



LAW 4 — MEETING 4

## The Law of Reflection

*Learning to Pause Allows Growth To Catch Up With You.*

I. The Power of \_\_\_\_\_

A. Reflection turns \_\_\_\_\_ into insight.

B. Everyone needs a \_\_\_\_\_ to pause.

C. Pausing with \_\_\_\_\_ expands and enriches thinking.

D. When you take time to pause, use your I's.

1. \_\_\_\_\_ – Pausing is about finding meaning in each experience.
2. \_\_\_\_\_ – Like Crock-Pot cooking, incubation allows experiences and thoughts to grow to their own full potential.
3. \_\_\_\_\_ – The process of placing value on your experiences and performance. “They either applaud you or prod you”  
– Jim Rohn
4. \_\_\_\_\_ – The process of expanding your experiences into teachable lessons.

E. Good questions are at the \_\_\_\_\_ of reflection.

# THE 15 INVALUABLE LAWS OF GROWTH



## II. Personal Awareness Questions

Explore these questions for a greater sense of your own awareness of who you are:

- A. What is my biggest asset?
  
- B. What is my biggest liability?
  
- C. What is my highest high?
  
- D. What is my lowest low?
  
- E. What is my most worthwhile emotion?
  
- F. What is my least worthwhile emotion?
  
- G. What is my best habit?
  
- H. What is my worst habit?
  
- I. What is most fulfilling to me?
  
- J. What is my most prized possession?
  
- K. To experience growth in a specific area of your life, ask specific questions to that area of your life.



## III. The Journey Is \_\_\_\_\_

### OVERCOME GROWING PAINS

*(Specific Steps to Amazing Growth)*

- **Make it a top priority to find a place and time for personal reflection and question asking.**
- **Schedule time – don't hope you find the time – to pause and reflect.**
- **Ask the participants to take time to ask themselves the questions contained in this chapter.**
- **Remind everyone that “We all walk with the limp we got” and that personal growth and change starts with personal awareness that is found in personal reflection and pausing.**

**Read the next chapter this week – *The Law of Consistency***