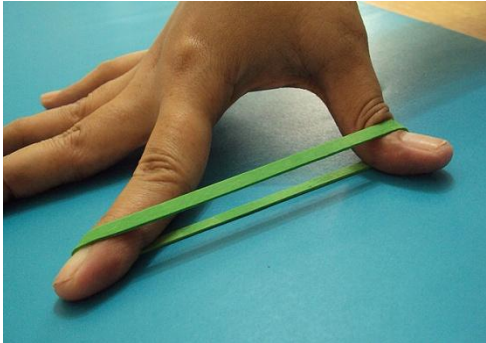


The Rubber Band Factor



“Growth Stops When You Lose The Tension Between Where You Are And Where You Could Be”
John C Maxwell

I. Introduction

Rubber band – Focus on the tension in the rubber band; it’s what makes the rubber band useful.

II. The Benefits of Tension/Stretching

1) Few people want to stretch

Most people use only a small fraction of their ability and rarely strive to reach their full potential. There is no tension to grow in their lives, little desire to stretch.

Sadly, a third of high school graduates never read another book for the rest of their lives; and 42% of college graduates never read a book after college.

Quoted in Craig Ruff, “Help, Please,” *Dome Magazine*, July 16, 2010,
<http://domemagazine.com/craigsgrist/cr0710>

2) Settling for the status quo ultimately leads to dissatisfaction

Most people naturally settle into a comfort zone where they fall into familiar patterns and habits, doing the same things in the same ways with the same people at the same time and getting the same results; then asking the same question – Why?

3) Stretching always starts from the inside out

Reaching your potential starts on the inside.

When stretching starts from the inside out, even when others try to discourage you and tell you that it can’t be done, you keep going – vying for a political seat, applying for a senior position in your company, quitting your job to go into business.....
(fill in the blank for yourself)

4) Stretching always requires change

I want you to imagine what it must have been like for Mr. Maruge, when he decided to go to school in his old age. *What changes do you suppose he made as he stretched himself?*

“Monotony is the awful reward of the careful.” – A.G. Buckham

5) Stretching sets you apart from others

Napoleon Hill, who spent more than 20 years studying the most successful Americans of his time wrote in his book titled ‘The Laws of Success’, a whole chapter on the ‘Habit of Doing More Than Paid For’.

Excellence has the potential to spread in the same way that mediocrity does. – John Maxwell

6) Stretching can become a lifestyle

John Maxwell, from whose material this lesson comes, is about 70 years old. He has been voted #1 leadership guru in the world several times, and yet he still reads voraciously, asks a lot of questions, regularly meets other leaders so as to learn from them, and keeps growing himself. In fact, he keeps saying that the day he stops growing is the day he’ll die. *He has made stretching a lifestyle.*

So should you and I. Draw inspiration from these words:

I’m not where I’m supposed to be,
I’m not what I want to be,
But I’m not what I used to be.
I haven’t learned how to arrive;
I’ve just learned how to keep going.

7) Stretching gives you a shot at significance

Mahatma Gandhi said, “The difference between what we do and what we are capable of doing would suffice to solve most of the world’s problems.”

That difference is the gap between good and great. And what closes the gap is our willingness to stretch.

Significance is birthed within each of us. If we are willing to stretch, that seed can grow until it begins to bear fruit in our lives.

III. Challenge/Take Away

- Identify areas in your life where you are no longer stretching/growing.
- What will you do **today** to get out of your comfort zone?