

15 Invaluable Laws of Growth

What am I doing to develop myself?

What am I doing to develop others?

- 1) Make a commitment to intentionally grow
- 2) Make your commitment public
- 3) Identify 2 areas you want to grow in personally. What specifically is your focus?

Here's why it's 2 areas: You want to pick an area of choice and an area of skill. Choice might be attitude or discipline. Skill might be leadership or finances.

- 4) Invest 1 hour per day in those 2 areas - everyday, including Sundays 24/7

Here's how to spend the hour:

A: Preparation

B: Practice

C: Reflection

While you're practicing, intentionally observe others who are engaged in the area you're growing in and on your own, without sharing, evaluate them.

Ask yourself: Is the way they're doing what they're doing connecting with me?

Mentally make note: Why or Why not?

- 5) Invest 1 hour per week in reflection and writing on what you've learned.

Here's how to do that: Over the past 7 days, this is how I've been preparing, what I've been practicing and what I've learned through reflecting (write it out).

Here's the secret to speed and ease for this regarding writing and journaling:

Don't try to journal a lot. Start with JOTTING. Jot everyday but don't journal everyday. Just jot down 4 or 5 words per day as part of your reflection.

At the end of the week you might have 12 different jots.

At week end, invest 30-35 minutes writing down what the jots mean to you.

- 6) SHARE your growth with someone

Here's how it works: Every week find someone you can share your growth with. When you share your growth and they're happy for you, share again with them the following week. If they're not happy for you, start moving. Don't spend time with people who aren't thrilled with your progress.