

## CHAPTER 3: GOALS TO GROWTH

### *The Personal Development Shift*

*“Improving yourself is the first step in improving everything else.”*  
- Unknown

When did you discover your need to invest in personal growth?

Goals helped me to **do** better. But growth helped me to **become** better.

What is the difference between the doing and becoming in your life?

### GROWTH CHANGES

1. Growth \_\_\_\_\_ To Growth \_\_\_\_\_.

2. Growth In \_\_\_\_\_ To Growth In A Few \_\_\_\_\_ Things.

Successful people:

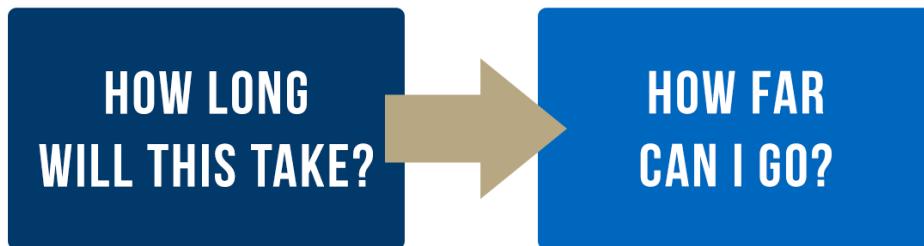
- Have great attitudes
- Have strong relationships
- Understand everything rises and falls on leadership
- Understand how to develop others

If you were to compile a “Vital List,” what would be on it?

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**3. Growth With A \_\_\_\_\_ Versus Growth Without A \_\_\_\_\_ Line.**

**MAKE THE SHIFT FROM...**



Discuss the difference between being...

GOAL-ORIENTED CULTURE	GROWTH-ORIENTED CULTURE
Values Achievement	Values Development
Focuses on Status	Focuses on Stretching
Honors Privilege	Honors Serving
Emphasizes the Teacher	Emphasizes the Student
Target is Arrival	Target is Growth

## HOW TO BECOME A GROWTH-ORIENTED PERSON

How can you determine if you have a fixed mindset or a growth mindset?

Review the lists on page 49 and conduct a personal inventory.

What is one area where you are doing well with the growth mindset and what is one area in fixed mindset that you could work on?

### 1. Embrace \_\_\_\_\_.

*“A fixed mind-set results in an early plateau, achieves less, and hinders people from reaching their full potential, whereas a growth mind-set fuels people to a higher level of achievement.”*

What is your biggest obstacle in embracing change?

### 2. Adopt A \_\_\_\_\_ Spirit.

- Do you have a passion to learn?
- Do you learn everyday?
- Do you take time to reflect on what you learn?

Are you giving any attention to the weeds in your mind?

**3. Make Your Love For \_\_\_\_\_ Greater Than Your \_\_\_\_\_ Of Failure.**

Action reduces fear and increases courage.

When have you made fear a bully in your life? Business?

What can you do today to reduce fear and increase your courage?

**4. \_\_\_\_\_ Relationships With Other \_\_\_\_\_ People.**

How are you staying close to the fire?

**5. Develop Greater \_\_\_\_\_.**

*“Humility is not denying your strengths.*

*Humility is being honest about your weaknesses.”*

*— Rick Warren*

John asks three great questions:

- Are you willing to be criticized for the sake of improvement?
- Are you willing to admit you’re wrong in deference to your desire to change and grow?
- Are you willing to drop bad habits, change wrong priorities, and embrace new ways of thinking?

You must be willing to admit where you’re wrong so that you can discover what is right.

What do you need to admit to your group today?

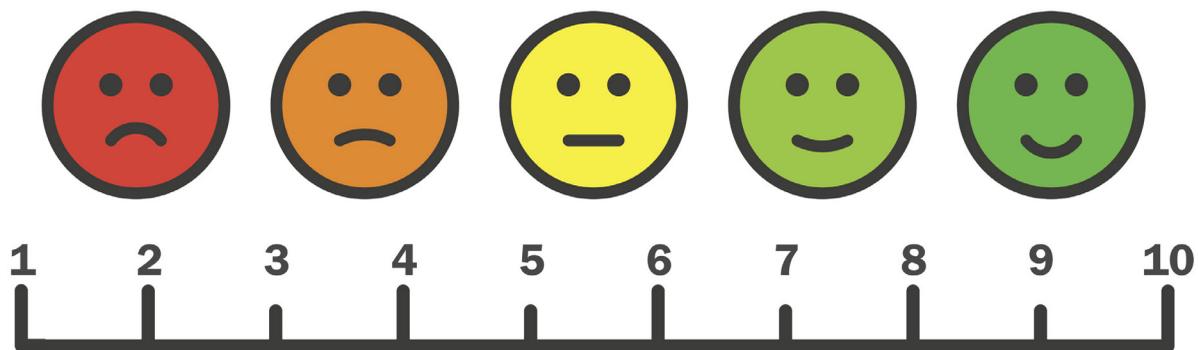
6. \_\_\_\_\_ In Yourself.

The 15 Invaluable Laws of Growth – The Law of the Mirror states:

*“You must see value in yourself to add value to yourself.”*

What you think \_\_\_\_\_ yourself determines the investment you will \_\_\_\_\_ in yourself.

**HOW WOULD YOU RATE YOUR SELF-WORTH ON A SCALE OF 1-10?**



## 7. Embrace \_\_\_\_\_ Learning.

- Layered Learning Requires Time and \_\_\_\_\_

Where are you making small improvements today?

- Layered Learning Gives You a \_\_\_\_\_ Picture

- Layered learning determines the \_\_\_\_\_ of a principle.
- Layered learning determines the \_\_\_\_\_ of a principle.
- Layered learning determines the \_\_\_\_\_ of a principle.
- Layered learning determines the compounding \_\_\_\_\_ of a principle.

What are you learning today that allows you to see a greater perspective?

- Layered Learning Gives You a \_\_\_\_\_ Picture.

What could your life be if you were able to compound your learning?

## APPLICATION: Goals to Growth

### GROWTH PERSPECTIVE

Make growth your priority and...

- You will unlock and achieve your potential.
- You will feel good about yourself.
- You will strengthen your values and abilities.
- You will grow in humility and self-awareness.
- You will become more so you can do more.
- You will be an example for others to follow.

Discuss this with the Mastermind next week.

Read Chapter 4 for the next meeting.