



LAW 10 — MEETING 10

The Law of The Rubber Band

*Growth Stops When You Lose The Tension Between
Where You Are And Where You Could Be*

I. A Series of Stretches

- A. What do you think John means by “God’s gift to us: Potential. Our gift to God: Developing it”?
- B. John discusses a series of his personal “stretches” along the way of his life. What does he mean by “stretches”?

II. The Benefit of Stretching

- A. Few people _____.
- B. Settling for the status quo ultimately _____.
- C. Stretching always starts from _____.
- D. Stretching always requires _____.
- E. Stretching sets you apart _____.
- F. Stretching can become a _____.

THE 15 INVALUABLE LAWS OF GROWTH



1. Reflect on this quote by Rabbi Nahman: *“If you won’t be better tomorrow than today, then what do you need tomorrow for?”*

G. Stretching gives you a shot at _____.

H. Stretching to the end

OVERCOME GROWING PAINS

(Specific Steps to Amazing Growth)

- In what areas of your life have you lost your stretch and settled in?
- Have you been able to define your own potential? If not, seeking aid in this area from a coach or mentor may be in order.
- What habits have you developed that have hindered your progress toward your potential?
- Rate your satisfaction in areas of your life. In what areas have you become “average” and may have lost some stretching?
- Create some specific means for stretching in the areas of your life for which you are no longer winning.
- Remember to establish a balance between your potential and your present place so that stretching is both possible and challenging. This tension is critical, but you do not want to get so overwhelmed that you simply give up.
- Your stretching goals should be SMART:
 - Specific** – words like “more, bigger, faster” are not specific
 - Measurable** – without measuring, how do you know if you succeeded?
 - Attainable** – they should be something you WILL actually do
 - Realistic** – they must be something you CAN actually do
 - Timed** – without a timed arrival, you are only creating a wish list

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