



**GROWTH WALK: SESSION 3
EXPANSION AND JOY**

1. Where do you want to grow?

2. What has been life-giving to you recently?

3. In which area are you choosing to grow?

4. What does this life-giving thing give you specifically?

5. What has hindered you from developing this area in the past?

6. What are the good effects of growing in this area?

7. How can you outsmart your obstacle?

8. What is the obvious first step?

7. When are you going to do it? Time and Date: _____

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!