What is Intentionality?

Intentionality - the fact of being deliberate or purposive.
You Must Know Yourself To Grow Yourself
Growth Doesn’t Just Happen

• Personal Growth is not a natural process in most people’s lives.

• Make the transition to intentional growth.
Growth Gaps Traps

Assumption
Knowledge
Timing
Mistake

Perfection
Inspiration
Comparison
Expectation
Assumption Gap
(I Assume I Will Grow)

No man will succeed unless he is ready to face and overcome difficulties and prepared to assume responsibilities

- William J. H. Boetcker
Knowledge Gap

I don’t know how to grow

- Not knowing how to grow can be a powerful reason to simply not try to grow.

- If one does not know to grow, then one needs to ask those who do.
Timing Gap

It’s not the right time to begin
➢ I am afraid of making mistakes.

➢ Growing is not always a clean and neat pursuit.

➢ Once we decide to grow, you must expect to make mistakes and welcome them as a sign of moving in the right directions.
I have to find the best way before I start. No! No! No!
Perfection is a myth...
I don’t feel like doing it

➢ Will I do it or not?

➢ The major difference between those who do it, and those who don’t do it, is those who do it, do it.

➢ Feelings are unreliable, action will make the difference.
Comparison Gap

Two Truths About Others

1. There is always someone better.

2. Rejoice for the better ones, for you will learn from those out in front of you.
I THOUGHT it would be easier than this
Making The Transition to Intentional Growth
Ask the BIG QUESTIONS NOW
# Accidental To Potential Growth

<table>
<thead>
<tr>
<th>Accidental Growth</th>
<th>Intentional Growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Plans to start tomorrow</td>
<td>Insists on starting now</td>
</tr>
<tr>
<td>Waits for growth to come</td>
<td>Takes responsibility to grow</td>
</tr>
<tr>
<td>Learns only from mistakes</td>
<td>Learns before mistakes</td>
</tr>
<tr>
<td>Depends on good luck</td>
<td>Relies on hard work</td>
</tr>
<tr>
<td>Quits early and often</td>
<td>Perseveres long and hard</td>
</tr>
<tr>
<td>Falls into bad habits</td>
<td>Fights for good habits</td>
</tr>
<tr>
<td>Talks big</td>
<td>Follows through</td>
</tr>
<tr>
<td>Plays it safe</td>
<td>Takes risks</td>
</tr>
<tr>
<td>Thinks like a victim</td>
<td>Thinks like a learner</td>
</tr>
<tr>
<td>Relies on talent</td>
<td>Relies on character</td>
</tr>
<tr>
<td>Stops learning after graduation</td>
<td>Never stops learning</td>
</tr>
</tbody>
</table>

Accidental Growth vs. Intentional Growth:

- Accidental Growth: Plans to start tomorrow, Waits for growth to come, Learns only from mistakes, Depends on good luck, Quits early and often, Falls into bad habits, Talks big, Plays it safe, Thinks like a victim, Relies on talent, Stops learning after graduation.

- Intentional Growth: Insists on starting now, Takes responsibility to grow, Learns before mistakes, Relies on hard work, Perseveres long and hard, Fights for good habits, Follows through, Takes risks, Thinks like a learner, Relies on character, Never stops learning.
Accountability

- Accountability Partners
- Mentor
- Coach
LET’S REVIEW
For Making Your Growth A Priority

Sherry Cobbins
Email: mscobbins35@gmail.com
Website: https://www.johncmaxwellgroup.com/sherrycobbins/