

Ready Set Grow Part 3

This week we will look at laws that might be a bit tougher to understand at first glance, but they are really quite basic: The Law of Design, The Law of Pain, and The Law of the Rubber Band.

The Law of Design. If you want to maximize your growth, develop strategies. This is an amazing law because it allows us to combine several of the laws into one through the process of design. Design a system that utilizes tools to help you plan well and stay on track. We begin by looking backward so we can plan forward applying the Law of Reflection. Plan daily actions and track your progress applying the Law of Consistency. Measure your progress and ask for feedback from others by applying the Law of Awareness.

The Law of Pain. Good management of bad experiences leads to great growth. Sadly, few make bad experiences into positive experiences. Someone once said, "Pain prompts us to face who we are and where we are. What we do with that experience defines who we become." Since all of us will need to endure pain in our lives, why not use it as a catalyst for growth. When you find yourself in the middle of the pain start by looking for a positive. After a slalom waterskiing accident, I was in the ER waiting for results of an MRI. As I was hobbling my way to the bathroom, I noticed a custodian cleaning up the room across from my bed. At that moment I realized how important he was to my comfort, so I thanked him for his hard work. The look on his face was priceless and made my pain a little easier to take.

The Law of the Rubber Band. Growth stops when you lose the tension between where you are and where you could be. Have you lost this positive tension in your life? Have you settled for mediocrity in your life? Most of us use only a fraction of our potential because we don't stretch ourselves. We are afraid to make mistakes or look foolish, so we just go wallow in our personal comfort zone. W. Somerset Maugham said it best, "Only a mediocre person is always at his best." I would rather try something new and look foolish than be the frog stuck in the pot of comfortable but slowly warming water.

The Law of Design

Begin developing or refining systems for yourself that will maximize your time and increase your efficiency. Brainstorm a list of areas that you desire to improve, are experiencing a problem, or sensing an opportunity. Try to develop a system for each of them, make sure each takes into account the following:

The Big Picture - Will the system help you reach your big picture goals?

Your Priorities - Is the system consistent with your values and commitments?

Measurement - Does the system give you a tangible way to judge if you've succeeded?

Application - Does the system have a build in bias toward action?

Organization - Does the system make better use of your time than what you're doing now?

Consistency - Can and will you easily repeat the system on a regular basis?



Ready Set Grow Part 3—Continued

The Law of Pain

Which of the statements below best describes your approach to failure, tragedy, problems, and challenges that caused you pain?

- I do anything and everything possible to avoid pain at all costs.
- I know pain is inevitable, but try to ignore it or block it out.
- I know everyone experiences pain, so I just endure it when it comes.
- I don't like pain, but I try to remain positive despite it.
- I process the emotion of painful experiences quickly and try to find a lesson in them.
- I process pain, find a lesson, and make changes proactively as a result.

What is your plan to progress from the level you are at, to the place where you make positive changes in the wake of bad experiences? Use the following as helpful tools:

- Define the problem.
- Understand our emotions.
- Articulate the lesson.
- Identify a desired change.
- Brainstorm numerous pathways.
- Receive other's input.

The Law of the Rubber Band

In what areas in your life have you lost your stretch and settled in?

Where do you feel you are not reaching your potential?

What habits do you have that are keeping you from reaching your potential?

What areas of past success have you stopped winning in?

Based on the questions above, what changes do you think you need to make?

