

LIFE SPARK MENTORING

By ILLENS DORT

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CONTINUITY OF *THE 15 INVALUABLE LAWS OF GROWTH*

(Based on the book of Dr. John C. Maxwell)

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The Law of Environment: Growth Thrives in Conducive Surroundings

“The first step toward success is taken when you refuse to be a captive of the environment you first find yourself in.” Mack Caine

Businessman, author, and speaker Nido Qubein asserted, “Whether you are a success or failure in life has little to do with your circumstance; it has much more to do with your choices.”

Six Choices to Make Ourselves in a Better Growth Place.

1. Assess Your Current Environment -Take time periodically to assess your environment. Be honest in the assessment. Have the courage to make the necessary change.
2. Change Yourself and Your Environment

Change your but not your environment---growth will be slow and difficult;
Change your environment but not yourself---growth will be slow and less difficult;
Change yourself and your environment---growth will be faster and more successful.

If your you want to grow, Elmer said, “then spend time with **great people**; visit **great places**; attend **great events**; read **great books**, listen to **great tapes** (podcasts etc).” To start implementing this growth plan, you don’t have to have a lot of money (or any money at all). You must be intentional at about it. Great people: you can find them if you are looking for them. Great places: many of them are only few miles from where you live. Great events: Some are inexpensive. Many events are free. Great books: The library, online, inexpensive subscription, thrifty store, you can even borrow them. Great podcast (VLOG): The internet is full of them. Select a topic and go after it.

Three essential elements that the right kind of growth environment provides:

The right soil to grow in: What nourishes me? Growth.
The right air to breathe in: What keeps me alive? Purpose.
The right climate to live in: What sustains me? People

3. Change Who You Spend Your Time With

Birds of a feather flock together. “Walk with the wise and become wise, for a companion of fools suffer harm.” Find an accountability partner. A good accountability partner should:

Love you unconditionally.
Desire your success.

Be mature.
Ask you agreed-upon question.
Help you when you need help.

John states, "You cannot take the growth journey alone, not if you want to reach your full potential. The most significant factor in any person's environment is the **people**. If you change nothing else in your life for the better than that, you will have increased your chance for success tenfold." It takes courage and discipline to make that change. But It's essential to your growth. Think of spring cleaning. The time to prune trees. There are branches that must be gone. They prevent the trees and other branches to receive the proper sunlight, air, and nutrients.

4. Challenge Yourself in Your New Environment

One way is to look for a major growth opportunity. Challenge yourself by doing something that is challenging. Don't let fear paralyze you. Growth is not comfortable and convenient. But its fruits are delicious.

5. Focus on the Moment

"Today is when everything that's going to happen from now on begins." JCM
Mother Teresa observed, "Yesterday is gone. Tomorrow has not yet come. We have only today." Enjoy life. Enjoy the moment. To see tomorrow, you must live today.

6. Move Forward Despite Criticism

In his classic *The Science of Getting Rich*, author Wallace D. Wattles writes, "Do not wait for a change of environment before you act. Cause a change of environment through action. You can act upon your present environment so as to cause yourself to be transferred to a better environment." "Whatever course you decide upon, there is always someone to tell you that you are wrong." At an early age I learned that I could not control what others are going to say. I can only control the story I am telling myself and the story I want to share. If you don't try because others think that you will fail, give them reasons to be right about their judgment. In addition, you don't have anything to learn from. If you try and fail, at least you have something you can learn from and build upon. Just you know, those who don't try still fail.

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The Law of Design: To Maximize Growth, Develop Strategies

"If you don't design your own life plan, chances are you'll fall into someone else's plan." And guess what they may have planned for you? Not much."

Some Wisdom to consider

1. Life Is Very Simple but Keeping It That Way Is Very Difficult

Life is very simple. It's a matter of knowing your values, making some key decisions based on those values, and then managing those decisions on a day-to-day basis" (JCM). Designing your life is more important than designing your career. Planning yourself is about finding yourself, knowing who you are and then customizing a design for your growth."

2. Life is not a Dress Rehearsal!

There is no warm up. Data from a research show:

1. I should have taken charge of my life and set my goals earlier.
2. I would have taken better care of my health.
3. I would have managed my money better.
4. I would have spent more time with my family.
5. I would have spent more time on personal development.
6. I would have had more fun.
7. I would have planned my career better.
8. I would have given more back.

“You only live once. But if you work it right, once is enough.” Whatever good things we build end up building us.” Jim Rohn

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The Law of Pain: Good Management of Bad Experiences Leads to Great Growth

“Every problem introduces a person to himself.” John said What I know about bad experiences is: “Everyone has them. 2) No one likes them. C) Few people make bad experiences positive experiences.” “Success in life comes not from holding a good hand, but in playing a poor hand well.” Warren G. Lester “Expecting the world to treat you fairly just because you’re a good person is a little like expecting the bull not to charge you because you are a vegetarian.”

How to Turn Your Pain into Gain

Choose a Positive Life Stance: “Life is not the it’s supposed to be. It’s the way it is. The way you cope with it is what makes the difference.” Virginia Satir”

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The Law of the ladder: Character Growth Determines the Height of Your Personal Growth

Achievements to most people is something you do....to the high achiever it is something you are.” Doug Firebaugh

“Ninety-nine percent of leadership failures are failures in character.” Norman Schwarzkopf. Focus on being better on the inside than on the outside because character matters. “If you do the things you need to do when you need to do them, then someday you can do the thing you want to do when you want to do them.” JCM

Remember the big picture: Be teachable. Be willing to serve others. Be grateful.

“The stronger your character, the greater your growth potential. Habit is the daily battleground of character.” Don Coats

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The Law of the Rubber Band: Growth Stops When You Lose the Tension Between Where You Are and Where You Could Be

“Only a mediocre person is always at his best.” W. Somerset Maugham

Statistic shows that “Forty-two percent of college graduates never read a book after college” (JCM). Just want to be normal “If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life” (Abraham Maslow). You can’t travel within and stand still without.” James Allen