LAW 1 — MEETING 1

The Law of Intentionality

*Growth Doesn’t Just Happen…*

I. Personal Growth is not a ______ natural process ______ in most people’s lives.

II. Growth Gap Traps

1. The Assumption Gap – “I assume that 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 begin.”

4. The Mistake Gap – “I am afraid of ______ making mistakes ______.”

5. The Perfection Gap – “I have to find the best way ______ before ______ I start.”

6. The Inspiration Gap – “I don’t ______ feel ______ like doing it.”

7. The Comparison Gap – “______ Others ______ are better than I am.”

8. The Expectation Gap – “I thought it would be ______ easier ______ than this.”

\[
\text{Preparation (growth)} \quad + \quad \text{Attitude} \quad + \quad \text{Opportunity} \\
\quad + \quad \text{Action (doing something about it)} \quad = \quad \text{Luck}
\]
IV. MAKING THE TRANSITION TO INTENTIONAL GROWTH

A. Ask the ___________ Now

B. Do It ________ Now

C. Face The ___________ Fear Factor

D. Change From ________ Accidental To ________ Intentional Growth Growth

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<th>Accidental Growth</th>
<th>Intentional Growth</th>
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- Plans to start tomorrow
- Waits for growth to come
- Learns only from mistakes
- Depends on good luck
- Quits early and often
- Falls into bad habits
- Talks big
- Plays it safe
- Thinks like a victim
- Relies on talent
- Stops learning after graduation
- Insists on starting now
- Takes responsibility to grow
- Learns before mistakes
- Relies on hard work
- Perseveres long and hard
- Fights for good habits
- Follows through
- Takes risks
- Thinks like a learner
- Relies on character
- 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 this week – *The Law of Awareness*