

Words of Well-being  

COACHING | INSPIRING | PLANNING

The month of February is when we celebrate love. Loving ourselves has to happen before we love others. Focusing on your well-being is the best way to love yourself; it means taking care of your mind, body and spirit and giving your best self to those you love. Last month, we introduced *The 15 Invaluable Laws of Growth* by John C. Maxwell. This personal growth journey is our opportunity to work on being our best selves.

As we discussed last month, there are eight growth misconceptions (see *Issue 1; January 2018*) that we hold onto that hold us back from being as intentional as we need to be. Making the transition to **Intentional Growth** means making a change. We must:

- ♥ **Ask the big question now:** Instead of asking ‘how long will this take,’ we should ask ‘how far can I go?’ Basically, set the direction, not the distance. In your journal, answer the following questions: Where do you want to go in life? What direction do you want to go? What is the farthest you can imagine going? These questions encourage you to make the most out of whatever you have been given.
- ♥ **Do It NOW:** Studying these monthly newsletters is the start of your change process. Make ‘do it now’ your mantra. Don’t fall into the trap of making intentional growth a priority later. **DO IT NOW!**
- ♥ **Face the Fear Factor:** The fears that keep people from being successful are: fear of failure; fear of trading security for the unknown; fear of being overextended financially; fear of what others will say or think; fear that success will alienate peers. In your journal, write about the fear that impacts you then feed your faith and starve your fear.
- ♥ **Change from Accidental to Intentional Growth:** Look at the chart below. Start to make your focus the ‘Intentional Growth’ column. In your journal, write about the ‘Accidental Growth’ habits you have and challenge yourself to turn those into ‘Intentional Growth’ habits.

ACCIDENTAL GROWTH	INTENTIONAL GROWTH
Plans to Start Tomorrow	Insists on Starting Today
Waits for Growth to Come	Takes Complete Responsibility to Grow
Learns Only from Mistakes	Often Learns Before Mistakes
Depends on Good Luck	Relies on Hard Work
Quits Early and Often	Perseveres Long and Hard
Falls into Bad Habits	Fights for Good Habits
Talks Big	Follows Through
Plays It Safe	Takes Risks
Thinks Like a Victim	Thinks Like a Learner
Relies on Talent	Relies on Character
Stops Learning after Graduation	Never Stops Growing

Over the next month, start applying the Law of Intentionality to your life. Revisit the growth misconceptions and come up with a plan for each gap that applies to you. Then, starting now, no matter what time of day it is, make a commitment to start growing **TODAY!** Rework your calendar and make an appointment with yourself for personal growth every day, seven days a week, 52 weeks a year. How do you do this, you ask? Get up an hour early. Stay up an hour later. Give up your lunch hour. Do whatever it takes to reach your potential and turn those dreams into reality. As we celebrate this month of love, let us not underestimate the importance of loving ourselves first.

Healthy Minds, Healthy Bodies!!!