



Book Review

TITLE: The 15 Invaluable Laws of Growth

AUTHOR: John Maxwell

DATE: March 2022

PRE-READING

Why are you reading it? Was it a recommendation? What do you know about the topic? Flip through the book - is there anything that catches your eye?

This book came up as a recommendation a few years ago, but I'm not totally sure where?? I think from when I was following Rachel Hollis. It's sat on my bookshelf for awhile, so I added it to my reading plan before I let myself order more books.

A-HA MOMENTS

What a-ha moments did you have when reading?

- James Thom: "I got to the top the hard way - fighting my own laziness and ignorance every step of the way." (p. 30) - I feel this quote a lot
- Neale Donald Walsh: "Life begins at the end of your comfort zone." (p. 130)

QUESTIONS

What questions do you have after reading that you want to investigate?

- Can I pre-empt myself when I go to say no, or that won't work, or that's impossible to myself and let myself sit in the realm of possibility more (p. 40)
- Can I quantify how many people I've trained

CONNECTIONS

Can you relate what you read to another book, talk, podcast, topic?

- Find your passion - Simon Sinek (Start with Why)
- Creating regularly scheduled time to reflect and journal is important - Clarity Breaks
- Consistency is key - James Clear
- When talking about motivation, he talks about 4 personality types which I can related to the 4 DISC styles (p. 70-71) - Phlegmatic sounds similar to S and their weakness is inertia, but they are the most tenacious and stubborn

ACTIONABLE IDEAS

What are 2-3 actionable items that you can implement?

- When I'm stuck with journaling, try asking myself questions (p. 58) as it's easier to start that way
- Read Beauty Beyond the Ashes by Cheryl McGuinness
- Incorporate Benjamin Franklin's questions: "What good shall I do today?" (morning) and "What good have I done today?" (evening)

POST-READ REFLECTIONS

Did you like this book? Are there other books by this author or on this topic that you might want to read? Would you recommend it to someone? Is there something from this book you want to learn more about?

I found the book somewhat dry and had a hard time motivating myself to read it. There was tons of great information, and he includes a tangible checklist at the end of each chapter (law) which was great. While I don't feel like I learned a ton of new information, it was a great review of other stuff I've read and know.