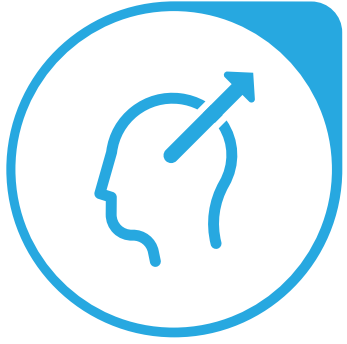


# 15 INVALUABLE LAWS OF GROWTH

Based on the book, *15 Invaluable Laws of Growth*, by John C. Maxwell.



## 1. THE LAW OF INTENTIONALITY

You must focus on your growth, it doesn't just happen by accident. Remember, working hard does not guarantee success. Focus on your growth and you will hit your goals.



## 2. THE LAW OF AWARENESS

Knowing yourself—your strengths, weaknesses, interests and opportunities, will help you determine where you have been, where you are currently and most importantly where you want to be.



## 3. THE LAW OF THE MIRROR

See the value in yourself. If you do not see that you are worth investing in you will never grow to your potential.



## 4. THE LAW OF REFLECTION

Take time to reflect and put life in pause. Stopping to reflect is one of the most essential activities someone can do to grow.



## 5. THE LAW OF CONSISTENCY

Motivation is just the start. Discipline, consistency and developing the habit of success is what keeps you growing.



## 6. THE LAW OF ENVIRONMENT

To reach your potential you must be surrounded by the right environment. This most often requires us to make a change in our life. Remember, you cannot grow without change.



## 7. THE LAW OF DESIGN

Design your life, don't follow someone else's plan. Maximize your growth by developing strategies and applying them to your life.



## 8. THE LAW OF PAIN

Bad and painful experiences can either halt us in our growth or we can learn something about ourselves and flourish. Turn your pains into gains.



## 9. THE LAW OF THE LADDER

It's your character that counts. Working on growing your character will translate to more external successes.



## 10. THE LAW OF THE RUBBER BAND

Being stretched and pushed outside of your comfort zone is good. Stretching requires change and change produces growth.



## 11. THE LAW OF THE TRADE OFFS

To grow you must be willing to give up something that is important to you. To reach your potential, you must be prepared to make some trade-offs.



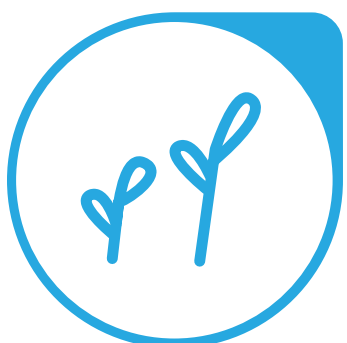
## 12. THE LAW OF CURIOSITY

Continue to ask, why? Stay curious and ask questions. Curiosity expands your imagination and will lead to new opportunities.



## 13. THE LAW OF MODELING

Find a mentor. Growth can be hard without a guide who has been there before. Mentors can help you see the parts of your life that need improving or the parts that have been improved that you cannot.



## 14. THE LAW OF EXPANSION

Don't limit yourself. When going after your goals push the limitations. Many experts believe we use only 10% of our potential. Go forward and don't be afraid to tap into the 90%.



## 15. THE LAW OF CONTRIBUTION

Your growth opens opportunity for others. You have the ability to pass your knowledge on to others and continue the cycle of growth for you and those around you.

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