level in your

_____?

II. The Truth About Tradeoffs

A. Tradeoffs are available to us _____

B. We must see tradeoffs as opportunities for _____

C. Tradeoffs force us to make _____

1. Discuss this idea John puts forth, *“When you want something you have never had, you have to do something you have never done.”*
2. Change is always possible, so remember these truths about change:
 - a. Change is _____
 - b. Change is _____
 - c. Change is _____

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D. The loss of the tradeoff is usually felt before the gain

1. This is one of the reasons people fear change – it just might hurt a bit

E. Most tradeoffs can be made _____

F. A few tradeoffs come _____

G. _____, the tougher the tradeoffs

H. Tradeoffs never _____

I. Some tradeoffs are never _____

III. Tradeoffs Worth Making

A. _____

B. _____

C. _____

D. _____



OVERCOME GROWING PAINS

(Specific Steps to Amazing Growth)

- **Write your own personal list of tradeoff principles**

Use the list in this chapter to begin this list:

1. I am willing to give up financial security today for potential tomorrow
2. I am willing to give up immediate gratification for personal growth
3. I am willing to give up the fast life for the good life
4. I am willing to give up security for significance
5. I am willing to give up addition for multiplication

- **As important as tradeoffs, is knowing what you are not willing to tradeoff. List some things for which there will be no compromise.**
- **As you list the “No Compromise” areas, also develop some safety measures that will ensure you never stray from these priorities.**
- **What trade do you need to make today? What is your next level, and what will it cost you to get there?**

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



LAW 12 — MEETING 12

The Law of Curiosity

Growth Is Stimulated By Asking Why?

I. Where Does Curiosity Come From?

II. How To Cultivate Curiosity

A. _____ you can be curious

B. Have a _____

C. Make _____ your favorite word

D. Spend time with other _____

E. _____ new every day

F. Partake in the _____

G. Stop looking for _____

1. Instead of saying, "If it ain't broke, don't fix it, ask these questions:

a. If it ain't broke, how can do it better?

b. If it ain't broke, what is likely to break in the future?

THE 15 INVALUABLE LAWS OF GROWTH



H. _____

I. Get out of _____

J. _____

III. Curiosity: The Key To Growth

A. While we can be happy with answers and milestones,
we must never stop _____

B. Put _____ on your curiosity



OVERCOME GROWING PAINS

(Specific Steps to Amazing Growth)

Ask these questions of yourself:

1. Do you believe you can be curious?
2. Do you have a beginner's mindset?
3. Have you made WHY your favorite word?
4. Do you spend time with curious people?
5. Do you learn something new every day?
6. Do you partake in the fruit of failure?
7. Have you stopped looking for THE right answer?
8. Have you gotten over yourself?
9. Do you get out of the box?
10. Are you enjoying your life?

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



LAW 13 — MEETING 13

The Law of Modeling

*It's Hard to Improve When
You have No One But Yourself to Follow*

I. Discuss This Notion:

You can only grow as much as YOU can – what now?

II. Whom Should I follow?

A. A good mentor is a _____

B. A good mentor is _____

C. A good mentor has _____

D. A good mentor _____

E. A good mentor provides _____

F. A good mentor is a coach who

THE 15 INVALUABLE LAWS OF GROWTH



- a. Consider some these names for ‘coach’ from other cultures: (all of which mean *one who goes before and shows the way.*)
- a. Sensei – one who has traveled further down the path
 - b. Guru – “gu” darkness, “ru” – someone who brings light to darkness
 - c. Lama – one with spiritual authority
 - d. Maestro – a master of music
 - e. Tutor – a private teacher
 - f. Guide – one who shows the way
 - g. Mentor – a wise and trusted counselor

III. Characteristics of a Coach

- _____ for people they coach
- Observe their _____
- Align them with their _____
- _____ about their performance
- Help them improve their _____

A. The Law of Modeling states that YOU need



OVERCOME GROWING PAINS

(Specific Steps to Amazing Growth)

- For real growth to occur in your life, find a next-step mentor.
- Before you meet with your mentor or coach, have at least five thoughtful questions ready for him or her.
- Make a list of specific areas of your life you want to discuss. Remember, this is not counseling, but coaching for the future.
- Find even distant mentors you can follow

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



LAW 14 — MEETING 14

The Law of Expansion
Growth Always Increases Your Capacity

I. How to Increase Your Thinking Capacity

A. Stop thinking _____ and start thinking what works

1. Ask these question about what works:

- a. What am I required to do?
- b. What gives me the greatest return?
- c. What gives me the greatest reward?

B. Stop thinking *can I?* Start thinking _____?

C. Stop thinking _____ and start thinking _____

II. How To increase Your Capacity for Action

A. Stop doing only those things you have done and start doing those things you _____.

B. Stop doing what is expected of you and start doing _____.

C. Stop doing important things occasionally and start _____.



III. Expand Your Capacity – Expand Your Impact

A. Your impact is a _____

B. There is _____ that determines your future – Your capacity must grow.

C. Ask yourself _____

– now ask yourself where you would _____

_____. That difference is the limits of your capacity.



OVERCOME GROWING PAINS

(Specific Steps to Amazing Growth)

- **Have you made the transition from “I Can’t!” or “Can I? To “How Can I?”**
- **Do some dreaming and then ask yourself:**
 - If I knew I could not fail, what would I attempt?
 - If I had no limitations, what would I like to do?
 - If money were not an issue, what would I be doing with my life?
- **Do these things seem impossible, or possible? If they seem possible, then you are ready to expand.**
- **Give yourself an effectiveness audit so that you can be sure you are thinking WHAT WORKS instead of MORE WORK.**
- **Think about your own behavioral patterns. What is working and what do you need to adjust? Use the criteria of “Required, Return, Reward” to help you make the needed adjustments.**

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



LAW 15 — MEETING 15

The Law of Contribution

Growing Yourself Enables You To Grow Others

I. Adding Value To Others

A. You cannot _____

B. Daily Ask Your Self: _____

C. What Good _____?

II. Be A River, Not A Reservoir

These questions are excellent for identifying someone who can encourage us to be our best:

A. Who _____ you and offers you a baseline of wisdom?

B. Who _____ you to aspire to be a better person?

C. Who _____ you to think?

D. Who _____ on your dreams?

E. Who _____ enough to rebuke you?

F. Who is _____ when you have failed?

G. Who _____ in pressurized moments without being asked?

H. Who _____ and laughter into your life?

THE 15 INVALUABLE LAWS OF GROWTH



- I. Who _____ when you become dispirited?
- J. Who _____ you to seek faithfully after God?
- K. Who _____ you unconditionally?

Now, turn these questions around on yourself and reflect how YOU can be this person to someone else.

III. Making The Right Contribution Choices

A. _____

B. _____

C. _____

D. _____

E. _____

F. _____



OVERCOME GROWING PAINS

(Specific Steps to Amazing Growth)

- **What is your underlying desire in life?**
Self-fulfillment or self- development?
- **Are your best efforts focused on making you feel good, or making someone else successful?**
- **Consider how “others may own you” through unhealthy relationships, unfair expectations, or undesired attention. Make the needed adjustments for these relationships.**
- **Are you a “Go-Getter” or a “Go-Giver”?**