

GROWTH

THE PATHWAY TO YOUR POTENTIAL

*"I do not believe you can do today's job with yesterday's methods
and be in business tomorrow."
— Nelson Jackson*

DISCUSS

Take one minute to share your results from last week – what action did you take and how did it benefit you?

VIDEO

Watch the video of John Maxwell teaching about growth and take notes below.

Question: What is the greatest indicator of your future success?

GROW YOURSELF TO REACH YOUR POTENTIAL

The Laws of Growth

1. The Law of the _____ — You must see value in yourself to add value to yourself.
2. The Law of _____ — Motivation gets you going, but discipline keeps you growing.
3. The Law of _____ — Growth thrives in conducive surroundings.

The Nourishment Centers in My Life

1. _____ — What songs lift me?
2. _____ — What thoughts speak to me?
3. _____ — What experiences rejuvenate me?
4. _____ — What people encourage me?
5. _____ — What recreation re-creates me?
6. _____ — What spiritual exercises strengthen me?
7. _____ — What dreams inspire me?
8. _____ — What family members care for me?
9. _____ — What gifts activate me?
10. _____ — What memories make me smile?
11. _____ — What books change me?

DISCUSSION

Use the following questions to discuss the issue of growth. Everyone is asked to participate and to be authentic in their responses.

1. In the video, Maxwell says that personal growth is the greatest predictor of future success. Do you agree with him? Or do you believe there is something else more important? Explain.
2. Why do some people neglect to invest in their own growth? What are usually the results?
3. In what ways, if any, are formal education and personal growth different from one another?
4. In what ways can a person take responsibility for his or her own personal growth?
5. What is your greatest personal challenge or obstacle to personal growth? Explain.
6. When it comes to personal growth in your profession, which has a higher return: growing where you are strong or growing where you are weak? Explain your answer.
7. In what area would you most like to grow? What is your motivation? What do you expect the benefits to be?
8. According to Maxwell, the most important factor in your personal growth is consistency. What works to help you remain consistent and motivated?
9. Imagine what your life would be like five, ten, or twenty years from now if you practiced regular consistent growth in a few areas of strength. Describe it.

PERSONAL ACTION PLAN

Take two minutes to complete the section below.

How do you rate yourself on growth on a scale from 1-10 (circle one)?

1 2 3 4 5 6 7 8 9 10

Why did you give yourself this rating?

What benefit would you like to receive by improving in this area?

If there is someone who is committed to growth whom you admire, what traits does he or she exhibit?

What specific action will you take this week to improve your growth? (Be prepared to report back next week on how you did.)

Take one minute to share with the group what action you intend to take this week and how you hope it will benefit you and others.