

The Process

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Hello,

Welcome to today's session entitled, Growth, "Gradual Reminder Obstacles Will Test Hope". During many stages of our lives, we have been asked two very important questions.

1. Why me?
2. Is this SITUATION (not problem) ever going to end?

Those along with many others, have come to our mind, and for some are still there! The fact is, we are stronger than each encounter we go through, and the lessons we learn help shape us into the person we are today! I often tell people, having experienced life's "Obstacles Will Test Hope," can give *ALL* the power to know our direction.

Over the next forty minutes, I challenge each of you to write down next to each letter on the next page, what your interpretation of "GROWTH" means within your own life. At the end of this session, take some time to reflect on how your hardships in your life, turned into Your TESTIMONY of GROWTH!

Thank you for participating in today's session and I look forward to engaging with each of you while together, we explore how to become a better version of "You".

Thank you,

Mark Smith

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GROWTH

G: _____

R: _____

O: _____

W: _____

T: _____

H: _____

I'm stronger today because the "Gradual Reminder Obstacles Will Test Hope" allowed me to:

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Mark Smith's most often used ACROYNMS

- **AIRR:** Accountability, Integrity, Responsibility, Respect
- **FEAR:** False, Evidence, Appearing, Real
- **PRIDE:** Please, Remember, Ignorance, Destroys, Everything
- **KNOW:** Knowledge, Necessary, to Obtain, Wisdom
- **PROCESS:** Progression, Reached, Overtime, that Creates, Everlasting, Silence and Serenity
- **TRUST:** Time, Reveals, Understanding, of Situational, Transformation
- **STORM:** Surviving, Trails, and Obstacles, to Remain, Motivated
- **LIVE:** Life's, Infections, Vulnerability, to Excuses
- **HABIT:** Honor, Adversity, Before, Ignoring, Tests
- *And many more.....*