

The 15 Invaluable Laws of Growth

By John C. Maxwell

AN OVERVIEW

Are there tried and true principles that are always certain to help a person grow? John Maxwell says the answer is yes. He has been passionate about personal development for over fifty years, and for the first time, he teaches everything he has gleaned about what it takes to reach our potential. In the way that only he

can communicate, John teaches . . .

The Law of the Mirror: You Must See Value in Yourself to Add Value to Yourself

The Law of Awareness: You Must Know Yourself to Grow Yourself

The Law of Modeling: It's Hard to Improve When You Have No One But Yourself to Follow

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 Contribution: Developing Yourself Enables You to Develop Others

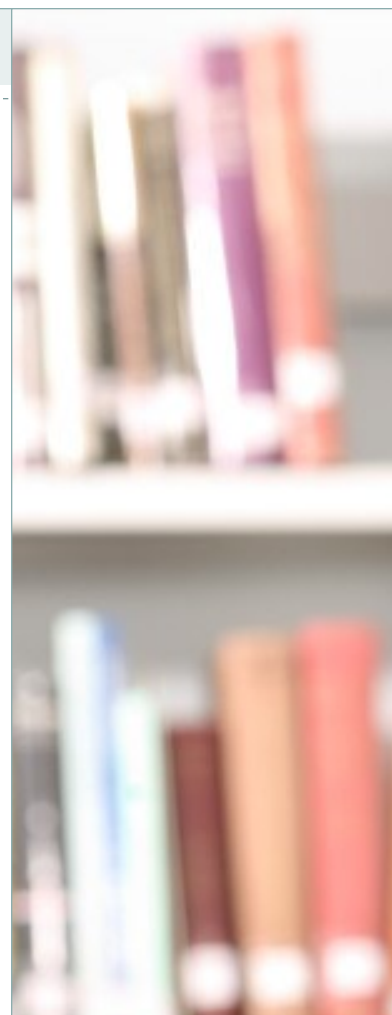
This third book in John Maxwell's Laws series (following the 2-million seller The 21 Irrefutable Laws of Leadership and The 17 Indisputable Laws of Teamwork) will help you become a lifelong learner whose potential keeps increasing and never gets "used up."

ABOUT THE AUTHOR



John C. Maxwell is a #1 New York Times bestselling author, coach, and speaker who has sold more than 24 million books in fifty languages. Often called America's #1 leadership authority, Maxwell was Identified as the most popular leadership expert in the world by Inc. magazine in 2014. And he has been voted the top leadership professional six years in a row on LeadershipGurus.net. He is the founder of The John Maxwell Company, The John Maxwell

Team, and EQUIP, a non-profit organization that has trained more than 5 million leaders in 180 countries. Each year Maxwell speaks to Fortune 500 companies, presidents of nations, and many of the world's top business leaders. He can be followed at [Twitter.com/JohnCMaxwell](https://twitter.com/JohnCMaxwell). For more information about him visit JohnMaxwell.com.



INSIDE THIS ISSUE

- The Law of Intentionality..... 2
- The Law of Awareness..... 3
- The Law of the Mirror..... 4
- The Law of Reflection 4
- The Law of Consistency 5
- The Law of Environment 6
- The Law of Design..... 6
- The Law of Pain..... 7
- The Law of the Ladder.....8
- The Law of the Rubber Band .8
- The Law of Trade-Offs 9
- The Law of Curiosity 10
- The Law of Modeling..... 10
- The Law of Expansion..... 11
- The Law of Contribution..... 11
- Critical Evaluation & Questions 12



CH. 1-THE LAW OF INTENTIONALITY

— *GROWTH DOESN'T JUST HAPPEN*

Eight Misconceptions about Growth

- 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’m 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.”

“ A time comes when you need to stop waiting for the man you want to become and start being the man you want to be.”

- Bruce Springsteen



“ ONE’S PHILOSOPHY IS NOT BEST EXPRESSED IN WORDS; IT IS EXPRESSED IN THE CHOICES ONE MAKES. IN THE LONG RUN, WE SHAPE OURSELVES.”

-ELEANOR ROOSEVELT

MAKING THE TRANSITION TO INTENTIONAL GROWTH

Maxwell (2012) shares, “The sooner you make the transition to becoming intentional about personal growth, the better it will be for you, because growth compounds and accelerates if you *remain* intentional about it.”

Below are four ways to make the change:

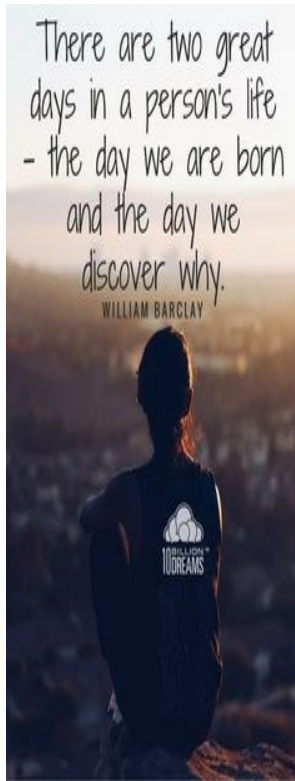
- 1. Ask the Big Question Now
(Where do you want to go?)
- 2. Do It Now
(‘Later’ is a dream-killer)
- 3. Face the Fear Factor
(Feed your faith and starve your fear.)
- 4. Change from Accidental to Intentional Growth
(example: Plan to Start Tomorrow—— Insist on Starting Today)

CH. 2-THE LAW OF AWARENESS

- GROWTH DOESN'T JUST HAPPEN

"The first step toward change is awareness. The second step is acceptance." - Nathaniel Branden

10 Questions To Help Start Working Through The Process



1. Do you like what you are doing now?
2. What would you like to do?
3. Can you do what you would like to do?
4. Do you know why you want to do what you would like to do?
5. Do you know what to do so you can do what you want to do?
6. Do you know people who do what you'd like to do?
7. Should you do what you'd like to do with them?
8. Will you pay the price to do what you want to do?
9. When can you start doing what you'd like to do?
10. What will it be like when you get to do what you'd like to do?

- What do you think makes a good leader? A great leader?
- Name some great leaders in the world you admire and tell why.



Maxwell (2012) has stated, "I've observed that there are really only three kinds of people when it comes to having direction in life." The following explain each:

1. **People Who Don't Know What They Would Like To Do.** (These people are often *confused*.)
2. **People Who Know What They Would Like to Do But Don't Do It.** (These people are usually *frustrated*.)
3. **People Who Know What They Would Like to Do and Do It.** (These people *know* themselves, possess a strong sense of *passion*, are *focused in purpose* and do what they were created to do.)

DREAM BIG

*If there were ever a time to dare,
to make a difference,
to embark on something worth doing,
it is now.*

*Not for any grand cause, necessarily --
but for something that
tugs at your heart
something that's your dream.*

*You owe it to yourself
to make your days here count.*

*Have fun.
Dig deep.
Stretch.*

Dream big.

*Know, though, that things worth doing
seldom come easy.*

There will be good days.

And there will be bad days.

*There will be days when you want to
turn around,
pack it up,
and call it quits.*

*Those times tell you
that you are pushing yourself,
that you are not afraid to learn by
trying.*

- Author Unknown

“It’s hard to feel bad about yourself when you’re doing something good for someone else.”
 — Dr. John C. Maxwell
 (You must see Value in Yourself to add Value to Yourself)



THE POWER OF POSITIVE SELF-ESTEEM

Maxwell (2012) has stated that, “If you don’t realize that you have genuine value and that you are worth investing in, then you will never put in the time and effort needed to grow to your potential.” Consider these:

- *Self-Esteem Is The Single Most Significant Key To A Person’s Behaviour*



- *Low Self-Esteem Puts a Ceiling on Our Potential*



- *The Value We Place on Ourselves Is Usually the Value Others Place on Us*



CH.3- THE LAW OF THE MIRROR

STEPS TO BUILD YOUR SELF IMAGE

1. Guard Your Self-Talk
2. Stop Comparing Yourself to Others
3. Move Beyond Your Limiting Beliefs
4. Add Value to Others
5. Do The Right Thing, Even If It’s Not The Right Thing
6. Practice a Small Discipline Daily in a Specific Area of Your Life
7. Celebrate Small Victories
8. Embrace a Positive Vision for Your Life Based on What You Value
9. Practice The One-Word Strategy



CH. 4 THE LAW OF REFLECTION

– *LEARNING TO PAUSE ALLOWS GROWTH TO CATCH UP TO YOU*

“Follow effective action with quiet reflection . From quiet reflection will come even more effective action.” - Peter F. Drucker



Tips for The Power of Pausing to Help You Grow

Tip 1– Reflection Turns Experience into Insight

Tip 2– Everyone Needs a Time and a Place to Pause

Tip 3– Pausing With Intention Expands and Enriches Thinking

Tip 4– When You Take Time to Pause, Use Your I’s

(Investigation, Incubation, Illumination, Illustration)

10 Personal Awareness Questions

- | | |
|----------------------------------------|-----------------------------------------|
| 1. What Is My Biggest Asset? | 6. What Is My Least Worthwhile Emotion? |
| 2. What Is My Biggest Liability? | 7. What Is My Best Habit? |
| 3. What Is My Highest High? | 8. What Is My Worst Habit? |
| 4. What Is My Lowest Low? | 9. What Is Most Fulfilling to Me? |
| 5. What Is My Most Worthwhile Emotion? | 10. What Do I Prize Most Highly? |

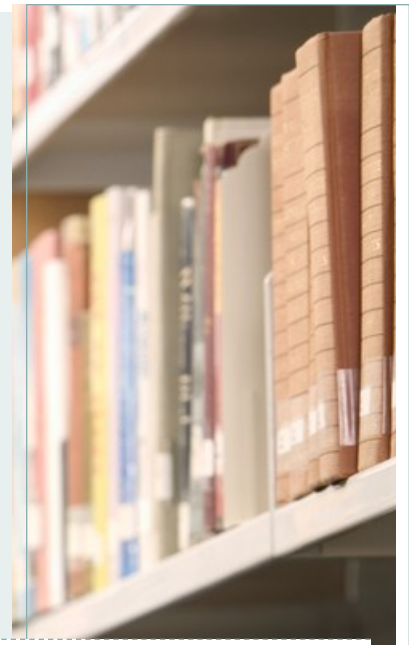
CH. 5– THE LAW OF CONSISTENCY

–MOTIVATION GET YOU GOING– DISCIPLINE KEEPS YOU GROWING

How to Grow in Consistency (Questions to Ask Yourself)

1. Do You Know What You Need To Improve?
2. Do You Know How You Are Supposed to Improve
3. Do You Know Why You Want To Keep Improving?
4. Do You
You Are Sup-
prove?

Know When
posed To Im-



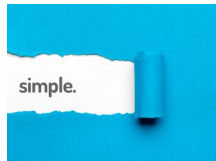
“You’ve got to get up every morning with determination if you’re going to go to bed with satisfaction.” - George Lorimer

4 Simple Suggestions: A Handle On How To Improve Yourself

MATCH YOUR MOTIVATION TO YOUR PERSONALITY TYPE.

- i) Phlegmatic: The *strength* of people with this personality is that they are easygoing and likeable. The *weakness* is inertia.
- ii) Choleric: The strength of people with this personality type is that they take charge easily and make decisions quickly. Their weakness is that if they are not “in charge,” they refuse to participate.
- iii) Sanguine: The strength is that these people are fun loving people and are usually the life of the party. Their weakness is lack of focus.
- iv) Melancholic : The strength here is the attention to detail. Their weakness is they are afraid to make mistakes.

Every type has its strengths and by tapping into those , you can be successful when it comes to motivation.



BEGIN SMALL AND SIMPLE FOR MOTIVATION MOMENTUM



BE PATIENT!





CH.6– THE LAW OF THE ENVIRONMENT

– GROWTH THRIVES IN CONDUCTIVE SURROUNDINGS

At Some Point During Every Person's Lifetime, There Needs To Be Change

The following six choices can be made to have successful change for growth:

1. Assess Your Current Environment
2. Change Yourself And Your Environment
3. Change Who You Spend Your Time With
4. Challenge Yourself In A New Environment
5. Focus On The Moment
6. Move Forward Despite Criticism

True Or False Activity– Ten Statements

1. Others are ahead of me.
2. I am continually challenged.
3. My focus is forward.
4. The atmosphere is affirming.
5. I am often out of my comfort zone.
6. I wake up excited.
7. Failure is not my enemy.
8. Others are growing.
9. People desire change.
10. Growth is modeled and expected.

*If you answer **false** to more than five statements, your current environment*

“Whatever course you decide upon, there is always someone to tell you that you are wrong.”- Ralph Waldo Emerson

CH. 7 THE LAW OF DESIGN

– TO MAXIMIZE GROWTH, DEVELOP STRATEGIES

Helpful Tips To Plan And Develop Strategies For Your Life Growth

1. Life Is Very Simple but Keeping It That Way Is Very Difficult.
2. Designing Your Life Is More Important Than Designing Your Career
3. Life is Not a Dress Rehearsal
4. In Planning Your Life, Multiply Everything by Two

To Develop Strategies, Depend on Systems

Maxwell (2012) asks and explains that, “What is a system?” He also defines the word by stating that, “It’s a process for predictably achieving a goal based on specific, orderly, repeatable principles and practices. Systems are deliberate, intentional, and practical.” Maxwell also adds, “A life without any systems is a life where the person must face every task and challenge from scratch.”

What Systems Include

Keep these guidelines in mind:

1. Effective Systems Take the Big Picture into Account
2. Effective Systems Make Use of Priorities
3. Effective Systems Include Measurement
4. Effective Systems Include Application
5. Effective Systems Employ Organization
6. Effective Systems Promote Consistency

“If you go to work on your goals, your goals will go to work on you. If you go to work on your plan, your plan will go to work on you. Whatever good things we build up end up building us.”

Jim Rohn



“A bend in the road is not the end of the road unless you fail to make the turn.” - John C. Maxwell

CH. 8 THE LAW OF PAIN

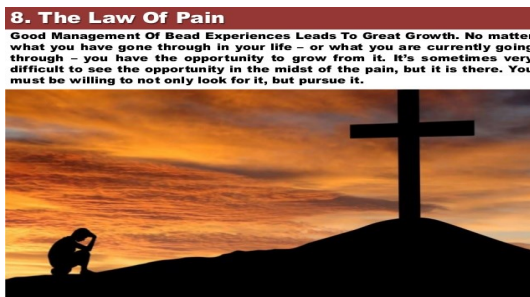
— GOOD MANAGEMENT OF BAD EXPERIENCES LEAD TO GREAT GROWTH

Maxwell's Knowledge of Bad Experiences

1. Everyone Has Them
2. No One Like Them
3. Few People Make Bad Experiences Positive Experiences

How To Turn Your Pain Into Gain

1. Choose a Positive Life Stance
2. Embrace and Develop Your Creativity
3. Embrace the Value of Bad Experiences
4. Make Good Changes after Learning from Bad Experiences

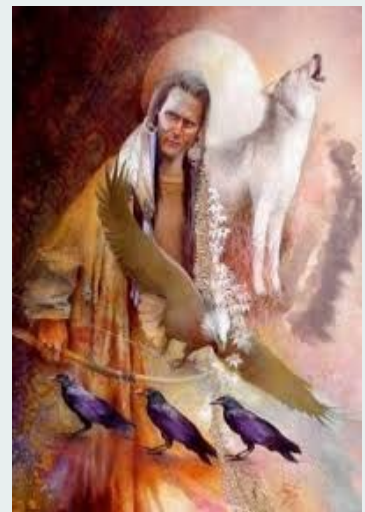


EVERYONE HAS A PAIN FILE

MAXWELL'S PAIN FILE

Below listed are pains that became gains over time:

- The Pain of Inexperience
- The Pain of Incompetence
- The Pain of Disappointment
- The Pain of Conflict
- The Pain of Change
- The Pain of Bad Health
- The Pain of Hard Decisions
- The Pain of Financial Loss
- The Pain of Relationship Losses
- The Pain of Not Being Number One
- The Pain of Traveling
- The Pain of Responsibility

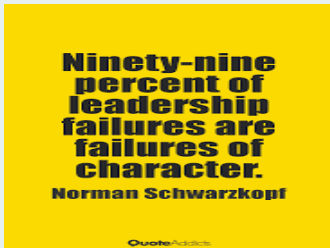


REMEMBER THE BIG PICTURE

RECOGNIZE THAT EVERYONE HAS WEAKNESS

BE TEACHABLE

BE WILLING TO SERVE OTHERS



CH. 9– THE LAW OF THE LADDER

– CHARACTER GROWTH DETERMINES THE HEIGHT OF YOUR PERSONAL GROWTH

RUNGS ON MY CHARACTER LADDER–
What MATTERS Most:

1. *I will focus on being better on the inside than on the outside– Character Matters.*
2. *I will follow the golden rule– People Matter.*
3. *I will teach only what I believe– Passion Matters.*
4. *I will have humility above all virtues Perspective Matters.*
5. *I will strive to finish well– Faithfulness Matters.*



*“Habit is the daily battleground of character.”
Your Growth Potential – Dan Coats*

The Stronger Your Character, the Greater

CH. 10– THE LAW OF THE RUBBER BAND

– GROWTH STOPS WHEN YOU LOSE THE TENSION BETWEEN WHERE YOU

THE BENEFITS OF TENSION

1. **Few People Want to Stretch**
2. **Settling for the Status Quo Ultimately Leads to Dissatisfaction**
3. **Stretching Always Starts from the Inside Out**
4. **Stretching Always Requires Change**
5. **Stretching Sets You Apart from Others**
6. **Stretching Can Become a Lifestyle**

MAXWELL’S SERIES OF STRETCHES

Choosing His First Pastorate– Maxwell was, “determined to work hard and be creative in finding ways to lead people and grow my church.”

Focusing on Teaching Leadership– Maxwell states that, “by stretching through” his experiences he is able to “discover the message the I believe I was born to teach.”

Learning to Communicate Internationally- “I saw this as an opportunity to stretch and grow– and maybe someday make a greater impact.”

Crossing Over to a New Audience– Maxwell was a great public speaker as a pastor but his book sales soared. “I seen this as an incredible opportunity to reach many more people than I otherwise would.”

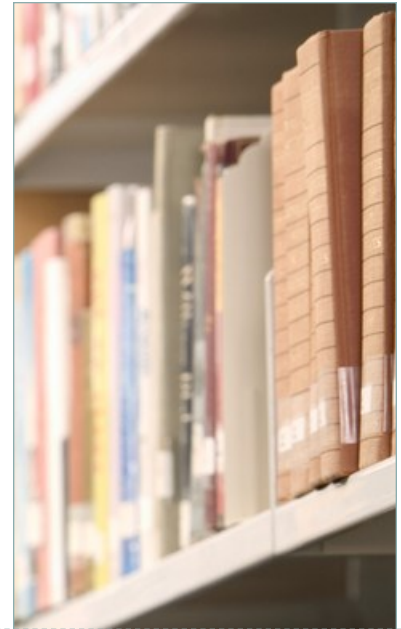
Focusing on Building a Legacy– “It would mean stretching again, but I was willing to seize the opportunity– and accept the challenge.”

CH.11 THE LAW OF TRADE-OFFS

- YOU HAVE TO GIVE UP TO GROW UP

THE TRUTH ABOUT TRADE-OFFS

- *Trade-Offs Are Available to Us Throughout Life*
 - *We Must Learn to See Trade-Offs as Opportunities for Growth*
 - *Trade-Offs Force Us to Make Difficult Personal Changes*
 - *The Loss of a Trade-Off Is Usually Felt Long Before The Gain*
 - *Most Trade-Offs Can Be Made at Any Time*
 - *A Few Trade-Offs Come Only Once*
 - *The Higher You Climb, the Tougher the Trade-Offs*
 - *Trade-Offs Never Leave Us The Same*
-
- *Some Trade-Offs Are Never Worth The Price*

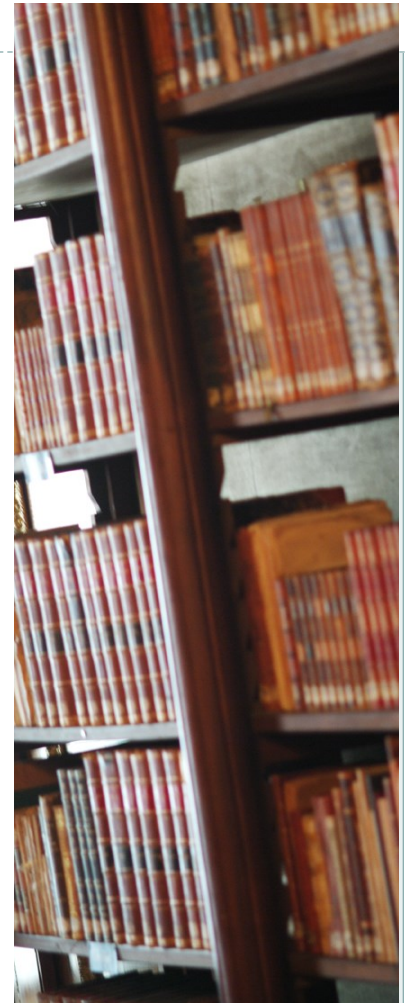
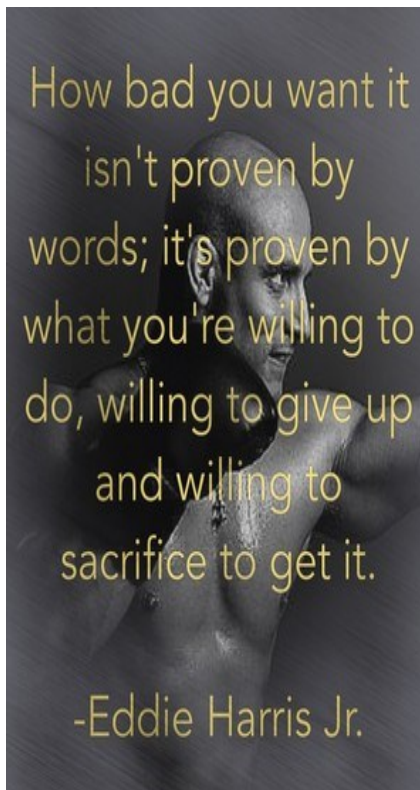


“He who would accomplish little must sacrifice little; he who would achieve much must sacrifice much.”- James Allen

TRADE-OFFS WORTH MAKING

5 “I Am Willing to Give Up...” Statements

1. *I Am Willing to Give Up Financial Security Today for Potential Tomorrow.*
2. *I Am Willing to Give Up Immediate Gratification for Personal Growth.*
3. *I Am Willing to Give Up the Fast Life for the Good Life.*
4. *I Am Willing to Give Up Security for Significance.*
5. *I Am Willing to Give Up Addition for Multiplication.*





CH.12– THE LAW OF CURIOSITY

– GROWTH IS STIMULATED BY ASKING WHY?

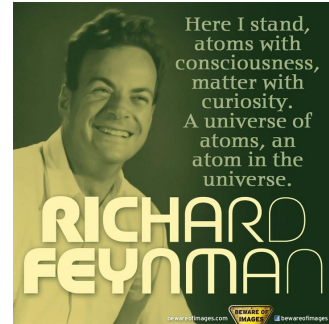
How to Cultivate Curiosity

The following ten suggestions are recommended for cultivating curiosity:

1. *Believe You Can Be Curious*
2. *Have a Beginners Mind-Set*
3. *Make Why Your Favorite Word*
4. *Spend Time With Other Curious People*
5. *Learn Something New Every Day*
6. *Partake in the Fruit of Failure*

swer

8. *Get Over Yourself*



7. *Stop Looking for the Right An-*

*“The cure for boredom is curiosity. There is no cure for curiosity.”
- Dorothy Parker*



CH. 13 THE LAW OF MODELING

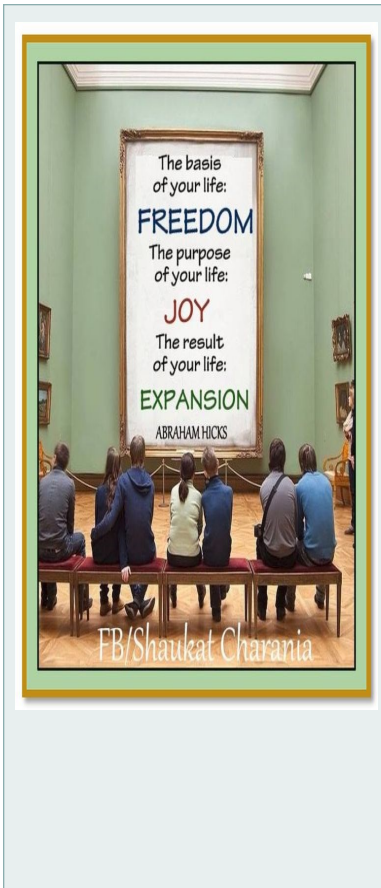
– IT'S HARD TO IMPROVE WHEN YOU HAVE NO ONE BUT YOURSELF TO FOLLOW

Helpful Tips To Be Selective In Who You Choose As A Mentor

1. *A Good Mentor Is A Worthy Example*
2. *A Good Mentor Is Available*
3. *A Good Mentor Has Proven Experience*
4. *A Good Mentor Possesses Wisdom*
5. *A Good Mentor Provides Friendship and Support*
6. *A Good Mentor Is A Coach Who Makes A Difference in People's Lives*

5 Common Characteristics of Good Coaches

- Care for the people they coach.
- Observe their attitudes, behaviour, and performance
- Align them with their Strengths for Peak Performance
- Communicate and Give Back about Their Performance
- Help Them to Improve Their Lives and Performance



A man or woman is seldom happy unless he or she is sustaining him or herself and making a contribution to others.

Zig Ziglar

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CH.14- THE LAW OF EXPANSION

HOW TO INCREASE YOUR THINKING CAPACITY

1. Stop Thinking More Work and Start Thinking What Works.
2. Stop Thinking Can I? and Start Thinking How Can I?
3. Stop Thinking One Door and Start Thinking Many Doors.

HOW TO INCREASE YOUR CAPACITY FOR ACTION

1. Stop Doing Only Those Things You Have Done Before and Start Doing Those Things You Could and Should Do.
2. Stop Doing What Is Expected and Start Doing More Than Is Expected.
3. Stop Doing Important Things Occasionally and Start Doing Important Things Daily.

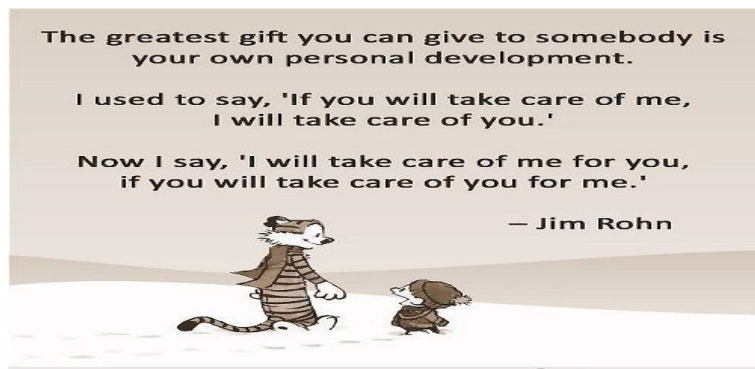
CH. 15 THE LAW OF CONTRIBUTION

– *LEARNING TO PAUSE ALLOWS GROWTH TO CATCH UP TO YOU*

Every day Ben Franklin asked himself in the morning, 'What good shall I do today?' and in the evening, 'What good have I done today?'" - John C. Maxwell

Suggestions To Assist You To Cultivate An Attitude of Contribution

1. **Be Grateful.**
2. **Put People First.**
3. **Don't Let Stuff Own You.**
4. **Don't Let People Own You.**
5. **Define Success As Sowing, Not Reaping.**
6. **Focus on Self-Development, Not Self-Fulfillment.**





CRITICAL EVALUATION

John C. Maxwell explains growth in a unique way. Maxwell brings you to the point to where you begin to discover yourself and your purpose. The book offers a window to look at one's growth in many areas. The 15 Laws will guide you into some reflective questions and thoughts. They incorporate what you're learning in everyday life. I found myself reflecting, questioning and challenging myself to become a better person. This development has begun the minute I began reading this book. I found myself tapping into some hurtful and quite uncomfortable times in my life. Maxwell's words have helped me see past those hard times and look forward and see my potential. Much is needing to be said about the EADM 826.3 class I took this past summer. It has helped me reflect and build on my failures to become a better leader through the human resource component. I am very thankful I had Dr. Keith Walker suggested this book. I know I will keep learning and growing every day over the course of many years. I highly recommend this book for those who need a second chance in their profession.

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Questions

- 1. What is your underlying desire in life?**
- 2. Is it self-fulfillment or self-development?**
- 3. Are your efforts designed to make you feel good?**
- 4. Or to make you be your best?**
- 5. Is your goal to be successful?**
- 6. Is your goal to achieve significance?**
- 7. Are you trying to put yourself in a place to help others win?**

Reference

Maxwell, J. C. (2012). *The 15 Invaluable Laws of Growth: Live Them and Reach Your Potential*. Hachette UK.