

LAWS *you need to* KNOW



15 LAWS OF GROWTH

The following Laws are to encourage you to better yourself. If you can attempt to do just one of these a day, I'm sure you'll soon begin to see the fruit of your efforts. Then you'll be passing them on to everyone you know!



LAW OF REFLECTION:

“Learning to pause allows growth to catch up to you.”

LAW OF AWARENESS:

“You must know yourself to grow yourself.”

LAW OF THE MIRROR:

“You must see value in yourself to add value to yourself.”

LAW OF THE ENVIRONMENT:

“Growth thrives in conducive surroundings.”

LAW OF DESIGN:

“To maximize growth, develop strategies.”

LAW OF THE TRADE OFFS:

“You have to give up to grow up.”

LAW OF CURIOSITY:

“Growth is stimulated by asking why?”

LAW OF MODELING:

“It's hard to improve when you have no one but yourself to follow.”

LAW OF CONTRIBUTION:

“Growing yourself enables you to grow others.”

LAW OF INTENTIONALITY:

“Growth doesn't just happen; You must be intentional about your growth.”

LAW OF CONSISTENCY:

“Motivation gets you going — Discipline keeps you growing.”

LAW OF THE RUBBER BAND:

“Growth stops when you lose the tension between where you are and where you want to be.”

LAW OF PAIN:

“Good management of bad experiences leads to great growth.”

LAW OF THE LADDER:

“Character growth determines the height of your personal growth.”

LAW OF EXPANSION:

“Growth always increases your capacity.”