

ROUNDTABLE 2

Personal Growth

People who keep learning always have a future.

"If you focus on goals, you may hit goals—but that doesn't guarantee growth. If you focus on growth, you will grow and always hit goals."

- John C. Maxwell

Note: The estimated time for each roundtable step is based on an eight-person roundtable.

NOTES

Step 1 - Sharing results (10 min)

What action step did you commit to last week? What were the results?

Step 2 - Watching video, reading and underlining (15 min)

Watch the video of today's session and take note of what you find important.

INSIGHT

Directions: Take turns reading the paragraphs below. As you read, underline the ideas that capture your attention.

"Do you have a plan for personal growth?"

That's the question Curt Kampmeier posed to John C. Maxwell over breakfast when John was twenty-five. Curt was someone whom John had sought out after hearing him talk about the principles of success.

That question changed John's life, because he had never before considered personal growth as something he should plan; until that moment, John didn't even realize that personal growth was something he needed to be intentional about. And from that time on, he has made intentional personal growth his goal. If you want to live your life at the highest level and reach your potential, you must, as John says, "learn how to grow and develop yourself so you have the best chance of becoming the person you were meant to be."

Here are three insights to help you begin your journey of personal growth:

Growth isn't automatic. Unlike wines and cheeses, people don't necessarily get better with age. Growth isn't a guaranteed process. As John says, "You cannot expect wisdom to automatically come with age. Sometimes age comes alone."

Growth begins with humility—you have to recognize your need for growth, which means putting aside pride and being honest with yourself. Growth is sustained when you commit to a plan that helps you grow.

ROUNDTABLE 2 - PERSONAL GROWTH



You must value yourself to add value to yourself. Often the greatest barrier to intentional personal growth is low self-esteem. When people don't see themselves as valuable, they are reluctant to work at improving themselves.

Every person has value. Every person has the potential to grow. That includes you. We should never compare ourselves to anyone else. We should only compare the person we are with the person we could become if we grew. Then we should strive to become that person of potential.

You can only give something you have. In his book, *The 15 Invaluable Laws of Growth*, John highlights the powerful truth that we should be contributors to the world around us. As John says, we should become like rivers, not reservoirs; we should share what we have, not hoard it.

Personal growth fuels our capacity for giving to those around us. When we keep growing, we always have something to give. This process of giving our best to help others ultimately results in others giving their best to help us, too. Personal growth fuels a culture of excellence and abundance.

NOTES



BENEFITS

If you consistently pursue personal growth, you will experience the following benefits:

1. You will produce greater and continued success for yourself and others.
 2. You will unlock and achieve your full potential.
 3. You will gain the confidence and ability to invest in the people around you.
 4. You will focus on developing your strengths.
 5. You will grow in humility and self-awareness.

ROUNDTABLE 2 - PERSONAL GROWTH



STEPS TO FOLLOW

- 1. Cure your destination disease.** Many people make it their life goal to achieve a certain position, acquire some type of recognition or title, or earn a certain amount of money. What's the problem? If they achieve their goal, they stop improving. Instead, make growth itself your goal, so that who you are becoming holds more importance than where you are going.
 - 2. Learn something new every day.** A friend once asked John, "When was the last time you learned something for the first time?" The growth you experienced last week, last month, or last year won't sustain you. You need to keep learning now. Pick something new to learn and start today.
 - 3. Intentionally plan your growth.** How do you want to grow? Who do you want to become? Do you want to improve your craft? Do you want to become a better leader? Do you want to improve your people skills? Find books, messages, podcasts, articles, workshops, and conferences that will help you to grow. Then plan out which you will take advantage of every week in the next year.

NOTES

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Step 3 - Discussion (12 min)

Reflect and respond

Choose something you underlined that is important to you. Take one minute to tell everyone what you chose and why it is important to you.

Step 4 - Self-assessment (10 min)

Evaluation and action

Complete the self-evaluation section below.

Rate how well you demonstrate this quality in your life on a scale of 1-10.

- 1 2 3 4 5 6 7 8 9 10

Why did you give yourself this rating?

What benefits would you receive by improving your rating?

Who do you know that exemplifies this quality? What do you admire most about that person?

What specific action can you take immediately that will improve your rating?

Step 5 - Assessment and intentional action step conversation (10 min)

Take a minute to share your responses to the self-evaluation section, including the step you will take to improve in this area. Everyone is asked to participate.

