

Student Name:

Date Completed:

The 15 Invaluable Laws of Growth

Leaders believe in their intentional personal growth.

1. Read the laws and highlight three that resonate with you for your intentional growth.
 - The Law of **Intentionality** – Growth doesn't just happen
 - The Law of **Awareness** – You must know yourself to grow yourself
 - The Law of **The Mirror** – You must see value in yourself to add value to yourself
 - The Law of **Reflection** – Learning to pause allows growth to catch up with you
 - The Law of **Consistency** – Motivation gets you going, discipline keeps you growing
 - The Law of **Environment** – Growth thrives in conducive environments
 - The Law of **Design** – To maximize growth, develop strategies
 - The Law of **Pain** – Good management of bad experiences leads to great growth
 - The Law of **The Ladder** – Character growth determines the height of your personal growth
 - The Law of **The Rubber Band** – Growth stops when you lose the tension between where you are and where you could be
 - The Law of **Tradeoffs** – You have to give up to grow up
 - The Law of **Curiosity** – Growth is stimulated by asking why
 - The Law of **Modeling** – It's hard to improve when you have no one else but yourself to follow
 - The Law of **Expansion** – Growth always increases your capacity
 - The Law of **Contribution** – Growing yourself enables you to grow others
2. Reflect: What do I need to do to be a better leader?

3. Commit: What Law of Growth will I focus on?

*Five frogs are sitting on a log. Four decide to jump off.
How many are left? One. No. Five. Why?
Because there is a difference between deciding and doing.*

I discussed the following with my supervisor regarding the Laws of Growth: