

HOW TO BUILD A TEAM FOR PERSONAL GROWTH

SEASON 2 | EPISODE 2

Each of us have growth goals... things we want to do and accomplish in different areas of our lives. These goals can be financial, physical, spiritual, emotional, leadership or family-focused. However, once we set these goals, we often don't put a plan in place to help us achieve them.

In this episode of the CMN Leadership Podcast, Chris Railey talks about developing a growth team to help us reach our goals and maintain health in every area of life.

BUILDING A GROWTH TEAM

Here's how it works, get out your journal or a sheet of paper and draw a circle in the middle of the page. Put your name and God in that circle. Your inner most circle contains God, nothing happens without intimacy with him. Next draw a line out from that circle and draw circles with different members of your growth team this should be: counselors, financial advisors, prayer support, primary care doctor, mentors, and coaches. These are people who will personally help you accomplish goals you set.



Team Discussion

Who do you need in your growth team? How can your growth team help you achieve your goals? Schedule time this week to check in with those members.

**AS A LEADER YOU
NEED A TEAM
DEDICATED TO
YOUR PERSONAL
HEALTH AND
GROWTH.**

Chris Railey

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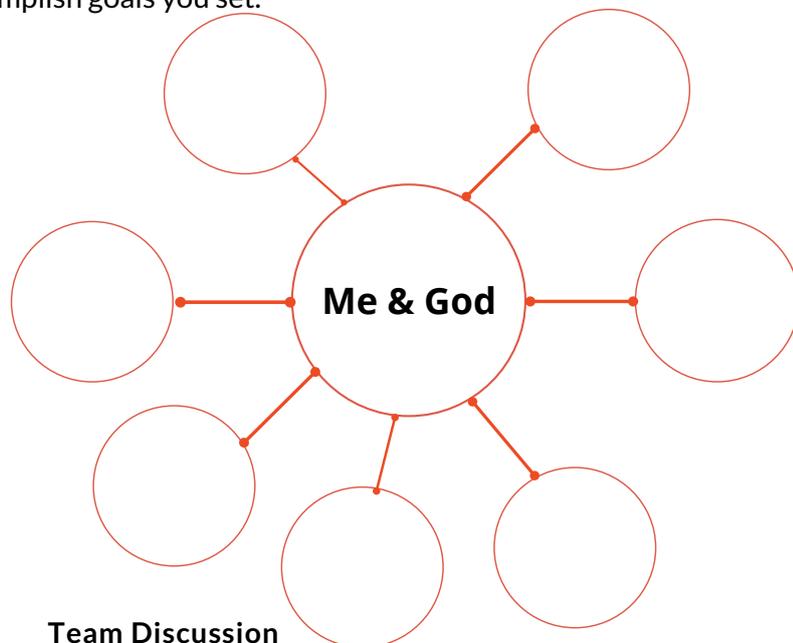
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