



GROWTH DESIGN

**IDENTIFY YOUR STAGE.
REMOVE THE CONSTRAINT.**

*Activate Your Next
Level of Growth.*



DISCOVER YOUR STAGE

Understand where you are now.



REMOVE THE CONSTRAINT

Identify what is limiting growth.



ACTIVATE GROWTH

Take the right action for your next level.



MULTIPLY IMPACT

Build capacity. Produce fruit.



DESIGNED
BY GOD.
EXPERIENCED
BY YOU.

ACTIVATION EXERCISE WORKSHEET



TIME TO COMPLETE:
25-30 MINUTES



FOCUS TODAY.
GROW TOMORROW.
MULTIPLY FOREVER.

GROWTH DESIGN – ACTIVATION EXERCISE

Identify Your Stage. Remove the Constraint. Activate Your Next Level of Growth.

Time to Complete: 25–30 Minutes

THE PURPOSE OF THIS ACTIVATION

Growth is not random.

A tree grows according to a design. It begins with potential, requires the right environment, develops beneath the surface, establishes roots, receives nourishment and light, encounters resistance, experiences pruning, develops in stages, increases its capacity, produces fruit, and eventually reproduces.

Your business and your life grow in much the same way.

This activation will help you answer one important question:

WHAT DOES MY NEXT STAGE OF GROWTH REQUIRE?

You do not need to fix everything. You need to identify **what is limiting growth now** and respond appropriately.

STEP 1 — LOCATE YOURSELF

Suggested time: 5 minutes

Growth occurs in stages. A seed should not be frustrated because it isn't yet a mature tree.

Likewise, don't compare your current stage with someone else's mature season.

Where are you right now?

Think about the business, ministry, career, project, or assignment you most want to grow.

What specifically am I trying to grow?

How would I describe its present stage?

What evidence tells me that this is my current stage?

Now complete this sentence:

At this stage, I believe my most important growth priority is:

STEP 2 — RUN THE GROWTH DIAGNOSTIC

Suggested time: 7 minutes

Healthy growth requires certain conditions.

Read through these quickly and identify the **ONE or TWO areas** most likely affecting your growth right now.

- **SEED / POTENTIAL** — Am I clear about what I am actually trying to grow?
- **ENVIRONMENT** — Am I planted among the right people, market, culture, and influences?
- **UNDERGROUND DEVELOPMENT** — Am I developing things privately that must exist before visible growth can occur?
- **ROOTS** — Are my foundations, values, relationships, systems, skills, finances, and understanding strong enough to support growth?
- **NOURISHMENT** — Am I continually receiving the information, wisdom, relationships, resources, and feedback necessary for growth?
- **LIGHT** — Do I have sufficient clarity and understanding about what to do next?

- **RESISTANCE** — Am I allowing difficulty to strengthen me, or am I retreating from it?
- **PRUNING** — What needs to be removed because it is consuming resources without producing appropriate fruit?
- **ORDER** — Is unnecessary complexity, confusion, or disorder restricting growth?
- **TIME** — Am I trying to force something that simply needs more time to develop?
- **SEASON** — Am I misinterpreting a temporary season of slower growth as failure?
- **CAPACITY** — Have I outgrown my current systems, skills, relationships, or resources?
- **RESPONSIBILITY** — Am I prepared to carry the responsibility that accompanies greater growth?
- **FRUIT** — Is my growth actually becoming useful to other people?
- **REPRODUCTION** — Can what I have built begin producing results beyond my personal effort?

CONSTRAINT THEORY...

My #1 growth constraint is:

My #2 growth constraint, if there is one, is:

STEP 3 — GO BELOW THE SURFACE

Suggested time: 5 minutes

Visible problems often have invisible causes.

Before changing what everyone can see, ask what may need to change **beneath the surface**.

The visible symptom I am experiencing is:

What might be happening beneath the surface that is producing it?

What root, system, skill, belief, relationship, discipline, or resource may need strengthening?

Now ask yourself: **Am I trying to produce fruit that my present root system cannot yet support?**

If yes, what needs to become stronger?

STEP 4 — IDENTIFY THE PRUNING

Suggested time: 4 minutes

Growth isn't only about adding more.

Sometimes growth requires **removing what is consuming resources without producing sufficient fruit**.

Consider your time, money, attention, products, services, activities, habits, commitments, systems, and relationships.

What am I currently feeding that may no longer deserve my resources?

What would become available if I reduced, eliminated, delegated, or simplified it?

One thing I need to prune, simplify, or stop is:

STEP 5 — DEFINE THE NEXT HEALTHY GROWTH

Suggested time: 4 minutes

Don't ask: “How do I make everything bigger?”

Ask: “What would healthy growth look like in my present stage?”

Remember: healthy growth eventually produces **greater capacity, greater responsibility, greater fruitfulness, and ultimately multiplication.**

During my next stage, I want to see growth in:

If that growth occurs, I will have greater capacity to:

Who will benefit from that increased capacity?

This matters because:

THE PURPOSE OF GROWTH IS NOT SELF-ENLARGEMENT.

IT IS INCREASED USEFULNESS.

STEP 6 — THE 72-HOUR GROWTH ACTIVATION

Suggested time: 3–5 minutes

You have identified your stage.

You have diagnosed a constraint.

You have looked beneath the surface.

You have identified something that may need pruning.

Now **do something**.

Within the next **72 hours**, take one concrete action that creates a healthier condition for growth.

My Growth Activation:

Within the next 72 hours, I will:

This addresses my need for:

I expect this action to make growth possible by:

I will know I completed the activation when:

FINAL REFLECTION

Complete this sentence:

“I may not be able to force growth, but I can create better conditions for growth by...”

Then ask God:

“Lord, what are You developing in me before You increase what You are doing through me?”

Write down what comes to mind:

- **DON'T FORCE THE FRUIT • CULTIVATE THE CONDITIONS • HONOR THE STAGE**
- **STRENGTHEN THE ROOTS • AND KEEP GROWING**