



Moving People Forward

Part 2 - My forward movement moves others forward.

Episode 40

[Pete Scazzero](#) says, “You can’t give what you don’t have; you can’t take people where you haven’t been.”

Our influence needs to be rooted in credibility, humility and teachability.

I am able to help others move forward more effectively and more efficiently as I learn how to move forward myself. **My forward movement moves others forward.**

“You never see anybody who lives for themselves that ever really becomes significant with other people.” - John Maxwell

Moving people forward requires healthy motives, growing maturity and empowering mindsets.

A Need for Self Awareness

“There are three things extremely hard: steel, a diamond, and to know one’s self.” - Ben Franklin

6 tips for growing in Self-Awareness:

1. Cultivate a relationship with Holy Spirit. John 14:26-27, “But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. 27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”
2. **Slow down.**
3. **Develop an emotional vocabulary.**
4. **Ask questions about myself.**
 - i. Knowledge = facts
 - ii. Understanding = meaning & interpretation found within the facts
 - iii. Wisdom = applying the meaning, interpretation and facts for growth & change
5. **Document what I learn.**
6. **Share with others.**

6 questions I can ask others to help them move forward

1. Describe your dream relationship with God? How does your current relationship compare with your dream relationship? What needs to happen to grow into your dream relationship with God?
2. How are you slowing down for healthy reflection, celebration and awareness during your week?
3. What were your top 3 emotions this week and what contributed to them?
4. What did you learn this week about yourself and about what Christ is doing in you?
5. How did you document what you learned so you can easily access it and learn from it?
6. With whom are you going to share what you are learning so you can get support when growing?

3 questions to consider when applying this lesson to my growth

1. Of these six tips towards greater self-awareness, which one will I implement this week?
2. Who will I invite to pray for me, encourage me and ask me how I am doing?
3. What resources do I need to effectively develop a system to help myself grow and help others grow? (i.e. emotional vocabulary, a list of good questions, a journal, learn how to journal effectively, a friends cell number so I can call for support, etc.)