



15 Invaluable --- LAWS OF GROWTH

"Growth should be intentional and aligned with your passion and purpose. If not, you run the risk of being busy without meaning."

A Summary
of the book by John C. Maxwell

Takeaways

Growth should be intentional and aligned with your passion and purpose. If not, you run the risk of being busy without meaning.

Be honest with yourself and take consistent action based on insights from self-reflection.

Design your growth to match your goals and consistently have tension between where you are and where you want to be.

Show humility and exude character in all of your interactions.

Manage your environment to help you and be grateful for all the support by developing your talent to serve others.



1. Law of Intentionality

Intentional personal growth

Think about "how far can you go?" NOT "how long will this take?" Make the most out of what you have been given.

Do it now - say it 50 times day and night.

Face your fears and have faith you will conquer them - fear of failure, trading security for unknown, other people's view of you, and the risk of alienating friends.

Change from accidental to intentional growth - insist on starting today and don't wait for growth to come; persevere and follow through; and take risks.

You must know yourself to grow yourself - start with truth; Explore yourself as you explore growth - focus on your passion.

3 kinds of people

- 1 People who don't know what they would like to do - dabble and drift
- 2 People who know what they would like to do but don't do it - frustrated
- 3 People who know what they would like to do and do it - work in areas that move them closer to their purpose

2. Law of Awareness

How to find your passion and purpose

What would you like to do?

What talents and opportunities do you possess to support you?

What motivates you to want to do it?

What steps can you take now?
Awareness, action, accountability

Whose advice can you get?

What are you willing to pay?

Where do you most need to grow?

3. Law of the Mirror

Recognize your value and begin to add value to yourself. When you invest in yourself, you'll see more value in yourself (you are worth investing in).

Move beyond your limiting beliefs: believe you will be great; if you limit what you will do, you limit what you can do.

- Identify limiting beliefs
- Determine how it limits you
- Decide how you want to be
- Create turnaround statement that restates who you want to be

Add value to others: hard to feel bad about yourself if you do something good for someone else; also people will value you more

4. Law of Reflection

Follow effective action with quiet reflection to get even more effective action

Stop, PAUSE and allow the lesson to catch up with us

Investigate - all truths are easy to understand once you discover them

Incubate - Reflect on your experience of life and let the ideas that come up simmer in your mind

Illuminate - Focus on insights that are relevant to you

Illustrate - Flesh out key ideas: everyone is looking but not seeing; ask yourself good questions

PERSONAL AWARENESS QUESTIONS

1. What is my biggest asset?
2. What is my biggest liability?
3. What is my highest high?
4. What is my lowest low?
5. What is my most worthwhile emotion?
6. What is my least worthwhile emotion?
7. What is my best habit?
8. What is my worst habit?
9. What is most fulfilling?
10. What do I prize most highly?

PERSONAL GROWTH QUESTIONS

1. Do I practice the 15 laws of growth?
2. Which do I do best? Weakest?
3. Am I growing daily?
4. What am I doing to grow?
5. How am I growing?
6. What are the roadblocks?
7. Am I passing it forward?

5. Law of Consistency

Motivation gets you going, discipline keeps you going.

Know the what, how, where and when

Do you know what you need to improve?

Develop yourself to be successful, when you expand, you open up possibilities

Do you know how you're supposed to improve?

Match your motivation to your personality type

Phlegmatic: need to see the value of doing something

Choleric: make decisions quickly but will not participate if not in charge

Sanguine: life of every party - likes rewards

Melancholy: attention to detail, perfectionist - focus on details

A common mistake is attempting too much too soon.

Need to be patient. Impatience stems from unrealistic expectations - don't give up too soon.

Life goals are reached by annual goals, daily goals and habits - focus on today

6. Law of Environment

Six choices to be in a better environment

01

Assess your environment and why you want to change - change for the sake of change won't help you

02

Change yourself and your environment: growth will be faster if you change both. This accelerates chance for success. In a growth environment, people are ahead of me and growth is modeled and accepted

03

Change who you spend your time with: people who you associate with are your reference group.

04

Challenge yourself in your new environment: need to be intentional to find those growth opportunities.

05

Focus on the moment: the happiest moment is this moment. Don't worry about past or future since you can't influence it directly.

06

Move forward despite criticism: don't wait, create the life you want. Whatever course you decide upon, someone will always tell you that you're wrong. Someone's opinion of you does not have to be your reality - make your own decisions.

7. Law of Design

To maximize growth, develop strategies.

Life is very simple but keeping it that way is difficult.

Designing your life is more important than designing your career.

Life is not a dress rehearsal.

Multiply everything by 2 - important things in life take longer and cost more. **Plan to take double the time you expected - infuse realism to your optimism.**

DEVELOPING EFFECTIVE SYSTEMS:

- Ask "what is the most valuable use of my time right now?" Use your response to shape the system you use. Identify when your prime productive time is.
- If you say yes too easily, create a screening system and maintain your priorities
- Effective systems include measurement. If you can't measure it, you can't understand it, you can't control it, you can't improve it. Measurement makes a difference
- Effective systems include application: need to start you doing something. What are you going to do? Need both plan and action.
- Effective systems employ organization - set your priorities and spend your time
- Effective systems promote consistency - if you want to succeed in the long run, be disciplined to follow through. Consistency is usually not exciting but the results can be very exciting.

8. Law of Pain

How to turn your pain into **GAIN**

- **Choose a positive life stance:**
Life is not the way it is supposed to be, it is the way it is. You can decide how you cope with it - life is filled with good and bad.
- **Embrace and develop your creativity:** Make the most out of bad experiences by finding opportunities and possibilities.
- **Learn from bad experiences:**
You never stub your toe standing still. The faster you go, the more the chance of doing so (Kettering).
- **Make good changes after learning from bad experiences:**
Bend in the road is not the end of the road unless you fail to make the turn.
- **Take responsibility for your life:**
don't be a victim - be accountable for your life. No insight is valuable to you if you don't change your actions accordingly.

9. Law of the Ladder

Character growth determines the height of your personal success.

Honesty is the characteristic that most enhances personal reputations.

CHARACTER LADDER

I will focus on being better on the inside than on the outside - what we do or neglect to do affects our lives. **Before you can DO, you must BE.**

I will follow the golden rule because people matter.

I will teach only what I believe because passion matters.

I will value humility above all others because perspective matters. Everyone has weaknesses so admit to your weaknesses, be patient with other people's weaknesses and be open to feedback. **Be teachable and willing to serve others because it's not all about you.** Be grateful because those who drink the water must remember those who dug the well.

I will strive to finish well because **faithfulness matters** - live to the highest standard continually.

10. Law of the Rubberband

RUBBER BANDS ARE USEFUL ONLY WHEN THEY ARE STRETCHED.

- 1 People rarely want to stretch** - most people only use a fraction of their ability. Don't settle for average in life (being top of the bottom is not an accomplishment).
- 2 Settling for the status quo leads to dissatisfaction** - have the courage to go outside of your comfort zone. Everyone has a dream, but few pursue it - measure yourself against yourself.
- 3 Stretching always requires change** - "yesterday ended last night". Your history is not your destiny.
- 4 Stretching sets you apart from others** - do the extra work and be excellent.
- Everything that ceases to struggle rapidly deteriorates** - strive to be better tomorrow than you are today. "The greatest enemy of tomorrow's success is today's success."
- 5 Stretching gives you a shot at significance** - "a possibility is a hint from God, we must follow it." Growth stops when you lose the tension from where you are and where you want to be.
- 6**

Where have you stopped stretching?

11. Law of Tradeoffs

Need to give up some things that you value in order to grow up.

Changing before you have to usually leads to a gain. Changing after you have to usually leads to a loss.

We don't always get what we want but we always get what we choose.

The price of anything is the amount of life you exchange for it. No matter what we choose, it will change us. Not everything is worth trading.

- GOOD TRADES**
- Give up financial security today for potential tomorrow:** value opportunity over security because the only job security is personal development.
 - Give up immediate gratification for personal growth:** there are no shortcuts to any place worth going.
 - Give up the fast life for the good life:** live in the place you belong, with the people you like, doing what you want on purpose. Create capacity in your life by delegating all the things you're not the best at and work with people you like.
 - Give up security for significance:** measure progress by significance. Make a difference, not just a living.
 - Give up addition for multiplication:** what can I do WITH others as opposed to FOR others. Equip other people - explore and develop your leadership skills.

12. Law of Curiosity

01

BELIEVE YOU CAN BE CURIOUS

02

HAVE A BEGINNER'S MINDSET

03

**MAKE WHY YOUR FAVORITE
WORD**

04

**SPEND TIME WITH CURIOUS
PEOPLE**

05

**LEARN SOMETHING NEW
EVERY DAY**

06

**PARTAKE IN THE FRUIT OF
FAILURE**

07

**STOP LOOKING FOR THE
RIGHT ANSWER**

08

**GET OVER YOURSELF
BE LIKE CHILDREN - JUST ASK**

09

**"HOW CAN I?" AS OPPOSED
TO "CAN I?"**

10

**ENJOY YOUR LIFE - DESIRE TO
KNOW WHY**

Growth is stimulated by asking "why". Curiosity opens options - "all meaningful and lasting change starts first in your imagination" - Einstein

13. Law of Modeling

A good mentor.....

- is a worthy example.
- is available.
- has proven experience.
- possesses wisdom and knows where to tap.
- provides friendship and support.
- is a coach that makes a difference in people's lives.

5 COMMON CHARACTERISTICS OF *Fantastic Coaches*

Cares for the other person

Observes behavior, attitude, and performance

Aligns coaches with their strengths for peak performance

Communicates and gives feedback about performance

Helps them to improve life and performance

WORKING WITH A MENTOR

Come prepared with 3-5 thoughtful questions and apply the answers.

Set another meeting and repeat.

Find mentors in different areas of your life.

Make a list of the strengths you want to improve and weaknesses where you need guidance.

14. Law of Expansion

POTENTIAL WITHIN US IS LIMITLESS - WE USUALLY CREATE OUR OWN LIMITS.

HOW TO INCREASE YOUR THINKING CAPACITY

02

Replace "can I?" with
"how can I?"

01

Stop thinking MORE work
and start thinking WHAT
works.

03

Stop thinking one door
and start thinking many
doors.

04

Stop doing what you were
doing before and do
something new.

05

Stop doing what is
expected and do more of
what is not expected.

06

Stop doing important things
occasionally and start doing
important things daily.

07

Believe that YOU can do it.

PLAN A *System* TO DO WHAT IS *Important Daily*

- 01 CHOOSE AND DISPLAY RIGHT ATTITUDES
- 02 DETERMINE AND ACT ON IMPORTANT PRIORITIES
- 03 KNOW AND FOLLOW HEALTHY GUIDELINES
- 04 COMMUNICATE AND CARE FOR FAMILY
- 05 PRACTICE AND DEVELOP GOOD THINKING
- 06 MAKE KEY PROPER COMMITMENTS
- 07 EARN AND PROPERLY MANAGE FINANCES
- 08 DEEPEN AND LIVE OUT YOUR FAITH
- 09 INITIATE AND INVEST IN SOLID RELATIONSHIPS
- 10 PLAN FOR AND MODEL GENEROSITY
- 11 EMBRACE AND PRACTICE GOOD VALUES
- 12 SEEK AND EXPERIENCE IMPROVEMENTS

15. Law of Contribution

GROWING YOURSELF ENABLES YOU TO GROW OTHERS. HELP OTHERS BECAUSE WE ARE ALL ONE.

WHAT GOOD SHOULD I DO TODAY - WHAT GOOD DID I DO TODAY?

MODEL THE RIGHT BEHAVIOR FOR OTHERS - BE A MENTOR FOR OTHERS.

BE A RIVER, NOT A RESERVOIR.

GIVE AS YOU RECEIVE - ABUNDANCE MINDSET.

CULTIVATE AN **ATTITUDE OF CONTRIBUTION**

01 BE GRATEFUL - NO ONE
SUCCEEDS ALONE

02 PUT PEOPLE FIRST

03 DON'T LET STUFF OWN YOU

04 DON'T LET PEOPLE OWN YOU

05 DEFINE SUCCESS AS
SOWING, NOT REAPING

06 FOCUS ON SELF-DEVELOPMENT
NOT SELF-FULFILLMENT

07 KEEP GROWING TO
KEEP GIVING

Put people first in your life - where are
they on your list of goals?

Notes

