

Words of Well-being **THE POINTGUARD**



COACHING

| INSPIRING

| PLANNING

GROWTH MISCONCEPTIONS

The Assumption Gap

I assume that I will automatically grow

The Knowledge Gap

I don't know how to grow

The Timing Gap

It's not the right time to begin

The Mistake Gap

I'm afraid of making mistakes

The Perfection Gap

I have to find the best way before I start

The Inspiration Gap

I don't feel like doing it

The Comparison Gap

Others are better than I am

The Expectation Gap

I thought it would be easier than this

Wellness is the search for enhanced quality of life, personal growth, and potential through positive lifestyle behaviors and attitudes. Each day we work toward maximizing our level of health and wellness to live long, full, and healthy lives.



“Foundations of Professional Personal Training;” canfitpro, www.humankinetics.com. Dec. 2017).

Working toward becoming the best version of ourselves is a process. Over the next twelve months, we will provide words of well-being to help develop healthy minds that help to build healthy bodies from *The 15 Invaluable Laws of Growth* by John C. Maxwell. Maxwell provides the tools to help us: 1-develop the right attitude; 2-learn more about our strengths; 3-tap into our passion; 4-become more in touch with our purpose; 5-and develop our skills to become all we can be.

Growth is not something that just happens; we must be intentional about it. If we have dreams, goals, or aspirations, we need to grow to achieve them. Maxwell describes mistaken beliefs that create a gap that keeps you from growing and reaching your potential. Those eight misconceptions, listed in the box to the left, may be holding us back from being as intentional as we need to be. The sooner we make the transition to becoming intentional about our personal growth, the better it will be for us because growth compounds and accelerates if we remain intentional about it.



As we dig into the book in the upcoming months, we challenge you to keep a growth journal and incorporate what you are learning into your everyday life.

Maxwell, John A. (2012). *The 15 Invaluable Laws of Growth*. New York, NY: Center Street.