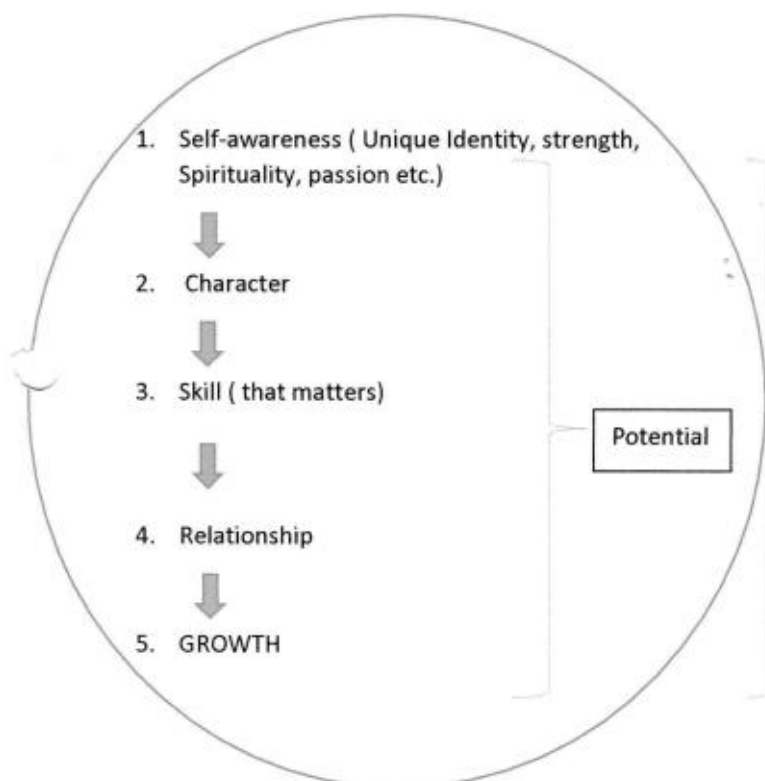


**WOMEN WHO LEAD DINNER – AFRICA REGIONAL CONFERENCE KENYA NAIROBI**

**HOST: "THE AMAZING" MGI ALEKIM**

**DATE: 10 NOVEMBER 2022**



**LAWS:**

1. Intentionality  
(Just Do IT Now)
2. Awareness  
(Know yourself to grow yourself)
3. Mirror  
(See value in yourself to add value to yourself)
4. Reflection  
(Learning to pause allows growth to catch up with you)
5. Consistency  
(Motivation gets you going – discipline keep you growing)
6. Environment  
(Growth thrives in conducive environment)
7. Design  
(To maximise growth, develop strategies)
8. Pain  
(Good management of bad experience leads to growth)
9. Ladder  
(Character growth determined the heights of your personal growth)
10. Rubber Band  
(Growth stops when you loose the tension between where you are and where you could be)
11. Trade-Offs  
(You have to give up to grow up)
12. Curiosity  
(Growth is stimulated by asking why?)
13. Modelling  
(It's hard to improve when you have no one but yourself to follow)
14. Expansion  
(Growth always increases your capacity)
15. Contribution  
(Growing yourself enables you to grow other)

**DIFFERENCE BETWEEN INTENTIONAL AND ACCIDENTAL GROWTH:**

ACCIDENTAL GROWTH	INTENTIONAL GROWTH
Plans to Start Tomorrow	Insists on Starting Today
Waits for Growth to Come	Takes Complete Responsibility to Grow
Learns Only from Mistakes	Often Learns Before Mistakes
Depends on Good Luck	Relies on Hard Work
Quits Early and Often	Perseveres Long and Hard
Falls into Bad Habits	Fights for Good Habits
Talks Big	Follows Through
Plays It Safe	Takes Risks
Thinks Like a Victim	Thinks Like a Learner
Relies on Talent	Relies on Character
Stops Learning after Graduation	Never Stops Growing

**Source: 15 Invaluable laws of growth by John C Maxwell**

<p><b>1:</b> <b>Intentionality (law 2)</b></p> <p><i>"A time comes when you need to stop waiting for the man you want to become and start being the man you want to be."</i> —Bruce Springsteen</p>	<p><b>1:</b> <b>Law of Awareness (law 2)</b></p> <p><i>"No one can produce great things who is not thoroughly sincere in dealing with himself."</i> —JAMES RUSSELL LOWELL</p> <p><b>Rubber band (Law 10)</b></p> <p><i>"God's gift to us: potential. Our gift to God: developing it."</i> —Author unknown</p>
<p><b>2:</b> <b>Mirror (law 3)</b></p> <p><i>"Personal development is the belief that you are worth the effort, time, and energy needed to develop yourself."</i> —DENIS WAITLEY</p> <p><b>Modelling ( law 13)</b></p> <p><i>"Most people who decide to grow personally find their first mentors in the pages of books."</i> — John C Maxwell</p>	<p><b>2:</b> <b>Reflection (law 4)</b></p> <p><i>"If someone is going down the wrong road, he doesn't need motivation to speed up. He needs to stop."</i> — John C Maxwell</p> <p><b>Curiosity (Law 12)</b></p> <p><i>"Anytime a person is answering more than asking, you can be sure they've slowed down in their growth and have lost the fire for personal growth."</i> — John C Maxwell</p>
<p><b>3:</b> <b>Consistency (law 5)</b></p> <p><i>"You've got to get up every morning with determination if you're going to go to bed with satisfaction."</i> —George Lorimer</p> <p><b>Expansion (law 14)</b></p> <p><i>"The potential that exists within us is limitless and largely untapped... when you think of limits, you create them."</i> —Robert J. Kriegel and Louis Patler</p>	<p><b>3:</b> <b>Environment (law 6)</b></p> <p><i>"We become the combined average of the five people we hang around the most."</i>— John C Maxwell</p> <p><b>Contribution (Law 15)</b></p> <p><i>"No individual has any right to come into the world and go out of it without leaving behind him distinct and legitimate reasons for having passed through it."</i> —George Washington Carver</p>
<p><b>4: Design (Law 7)</b></p> <p><i>"If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they may have planned for you? Not much."</i> —JIM ROHN</p> <p><b>Trade-off (Law 11):</b></p> <p><i>"People will cling to an unsatisfactory way of life rather than change in order to get something better for fear of getting something worse."</i> —ERIC HOFFER</p>	<p><b>4: Pain (Law 8)</b></p> <p><i>"Every problem introduces a person to himself."</i> —JOHN MCDONNELL</p> <p><b>Ladder (Law 9):</b></p> <p><i>"Achievement to most people is something you do... to the high achiever, it is something you are."</i> —DOUG FIREBAUGH</p>