



## GROWTH WALK: SESSION 2 DISCOVERING HIDDEN GROWTH

**1. Where are you feeling pressure?**

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**2. What is the resistance in you?**

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**3. Is the resistance leading to health or unhealth?**

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**4. What is a healthy response in this situation?** Get Moving, Stand your ground,  
Renegotiate the Terms or Expectations?

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**5. What can you do?** Obvious Action, Uncomfortable Action, Outrageous Action.

Underline which action you are going to take.

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**6. What is the obvious first step.**

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**7. Imagine the good the result of that action.** Write it out as if it has happened. Play it out as a movie in your head.

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**7. When are you going to do it?** Time and Date: \_\_\_\_\_

**8. Write out a prayer telling God you choose to partner with the Growth He is stirring up in you right now.**

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**Remember:** When we focus on something, we tend to see it popping up everywhere. Stay encouraged by focusing on the growth actions you have taken rather than fixating on what you didn't do. Try applying Philippians 4:8 to how you think about yourself. "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." Celebrate even the smallest victories. Thank God each time He gives you the strength to take a proactive step. At the end of this season, we will either have expanded in growth or stagnated in complacency.

Let's work with the growth we have discovered and take decided action. There is a gift for you in this season. As you push in you are becoming that person you've always wanted to be!