Meeting One

THE LAW OF INTENTIONALITY

Growth Doesn’t Just Happen…

I. Personal Growth is not a _______________ in most people’s lives.

II. Growth Gap Traps

1. The Assumption Gap – “I assume that I will _______________ grow.”

2. The Knowledge Gap – “I ______ ______ _____ to grow”

3. The Timing Gap – “It’s not the ______ ______ to begin.”

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.”
III. MAKING THE TRANSITION TO INTENTIONAL GROWTH

A. Ask the __________ ________________ Now

B. Do It _________________

C. Face The __________ ________________

Change From _________________ To ___________________________ Growth
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.

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<th>Accidental Growth</th>
<th>Intentional Growth</th>
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Plans to start tomorrow ___________________________________________ Insists on starting now
Waits for growth to come ___________________________________________ Takes responsibility to grow
Learns only from mistakes ___________________________________________ Learns before mistakes
Depends on good luck _____________________________________________ Relies on hard work
Quits early and often _____________________________________________ Perseveres long and hard
Falls into bad habits _____________________________________________ Fights for good habits
Talks big _________________________________________________________ Follows through
Plays it safe _____________________________________________________ Takes risks
Thinks like a victim ______________________________________________ Thinks like a learner
Relies on talent _________________________________________________ Relies on character
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*

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**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