

Coffee Break

w/ Dr. Andrea

“Stop Making a Mess!”

STUDY GUIDE

In the “The 15 Invaluable Laws of Growth” by John Maxell, it teaches that good management of bad experiences leads to great growth through the “Law of Pain.” It is the pain of our experiences that show us who we are and where we are. Being able to look beyond your successes into your failures and disappointments has come as a hard lesson for me. However, it’s a needed part of life if we are to experience the joys of success. Answer the questions below and stop making a mess out of your stress.

1. What are the sources of pain or stress in your life?

Define/Understand the problem. Be sure to capture in common themes.

2. What can you learn from the situation?

Identify the lesson.

3. Based on what you learned, what can you do differently?

Brainstorm/Implement a course of action.