

# Level Up

## GUIDE

THE  
GROWTH STAIRS  
W/JOHN BARRETT

LEVEL UP



## SESSION SUMMARY:

In the quest for growth and success, change is not just beneficial; it's imperative. The systems that have brought us to our current level of achievement are insufficient for future advancement. We must be willing to adapt and evolve, breaking free from the cycle of repetition that Albert Einstein deemed insanity. Success is a continuous journey, requiring us to climb the 'growth stairs' by constantly reinventing ourselves and our methods. For organizations, growth demands change at every level, necessitating open conversations and redesigned systems to support new ambitions. On a personal level, we must introspect and identify areas of stagnation, committing to specific changes that will lead us to our next level of success. By embracing change and taking practical steps towards it, we can inspire others and lead by example in the continuous pursuit of improvement.

## GROUP QUESTIONS:

1. What stood out to you the most from the video?
2. Why do you think change is often difficult for people to embrace?
3. Can you share a time when a change you made led to significant growth or success?
4. What are some areas in your life or work where you feel change is necessary?
5. How can we discern which changes are necessary and which are not?
6. What role does mindset play in helping us navigate through changes?
7. How can we support each other in making and sustaining positive changes?
8. What practical steps can you take this week to start implementing a needed change?

## APPLICATION:

This week, identify one area in your life or work where change is needed. Create a plan to implement this change and take the first step towards it. Share your progress with a trusted friend or group member for accountability.