



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*