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JUMPSTART YOUR GROWTH

INTRODUCTION

Since you are reading these words, no doubt you want to be a better person tomorrow than you are today. You want to grow in some way. Perhaps you want to progress in your career, live a healthier lifestyle, increase your knowledge, have a stronger relationship with someone, deepen your spiritual life, or achieve a lifelong dream.

I believe you can achieve it. You have so much potential inside of you. But do you currently have the tools to do so? Do you know how to get better at what you do? To improve your relationships? To reach your goals? How do you gain more depth and wisdom as a person? How do you overcome obstacles? Should you work harder, work longer, wait for things to get better?

The answer is that you need to have an intentional, strategic plan for growth.

Many people learn from the school of hard knocks. Difficult experiences teach them random lessons “the hard way,” and they change—sometimes for better, sometimes for worse.

You have dreams, goals, and aspirations. Do you assume that if you just work really hard you’ll improve naturally? I once believed that. Then I discovered that personal growth doesn’t just happen on its own. We have to be strategic about it. We need to take complete ownership of our growth process, because nobody else will do it for us. If we want our lives to improve, we must improve ourselves.

This book is my effort to help you learn how to grow and develop yourself so you have the best chance of becoming the person you were created to be. Intentional growth is the key that will unlock the door to your potential. Over the next 90 days, you will be provided with clear steps to help you become a more effective and fulfilled individual. No matter where you are in your growth journey or what challenges you face, you have a chance to improve yourself through personal growth from this day forward.

What will it take for you to get started? Consistently set aside 15 minutes every day for the next 90 days to grow intentionally. Read and think about the inspirational quote for the day, read and digest the lesson, and move forward by taking action in response to the question.

If you spend time growing on purpose every day for the next three months, you will be on your way to reaching your potential. You will make intentional growth a habit. And you will look back and be astounded by how far you've come.

Ready? Let's get started!

DAY

1

A time comes when you need to stop waiting for the man you want to become and start being the man you want to be.

BRUCE SPRINGSTEEN

Potential is one of the most wonderful words in any language. It looks forward with optimism. It is filled with hope. It promises success. It implies fulfillment. It hints at greatness. Potential is a word based on possibilities. Think about your potential as a human being and you get excited—at least, I hope you do. What a positive thought. I believe in your potential just as much as I believe in mine. Do you have potential? Absolutely.

Since you are reading these words, I believe you have the desire to jumpstart your growth so you can reach your potential. My question to you is, “Do you have a plan for your personal growth?” I was asked that question when I was in my twenties and it changed my life. I believe it can change yours as well. When I started my career, I was intentional about working, reaching my goals, and being successful. I had a strategy: hard work. I hoped that would get me where I wanted to go, but hope isn’t a strategy and working hard doesn’t guarantee success. I realized I did not have a plan.

So do you have a plan for how you can become all you can be?

