

# Personal Growth

# Personal Growth

- How are you trying to become a better leader? Teacher? Motivator?
- What have you done this off-season?
- Personal Growth Assessment
- “The only difference between where you are right now, and where you'll be next year at this same time, are the people you meet and the books you read.”

*Charlie "Tremendous" Jones, author of Life Is Tremendous*



# Assessment

## Personal Growth Assessment

### Self Assessment

Give yourself a score based on how well you practice the following personal disciplines:

1. Reading (Taking time to feed your mind and heart with books, CDs, articles, and new ideas.)  
1    2    3    4    5    6    7    8    9    10
2. Solitude (Taking the time to get away, relax and just think or meditate.)  
1    2    3    4    5    6    7    8    9    10
3. Simplicity (Simplifying your life by clearing out the mental and physical clutter.)  
1    2    3    4    5    6    7    8    9    10
4. Community (Finding time to experience community with friends or family.)  
1    2    3    4    5    6    7    8    9    10
5. Personal planning (Taking time to look ahead and prioritize your future goals and direction.)  
1    2    3    4    5    6    7    8    9    10
6. Physical exercise (Finding time to do some cardiovascular workouts and relieve some stress.)  
1    2    3    4    5    6    7    8    9    10

\*\*Note were you are weak and start a list of items you would like to do more often.

### Exercise:

Take your list home and schedule a day on your calendar designated for personal growth planning. On that date create a 12 month plan, one day a month minimum, to do things you want to do for yourself. Some items you may plan to do based on your interests:

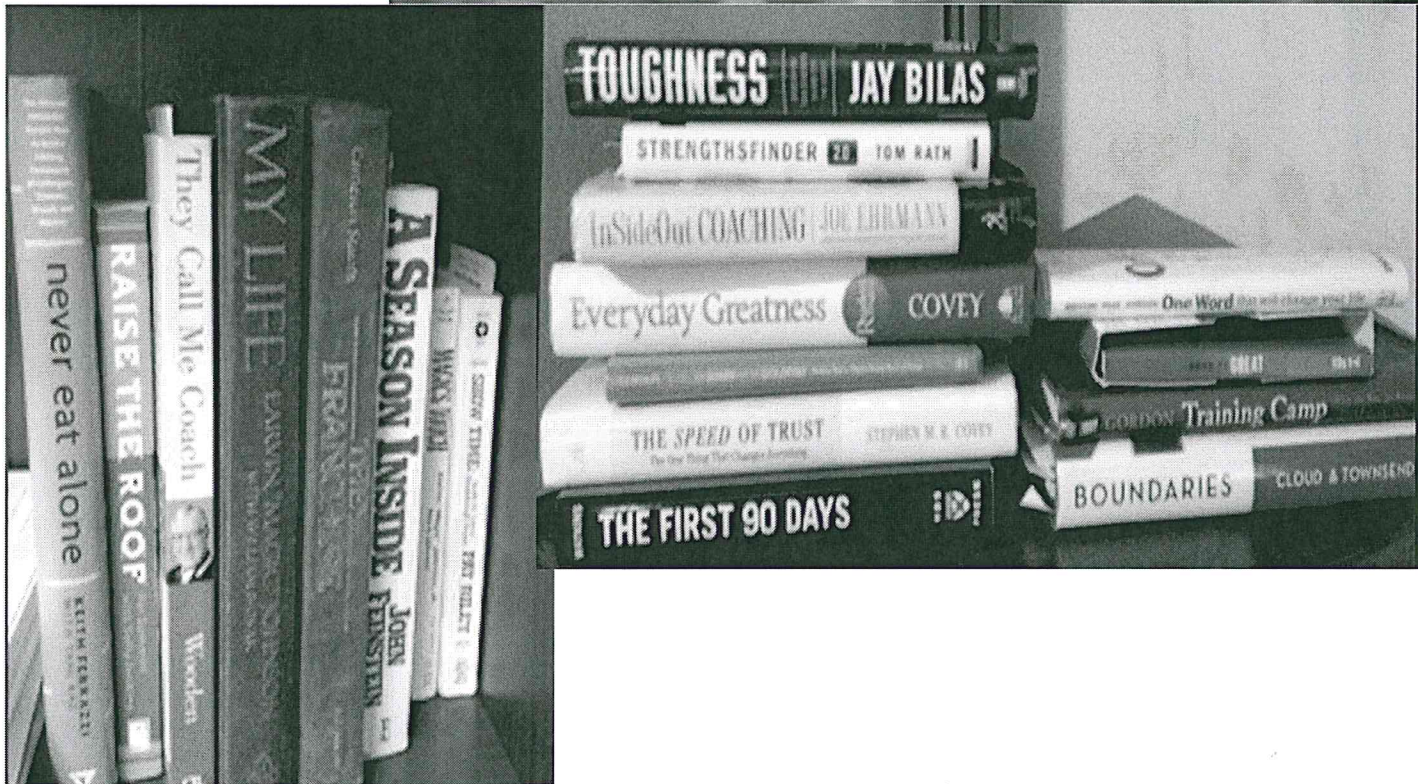
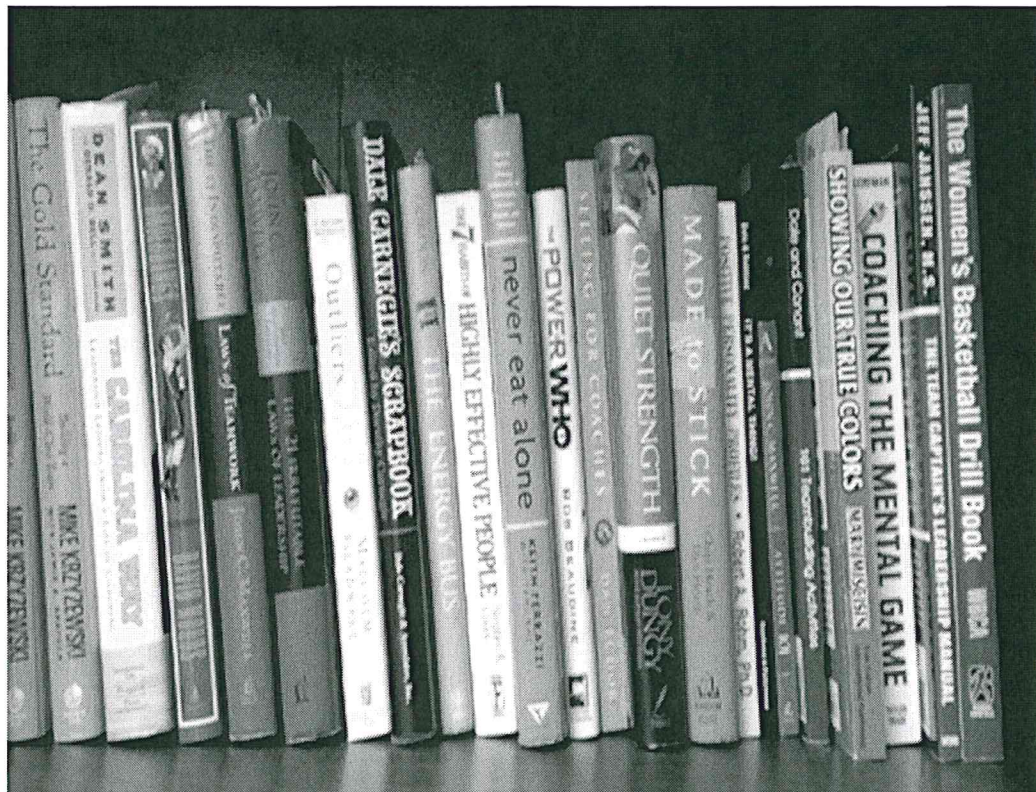
- Areas you want to grow (spiritual, leadership, family)
- Identify resources to learn from (books, programs, trainings)
- Plan designated times to read about things you are interested in other than basketball

When the time comes to indulge in "you" time:

- Use a note pad to write down your thoughts or journal.
- Write down a new idea or thought you really like; put it somewhere you will see it every day.
- Talk with someone about it – spouse, friend or a colleague.
- Attempt to practice or apply that principle in your life.



# Books



# Organizations

- WBCA
- NACWAA
- Alliance of Women Coaches
- TABC
- TGCA
- Male Coaches of Women's Basketball
- BCA

**Join...Contribute...Lead**



# Clinics and Podcasts

## Clinics:

- Texas A&M Coaches Clinic-October
- WBCA Final Four-April
- A Step Up Symposium-Felicia Hall Allen-May
- TABC-May
- TGCA-July
- Coaching U-July

## Podcasts:

- Coaching U Live
- Hardwood Hustle by Alan Stein



# ONE WORD

by Dan Britton, Jimmy Page & Jon Gordan

An Action Plan with a simple focus!

## Purpose

## Serve

### The Why behind your WORD.....

- What do I need?
- What is in my way?
  - Obstacles?
  - What is preventing my personal growth?
  - What is preventing me from having what I want?
- What needs to go?
  - What mistakes do I have to let go?
  - What pain must I move past?

## Courage

## Focus

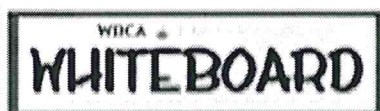
### Call To Action.....

- ✓ Look up to discover your word
- ✓ Live your word
- ✓ Tell 3 people in your inner circle to keep you accountable.

Set "TO BE" goals versus "TO DO" goals.  
Measure success by WHO you become, not what you DO.

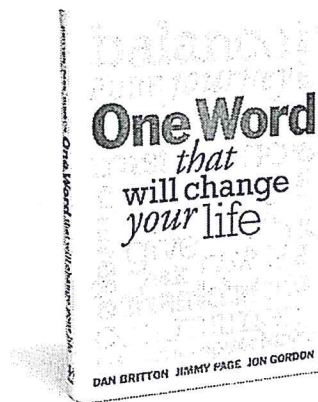
## Inspire

## Discipline



# ACTION PLAN

**One Word**  
*that*  
will change  
*your* life





Every single time we have shared the concept of One Word with others, we get the same response:

*"I love it! I can't believe I've never done this before. It's so simple and obvious. I can't wait to get started."*

And we get the same positive responses after participants have lived out their One Word for the year:

*"What a powerful year! I've learned so much. This is something I'll do for the rest of my life. By the way, my word for next year is . . ."*

We have never heard this:

*"I tried that One Word thing and it didn't work."*

Not once! The only way it won't work is if you don't do it. It's never a question of whether One Word works. It's whether you will put One Word into action in your life. If you discover and live your word, it works every single time, because there is a word meant for you, and it is meant to change your life in a positive way.

To help you through the One Word process, we've created the following action plan to help you prepare your heart, discover your word, live your word, and spread the word.

Sincerely,

Dan Britton

Jimmy Page

Jon Gordon

# Action Plan

## Prepare Your Heart: Look In

Take a little time to:

1. *Unplug from the noise.*
2. *Ask a few essential questions.*

Get away from the noise and distractions of life, and create an environment to look inward, quiet your mind, and really listen to your heart. Then ask yourself these three questions, and write your insights here:

1. What do I need? \_\_\_\_\_

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2. What 's in my way? \_\_\_\_\_

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3. What needs to go? \_\_\_\_\_

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# Discover Your Word: Look Up

Now that your heart is ready, it's time to plug in and listen up.

Once you've prepared your heart, you are ready to receive your word. God has a word that is meant for you. Remember, God can use all means to communicate with us, and you never know when, where, and how your word will be revealed to you.

Ask God to reveal your word to you with this simple question: "What do you want to do in me and through me?" Write down what comes to your heart. Listen and be open to the word that God shares.

Once you discover your word, write it down in the space that follows on the next page...

My  
**One Word**  
*for* 2013

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**GetOneWord.com**

# Live Your Word: Look Out

Once you discover the word that is meant for you, then it's time to live it out. Again, this is where the rubber meets the road.

Keep your One Word front and center. Write down three things you will do to make sure you have regular reminders of your word:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Sharing your One Word with your Stretch Team ensures success. List three people in your inner circle with whom you 'll share your word this week:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# Spread the Word

Share your excitement about your annual One Word with others! Tell them about your journey.

List three other organizations you think would love and benefit from this process, and tell them about it.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Share it on Facebook, Twitter and LinkedIn Now with a simple note of “My One Word is \_\_\_\_\_.”

You can visit [www.GetOneWord.com](http://www.GetOneWord.com) to share a one-page overview of the One Word process with your family, team, or organization.

*Congratulations!* We are excited that you are now part of the One Word Team. We look forward to changing lives together . . . One Word, one person at a time.

Let us know your word on our [GetOneWord.com](http://www.GetOneWord.com) website.

Learn more at: [www.GetOneWord.com](http://www.GetOneWord.com)

Connect at:

[www.twitter.com/getoneword](http://www.twitter.com/getoneword)

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