COURSE INTRODUCTION

Q1

What am I doing to develop ___________________?

Q2

What am I doing to develop ___________________?

Personal growth is the #1 determining factor of effectiveness ________________,
______________, ________________ and as a ________________.

Most people are anxious to improve their ________________ but unwilling to improve
______________ - so they remain stuck!
Growth doesn’t just ________________________.
Do I have a _____________ to grow?

Growth Gaps

The __________________________ gap __ “I ASSUME I WILL GROW AUTOMATICALLY.”

The __________________________ gap __ “I DON’T KNOW HOW TO GROW.”

The __________________________ gap __ “IT’S JUST NOT THE RIGHT TIME TO BEGIN.”

The __________________________ gap __ “I’M AFRAID OF MAKING MISTAKES.”

The __________________________ gap __ “I HAVE TO FIND THE BEST WAY BEFORE I START.”

The __________________________ gap __ “I JUST DON’T FEEL LIKE IT.”

The __________________________ gap __ “OTHERS ARE BETTER THAN I AM.”

The __________________________ gap __ “I THOUGHT IT WOULD BE EASIER THAN THIS.”
THE LAW OF THE MIRROR

You Must _________ Value in Yourself and _________ Value to Yourself!

BUILDING YOUR SELF IMAGE

1. Guard your __________________________________________

2. Stop_____________________________________________________________ to others.

3. Do the ________________________________ thing even if it’s the
   ____________________________ thing.

4. __________________________________ small victories to build belief in yourself.

If you don’t ____________________________ in yourself, you won’t _____________ in yourself.

Whether you think you _____________ or think you ________________, either way, you
are ___________________________ - Henry Ford
You must ______________ yourself to ______________ yourself!

To know yourself, you must know your:

1 - ________________________________
2 - ________________________________
3 - ________________________________
4 - ________________________________
5 - ________________________________ and ________________________________

IDENTIFYING OUR PASSION AND PURPOSE

1. Do you like what you are doing ____________________________ ?
2. What would you ________________________________ to do?
3. __________________________ you do what you would like to do ?
4. Do you know __________________________ to do what you would like to do?

3 IMPORTANT QUESTIONS:

1. What will it ________________ to change?
2. When can you ___________________________ ?
3. What will it ________________ when you get there?
Motivation gets you going; ____________________________ keeps you growing.

Growing Consistently

1. Do you know ____________________________ you need to improve?
2. Do you know ____________________________ you need to improve?
3. Do you know ____________________________ you want to keep improving?
4. Do you know ____________________________ you are supposed to improve?

Goal Conscious:     Growth Conscious

- Focuses on a destination
- Motivates you and others
- Seasonal
- Challenges you
- Stops when the goal is reached
- Learns from mistakes
- Depends on good luck

- Focuses on the journey
- Matures you and others
- Lifelong
- Changes you
- Keeps growing beyond the goal
- Learns before mistakes
- Relies on hard work

Your ________________ is not an event, goal or product. Your potential is a ________________ journey of discovery, growth and insight.
Growth ____________________________ in conducive surroundings

Characteristics of a Growth Environment

1. A growth environment is a place where ________________________ are ahead of me.
2. A growth environment is a place where I’m continually __________________________.
3. A growth environment is a place where the atmosphere is ________________________.
4. A growth environment is a place where _________________________ is not my enemy.
5. A growth environment is a place where people desire ___________________________.

Nourishment Centers In My Life

1. Music. Ask yourself: What music_____________ me up?
2. Thoughts. What _________________ move me?
3. Experiences. What experiences give me ___________________?
4. Friends. Who ____________________________ me?
5. Soul. What spiritual exercises ______________________________ inspire me?
6. Hopes. What ______________________________________ inspire me?
7. Home. What family members _______________ for me?
8. Giftedness. What talents _______________________________ me?
9. Memories. What memories make me _________________?
10. Books. What could I read that _______________________me?
To Maximize Growth, Develop _______________________________.

Life design is the combination of ________________, ________________ and ________________

**Life-Design Lessons**

**Develop Strategies:** (Here is what I think will work)

1. Consider the ________________ picture
2. Create a list of ____________________________
3. Design strategies for your__________________ not for your job

**Create Plans:** (Here is what I am going to do about it)

4. Make plans according to your __________________________
5. Keep plans ____________________________
6. Multiply planned costs by __________________________

**Implement Systems:** (Here is how I will carry it out to completion)

7. Reduce the plans into __________________________ action steps
8. Understand and implement the power of __________________________
9. Create a way to __________________________results

*Life comes with neither an _______________________________ or a chance to ________________________________ - John Maxwell*
Good management of bad experiences leads to ________________ growth.

**Characteristics of Bad Experiences**

1. _____________________________ has them.
2. _____________________________ likes them.
3. _____________________________ make bad experiences positive experiences

**Turn Your Pain into Gain**

1. Choose a ______________________ life stance
2. Embrace and develop your __________________________
3. Embrace the __________________________ of bad experiences
4. Make _________________ changes after _________________ experiences
5. Take _______________________ for your life

*Life is not the way it is __________________________ to be. It’s the way it ________.*
*The way you cope with it is what makes the __________________________.*

  – Virginia Satir
Learning to pause allows growth to ______________________________ with you.

The Power of Pausing to Reflect

1. Reflection turns experience into ______________________________
2. Everyone needs a time and a place to pause _____________________________
3. Intentional pausing _______________________________ thinking
4. If you are a leader, pausing is ______________________________ to success

Questions That Promote Reflection

1. What did I ____________________________ today?
2. How can I ______________________what I learned today?
3. How can I ________________________ what I learned today?

Use Your I’s

I_____________________________
I_____________________________
I_____________________________
I_____________________________
I_____________________________
Character growth ________________________________ the height of your personal growth
Growing in character means __________________ and ______________________ what matters most

Rungs on the Character Ladder

1. ________________________________ matters
   a. Focus more on the _______________________ than on the ______________________
   b. Inside victories _______________________ outside victories
   c. Only our inside development is completely in our _______________________

2. ________________________________ matter
   a. Be ______________________________
   b. Be ______________________________ to serve others

3. ________________________________ matters
   a. Borrowed beliefs are not _______________________ beliefs

4. ________________________________ matters
   a. Be ______________________________

5. ________________________________ matters
   a. I will _____________________________ to finish well

If you want a better world, composed of better nations, made up of better cities, comprised of better neighborhoods, illuminated by better churches, populated by better families, then you’ll have to start ___________________________________________. ~ Tony Evans
Growth stops when you lose the _______________________ between where you are and where you could be.

The Benefits of Tension

1. Few people _______________________________ to stretch
2. Settling for ___________________________________ ultimately leads to dissatisfaction
3. Stretching always starts from the ________________________________ out
4. Stretching always requires __________________________________________
5. Stretching sets you apart from __________________________________________
6. Stretching can become a ___________________________________________
7. Stretching gives you a shot at___________________________________________

Stretching Questions

1. In what areas do I need to ____________________________________ the most?
2. What ________________________________ would force me to stretch?
3. What is the most important thing I could ___________________________ from it?

If you won’t be better tomorrow than today, then what do you need ________________ for?

-Rabbi Nachman
You have to ______________ up to ______________ up.

Seven Trade-Off Thoughts

1. Trade-offs are available our ________________ lives.
2. Trade-offs are ________________ for growth.
3. Trade-offs force us to make difficult _________________.
4. The loss of trade-offs is usually felt before the ________________ .
5. Most trade-offs can be made at ________________ time.
6. A few trade-offs can be made _________________.
7. The ________________ you climb; the ________________ the trade-offs become.

“Each success only buys an admission ticket to a more ________________ problem.”

—Henry Kissinger

Trade-offs Worth Making

1. Financial security today for ________________ tomorrow.
2. Immediate gratification for _________________.
3. The ________________ life for the ________________ life.
4. Addition for _________________.

THE LAW OF THE TRADE-OFFS

Law #11
Growth is stimulated by asking ________________

Cultivating Curiosity

1. Believe you can be __________________________________________

2. Have a _____________________________________________mindset.

3. Make __________ your new favorite word

4. Spend time with other __________________________________________

5. Learn something new ______________________________________.

6. Partake in the fruit of __________________________________________

7. Stop looking for the ___________________________________________answer.

8. Get over ________________________________________

9. Get out of the _____________________________________________

“There ain’t no ___________ around here, we are trying to __________________________ something.”  -Thomas Edison
The 15 Invaluable Laws of Growth

THE LAW OF THE MODELING

Law #13

It’s hard to _______________________ when you have no one but ____________________ to follow.

Qualities of a Model You Want to Follow

1. A worthy ____________________________________.
2. Is _______________________
3. Has proven________________________________________
4. Possesses ______________________________________
5. Provides ______________________________ and ___________________________________.
6. Makes a ______________________________in people’s lives

Find a COACH

C________________________ for the people they coach
O________________________ their attitudes, behavior and performance
A________________________ them with their strengths
C________________________ and give feedback
H________________________ them improve

“Self-evaluation is helpful but evaluation from ______________________________is essential.”

~ Andy Stanley
The 15 Invaluable Laws of Growth

Increasing Our Thinking Capacity

1. Stop thinking “________________________ work” and start thinking
   “________________________ works?”

2. Stop thinking “________________________”and start
   thinking “________________________?”

3. Stop thinking “One __________________________” and start thinking,
   “________________________.”

Increasing Our Action Capacity

1. Stop doing only those things you have ______________________________ and start doing those things you ___________ and ______________ do.

2. Stop doing what is ______________________________ and start doing
   ______________________ than is expected.

3. Stop doing important things ______________________________ in a
   start doing important things ______________________________.
The 15 Invaluable Laws of Growth

THE LAW OF THE CONTRIBUTION

Growing yourself _______________________________ you to grow others.

Ask yourself.....

Who can I offer wisdom to?_______________________________
Who can I challenge to think?_____________________________
Who can I cheer on their dreams?__________________________
Who can I aspire to be a better person?_____________________
Who can I show mercy to?________________________________
Who can I share a difficult burden with?___________________
Who can I share fun and bring laughter to?_________________
Who can I offer perspective to who is down?________________
Who can I resource to help fulfill their vision?_______________
Who can I inspire to move deeper into God?________________
Who can I love unconditionally?___________________________

The Attitudes of Contribution

Be _______________________________
Put____________________________ first
Don’t let your ______________________________ own you
Define success as ______________________________ not____________________________
Keep ______________________________ to keep ______________________________
Apply It!

I really need help with these.......

These could use some improvement.....

I can help others with these....