

Legacy PRINCIPLES

A life to be lived, a story to be told. . .

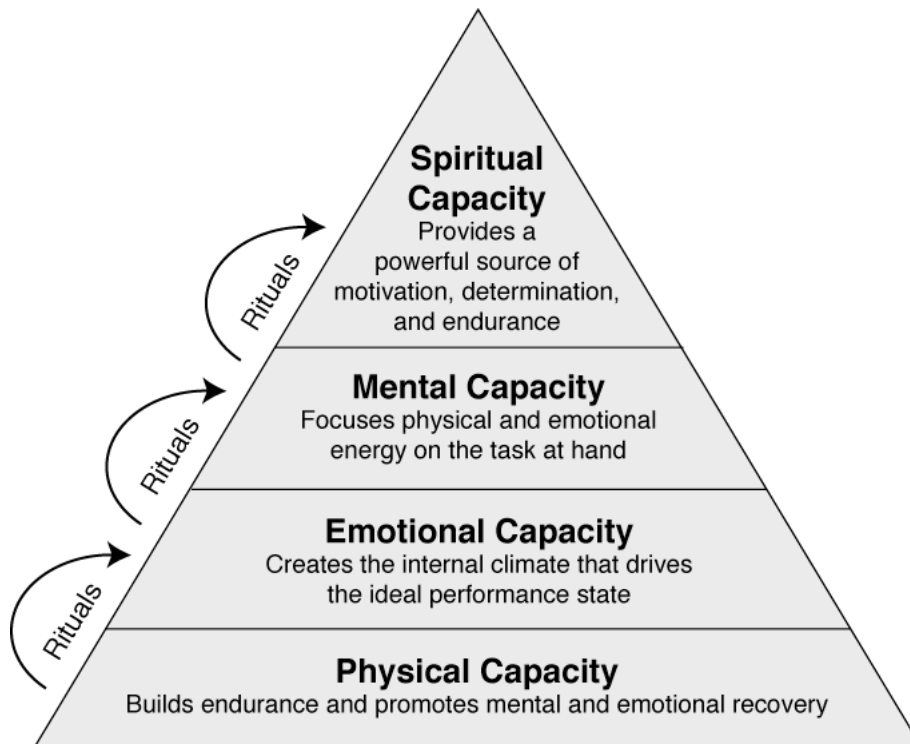
Living Fully Alive in 2014!

Growing by Dreaming

January 25, 2014

KEY TRUTH:

Romans 9:17- *For the Scripture says to _____, "For this very purpose I have raised you up, that I may show My power in you, and that My name may be declared in all the earth."*



* *Making of a Corporate Athlete, Jim Loehr and Tony Schwartz - Harvard Business Review 2001*

Capacity- The extent or comprehensiveness of the mind; the power of receiving ideas or knowledge.

Physical capacity is defined as **QUANTITY** of Energy - **KEY WORDS:** Physically Energized

Emotional Capacity is the **QUALITY** of energy - **KEY WORDS:** Emotionally Connected

Every thought, feeling, and action has an energy consequence through either positive and negative thoughts

Mental capacity is the **FOCUS** of energy - **KEY WORDS:** Mentally Focused

Spiritual capacity is the **REASON** or power of the energy – **KEY WORDS:** Spiritually Aligned

Capacity Index

What percentage of your capacity are you currently using in your physical, emotional, mental, spiritual?

What is your plan to change the P/A differential – the difference between the your potential / actual capacity?

What is your POTENTIAL Capacity?

What is your ACTUAL capacity?

BIG IDEA: The difference between your actual capacity and your potential capacity will be your growth plan

Personal Growth will come more intentionally when you have:

- A clear picture of the person you want to be
- An understanding of what God has created you to do

Self-awareness and personal assessment

- What don't you like about where you currently are?
- In what areas do you feel strong?
- Where do you want to change?
- Where have you spent focused time in growing and as a result have seen personal success?
- Why are you attending this event? In what area do you want to focus your growth in the next 30 days?
- What are you afraid of?
F.E.A.R- FEAR is *False Evidence that Appears Real*, Zig Ziglar
- What are your internal voices telling you?
- Who/What is stopping you?
- Who can help you?

START

Write Out

- Key Words/Reminders
- One Word Focus Words
- Use 3x5 Cards
- Pay attention to establishing new Rituals/ Practices

Reflection is KEY

We are all at the same starting line...it is how we finish that matters

You must see the end in order to train for the middle

Your dreams will be the motivator to your personal growth.

Dreams have the power to shape our lives, especially if they are noble, selfless, and God-inspired.

The capacity to dream is universal

Steve Moore says that, *"A dream is a compelling awareness of what could be or should be, accompanied by a growing sense of responsibility to do something about it."*

What are YOUR Dreams?

Dreams are both powerful and fragile...dreams that are not fulfilled are often not accompanied by a sense of responsibility.

Dream is a clear picture of the future.

This is where the dreamer visualizes what COULD be in place of WHAT IS.

KEY WORD: POSSIBILITY

The bigger the dream the wider the gap will be between your present capacity and the capacity you will need to grow and act on what you see.

If there is no gap between your present capacity and the capacity you need to grow then one of two things are happening.

1. Your dream is not very big
2. You are at a later stage of life and you are reaping the benefits of years of personal growth.

How do you determine what your dreams are?

Listen

- What are the passions that bubble up inside of you?
- Listen to the hurts, hopes and the longings of others around you
- What causes stir you up?

The most powerful long-lasting intrinsic motivation is the God inspired dreams inside of you.

We see **what is** and we envision **what should be** and it creates within us a tension **to do something** about it.

An inner sense of responsibility

Dreams are powerfully connected to our growth.

Healthy Growth Plan - Steve Moore

- Reflects your uniqueness as a person
- Builds on your strengths
- Is holistic, encompassing all of life – spiritual, physical, emotional and mental.
- Is motivated by a sense of stewardship, the desire to add value and bring glory to God.
- Aggressive and realistic
- Written and measurable
- Time-bound and habit forming.

Your personal growth cycle must be specific, measured, and celebrated.

Don't wait. **START NOW!**

As you begin to be successful in little things, begin adding and stretching to more

WHAT NOW?

- Write...somewhere!
- Pay attention to what stirs you
- Create a Passions List
- Create an Interest list
- Evaluate how you are interfacing with the people who are important to you
- Where do you **WANT** to grow?
- Where do you **NEED** to grow?
- Develop a strategy of keeping your thoughts/key words/focus points in front of you.
- Read!

Mark Your Calendars

- Feb 22 – Spiritual Energy – *Divine Mentor* by Wayne Cordeiro
- Mar 22 – Physical Energy — *Your Life in Rhythm* by Bruce Miller
- April 19 – Emotional Energy – *DNA of Relationships* by Gary Smalley
NOTE: This conversation will take place at Killarney Baptist Church.
- May 17 – Mental – *40-Day Journey to a Joy Filled Life* by Tommy Newberry

Scriptures

Ephesians 2:10 – For we are His workmanship, **created in Christ Jesus for good works**, which God prepared beforehand that we should walk in them.

John 12:27-28 – Now My soul is troubled, and what shall I say? ‘Father, save Me from this hour?’ **But for this purpose I came to this hour. Father, glorify Your name.**”

2Timothy 1:8-9 – Therefore do not be ashamed of the testimony of our Lord, nor of me His prisoner, but share with me in the sufferings for the gospel according to the power of God, ⁹ who has saved us and **called us with a holy calling, not according to our works, but according to His own purpose and grace** which was given to us in Christ Jesus before time began.

Colossians 1:9-12 – For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; **that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God**; strengthened with all might, according to His glorious power, for all patience and longsuffering with joy; ¹² giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light.

Romans 9: –14-21 – What shall we say then? *Is there* unrighteousness with God? Certainly not! For He says to Moses, “I will have mercy on whomever I will have mercy, and I will have compassion on whomever I will have compassion.” So then *it is* not of him who wills, nor of him who runs, but of God who shows mercy. For the Scripture says to the Pharaoh, **“For this very purpose I have raised you up, that I may show My power in you, and that My name may be declared in all the earth.”** Therefore He has mercy on whom He wills, and whom He wills He hardens.

You will say to me then, “Why does He still find fault? For who has resisted His will?” But indeed, O man, who are you to reply against God? Will the thing formed say to him who formed *it*, “Why have you made me like this?” Does not the potter have power over the clay, from the same lump to make one vessel for honor and another for dishonor?

Ephesians 3: 14- 21 – For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches **he may strengthen you with power through his Spirit in your inner being**, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Now to him who is able to do immeasurably more than all we ask or **IMAGINE**, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Quotes

"Never compare your beginning to someone else's middle." - Mike Hyatt

"Deliberate mediocrity is a sin" - Elton Trueblood

"Greatness is earned. It is not a gift; it is a reward. It is not accidental; it is cultivated. It is not bestowed by others; it is self-determined." - Reggie McNeal, *Practicing Greatness*

C.S. Lewis once observed that God is not so much offended that we want too much as by the fact that we are satisfied with so little.

Resources

Assessment Tools

Personal Growth Self- Assessment Tool
www.keepgrowinginc.com

Passion Profile, Steve Moore, \$19.99
www.mypassionprofile.com

Strengths Test, \$9.99
www.gallupstrengthscenter.com/Purchase/Product?Path=Clifton%20StrengthsFinder

Meyers Briggs Personality Assessment
www.humanmetrics.com/cgi-win/jtypes2.asp

Linda's Dreams Worksheet- Take time to think, write, and dream

Books

Start – Jon Acuff
www.amazon.com/Start-Punch-Escape-Average-Matters/dp/1937077594/ref=sr_1_1?ie=UTF8&qid=1390418233&sr=8-1&keywords=start

Say Goodbye to Survival Mode, Crystal Paine
www.amazon.com/Say-Goodbye-Survival-Mode-Strategies/dp/1400206464/ref=sr_1_1?ie=UTF8&qid=1390560995&sr=8-1&keywords=say+goodbye+to+survival+mode

The Dream Cycle – Steve Moore,
www.amazon.com/Dream-Cycle-Leveraging-Personal-Growth-ebook/dp/B001EQ5UXQ/ref=sr_1_3?ie=UTF8&qid=1390418373&sr=8-3&keywords=The+dream+cycle

The Power of Full Engagement- Jim Loehr and Tony Schwartz
www.amazon.com/The-Power-Full-Engagement-Performance/dp/0743226755/ref=sr_1_1?ie=UTF8&qid=1390419111&sr=8-1&keywords=the+power+of+full+engagement

*This material was presented by
Linda Werner, Legacy Principles
www.legacyprinciples.com*

My God Ordained Activities for My LIFE



Provided by
Linda Werner
legacyprinciples.com

	PHYSICAL	SPIRITUAL	MENTAL	EMOTIONAL
Picture				
Plan	<i>Physically Energized</i>	<i>Spiritually Aligned</i>	<i>Mentally Focused</i>	<i>Emotionally Connected</i>
Process- Practice, Practice, Practice!				
Prize				