

Meeting One

THE LAW OF INTENTIONALITY

Growth Doesn't Just Happen...

I.	Personal Growth is not a in most polives.	eople's
II.	Growth Gap Traps	
1.	The Assumption Gap – "I assume that I will	grow."
2.	The Knowledge Gap – "I to grow	w"
3.	The Timing Gap – "It's not the to beg	in."
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."



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III. MAKING THE	TRANSITION TO	INTENTIONAL G	ROWTH
A. Ask the		Now	
B. Do It			
C. Face The			
Changa Fram	То		Crowth



Rate yourself on this chart. Place an X on the chart to show where you see yourself right now in each of these life trajectories.

Acci	Accidental Growth Intentional Growth								l Growth		
0		2	3		5	6	7	8	9	10	
Plans	s to start	tomorrow	<i>I</i>					Insi	sts on st	tarting now	
Waits	Waits for growth to come Takes responsibility to grow					ity to grow					
	Learns only from mistakesLearns before mistakes										
Depe	Depends on good luck Relies on hard work										
Quits	uits early and often Perseveres long and hard										
Falls	alls into bad habits Fights for good habits										
Talks	Follows through										
	lays it safe Takes risks										
Thinks like a victim Thinks					hinks lik	nks like a learner					
Relies on talent											
Stops learning after graduation							Never stops learning				



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 – The Law of Awareness