



Mastering the Game of Growth™ with SGT Ken®

Overview

Mastering the Game of Growth™ is an incredibly inspirational and informative workshop that demonstrates the undeniable difference between doing a lot, instead of getting a lot done. Developed by University of Pennsylvania Master Resilience Trainer and decorated combat veteran Ken Weichert (aka SGT Ken®), this program will provide you several successful strategies to define and refine your vision, create constant clarity, master the morning, face your fears, push for purpose, enjoy the journey, and to turn frustration into fascination to form a fruitful and flourishing life.





Mastering the Game of Growth™ in Three Chapters:

1. **Win with WHY:** Define your vision in a mission statement, so it may serve as your life compass.
2. **Master the Morning:** A growth-focused mindset is not what we get from it, but what we become by it.
3. **Flourish through Faith:** To have faith is to believe in not what you are to become, it is to believe in what you are already.

Introduction

Story Time:

From football hero to flat-out zero,
from athlete to actor,
from college to combat,
from stress to strength through
faith, family, friends and fitness.

Chapter One: Win with WHY!

Chapter One: Win with WHY includes four sections: Reflection, Redirection, Response and Resolve.

You are going to have to clearly identify what you want to be! In order to do that, you need to know what you are working for, you WHY.

Your WHY is your Vision! When your vision aligns with your daily efforts, all of your dreams begin to bear fruit! Define your vision in a mission statement, so that it will serve as your life compass.

*“Your WHY will
reveal your way!”*



Section One: Reflection - What is Your WHY?

Use the following seven-step reflection routine to grow with grit and grace:

1. Who do you want to become as a person?
2. What is your mission?
3. What is your purpose in life?
4. What do you want to be known for?
5. What are the qualities and values that you want your life to stand for?
6. What are the goals that you are intending to accomplish?
7. Are your goals in line with who you want to become?

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Section Two: Redirection - Where Your WHY will Lead You.

Use the following three-step redirection routine to produce a practical growth-focused path over a pointless goal-setting problem:

1. Will this goal cause me to become the right person?
2. What is going to be the result of me pursuing this goal over the next three or five years?
3. Who am I going to become as a result of that goal?

If your answers are something you like, that is great! If not, make some adjustments and redirect yourself as needed.

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Section Three: Response - How to Work with Your WHY.

After completing the sections on reflection and redirection, it is time to focus on a response! The task is to write down 150 growth-focused goals.

That is really not that many. If you want to live at least another 30 years of productive life, than that is 5 goals a year. Five goals a year multiplied by 30 years equals 150 total goals. All of us can handle 5 growth-focused goals a year!

Use the following ten questions to get your started on a great growth plan:

1. What are the things that you want to achieve?
2. Who are the people that you want to meet and have a conversation with?
3. Where are the places that you want to travel to for vacation?
4. What races or adventures that you want to do?
5. What are your giving and contribution goals?
6. What do you want to learn?
7. What are 20 books that you want to read?
8. What experiences do you want to have with your spouse or significant other?
9. What experiences do you want to have with your children, Nieces or Nephews?
10. Do you want to write a book or make a movie? How will you leave a legacy?

*“A legacy is not what you leave for someone,
it is what you leave in someone.”*



Can you create at least 10 growth-focused goals for each of the questions above? That is 100! You are more than halfway there!

*“A dream that is written down is a goal.
A dream that is not written down is a wish.”*

Next, place your goals in a master 30-year calendar. Use backwards planning in order to make the goals come to life.

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Section Four: Resolve - How to Win with Your WHY!

Use your reflection, redirection and response to create resolve. Make your Mission Statement! A Mission Statement is a representation of your Vision. “A mission statement is a written articulation of how you see yourself in the best given potential, written in the present tense.” – *Success is not an Accident*, Tommy Newberry

Use the following seven questions to produce peak performance:

1. If you had your ideal lifestyle, how much money would you have? What would be your net worth? What would be your income?
2. What sort of home would you be living in?
3. How much rejuvenation time would you have each year?
4. How much time would you have with your kids each week?
5. What sort of experiences would you engage in with your children, with your spouse?
6. What are all of the key components of an ideal lifestyle?
7. Where am I now?

If you simply go for goals that do not line up with who you want to become, you will become something that is different from who you are meant to be.

“The level of impact that you have on others is in direct proportion to the fundamental understanding of who you are”.

Highly effective goals are:

1. Written in the present tense.
2. Stated positively.



3. Time bound.
4. Challenging and reasonable.
5. Specific and measurable.
6. Consistent with your Mission Statement.
7. Thoroughly planned.

Listen to your heart! Your heart voice is a vessel for your Vision!

A Mission Statement is a constitution that expresses the best version of you and shows you HOW you live your life. Your Vision is how you see yourself and your purpose in life, or your WHY. It is intended to serve as a clear guide for choosing current and future courses of action. Once you understand your Vision, you draft a Mission Statement so that you will be able to stay on course.

*“Your heart may not always know the way,
but it will always be the way!”*

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Chapter Two: Master the Morning!

Chapter Two: Master the Morning includes two sections: Reflection and Resolve.

*“Sometimes we get lost in information
instead of imagination.”*

Story Time: The Power of the Pause™

Section One: Reflection - Pause and Ponder.

We do our best learning during the blank spots of life. Dr Martin Seligman calls it "cultivating slowness." Whatever you call it, it's necessary pause and ponder, wonder and reflect. This time helps to abolish anxiety and reset for growth-minded goals.

*“We don't need to live the way the world is now.
We need to live the way we want the world to be.”*

What is your internal dialogue telling you today? Are you held up in the 'what if' trap? Are you stuck and stagnate in a fixed mindset malicious message that focuses on failure instead of faith?

“What if I fail?” you ask.

What if you flourish?

You need to realize that 'what if' works both ways. In other words, what if there is something special on the other side of the storm that is worth weathering through?

Commitment is the key to cut through the chaos and calamity around you and move into a growth mindset!

Start each day by doing the following three things:

1. Dream dynamically!
2. Start simple!
3. Move now!



Visualize the victory before you have achieved it. When you visualize the outcome of a goal, you believe that the goal is achievable. When you visualize the process that it will take to reach a goal, you are able to see the steps necessary for success.

Form good habits:

1. Exercise effectively.
2. Eat for energy.
3. Sleep for sustainment.

Start where you are. Use what you have. Do everything that you can.

How will you work with what you have to become what is in your heart?

What are you doing to get a daily dose of positive mental nutrition?

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Section Two: Resolve - Be the Champion of Change!

*“Change comes from inspiration
or desperation.”*

Have you ever been really hungry before? How badly did you want to eat?
How hard were you willing to work to put a halt to your hunger?

Hungry people are willing to do what others will not to get what they want!

How hard are you willing to work toward your vision, your WHY?

You don't get in life what you want. You get in life what you deserve, and
what you deserve is what you work for and earn.

Perseverance is the process that puts you on path toward the prize.

Champions love the process as much as the prize!

The Top Two Tips to Master the Morning and Dominate Your Day:

1. Keep a regular schedule, whether working at home or elsewhere. Go to bed each night, reminding yourself of what you are grateful for.
2. Wake up at the same time each day, preferably early. Perform at least one hour of personal and professional development!

Example Timetable:

5:00-5:30am – Exercise vigorously!

5:30-6:00am – Eat properly!

6:00-6:30am – Read educational and motivational materials!

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Chapter Three: Flourish through Faith!

Chapter Three: Flourish through Faith includes three sections: Reflection, Response and Resolve.

“To have faith is to believe in not what you are to become, it is to believe in what you are already.”

Story Time: How to use Grit and Grace to get rid of a Grenade™

Section One: Reflection - You are worthy!

Could it be that some of the things that you are going through right now may be taking you to the places you’ve been trying to get to, but you don’t like the way that you’re getting there and are losing faith along the way?

Faith will provide you the power of persistence, strength to stay steadfast in the storm. Faith is to believe in the outcome, even if you do not know how you will get there.

Could it also be that some of you are building bigger problems by losing faith and feeding fear?

You can’t control external storms. Things that are beyond our control will overwhelm us all of the time. There is no reason to create a second storm of in your head that is worse than the first.

*“Storms are inevitable.
Suffering is optional.”*

We’re all trying to listen to two voices in this stormy season. One is wisdom, and one is worry. One is gratitude, and one is grumbling. One is faith, and one is blame.

I know that the opposite of faith is doubt, however doubt and blame are not the same. Doubt gives you a reason to have faith. Blame, however, will block faith.



Faith gives us the assurance in what we hope for will happen, even if we can't see it.

“Obstacles become opportunities when your faith is bigger than your fear.”

You had to face fear during the virus crisis and may have lost faith along the way. When you get blown off course of life, you need to get out of your head and into your heart with a full measure of hope.

Grit gets you through the grind. Grace gives you peace while growing. Unflinching faith provides you a beautiful blend of both.

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Section Two: Response - How to Grow with Grit and Grace

1. **Have Humility.** Humility means to show the real you, not just the role that you play.

“You can only create an atmosphere around you from what comes from inside of you.”

2. **Find Forgiveness.** Forgiveness does not change the past. Forgiveness changes the future. Forgiveness doesn't mean that you agree with what happened to you. Forgiveness allows your heart to focus on hope instead of hate.

“You cannot move forward, if you are holding onto the past.”

3. **Get Grateful.** Having an attitude of gratitude greatly amplifies your happiness and health.

“Focus on the fruit, not on the frustration.”

4. **Flourish through Faith.** What if the stressful season that we are all experiencing is pushing us into a new perspective to live life through the right priorities?

The problem is that everyone wants to be a warrior until it's time to be one. Everyone wants to have their own testimony to tell, but are not willing to go through the trials in life to have one.

“A faith that has not been tested, cannot truly be trusted.”

You may get tired from time to time. Faith does not prevent fatigue, however it fuels your fire to focus on fascination over frustration for your journey.

It doesn't mean that you have the best answer all of the time. It means that, when challenged, you do what is necessary to take the next best step forward with grit and grace!



Section Three: Resolve - Be a Soul Doctor!

The virus crisis did not make me, it revealed where I am and where I need to go. I must admit that it has been an incredible challenge to sit on struggle street and to feel worthy of sharing my story and strategies with you all. I have felt broken several times during the pandemic problem.

I realized that it was during my lowest points in my life, that I discovered the grit necessary to get through the grind. The level of grit that I had during difficult days determined how effectively I reached my goals with grace. Let me say this another way - It's times when I felt broken, that I received the blessing of being better as a human and bounced back better than before.

*"In our brokenness,
we find our brilliance."*

I leave you with one call-to-action statement: **Be a Soul Doctor!** Help others grow with grit by feeding them love and grace!

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Conclusion

Born in 1768 in present-day Ohio, Native American Indian Chief Tecumseh lived during an era of near-constant conflict between his Shawnee tribe and white frontiersman. At the end of a battle and on his deathbed, he allegedly told his son the following:

So live your life that the fear of death can never enter your heart. Trouble no one about their religion; respect others in their view, and demand that they respect yours. Love your life, perfect your life, beautify all things in your life. Seek to make your life long and its purpose in the service of your people. Prepare a noble death song for the day when you go over the great divide.

Always give a word or a sign of salute when meeting or passing a friend, even a stranger, when in a lonely place. Show respect to all people and grovel to none.

When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself. Abuse no one and no thing, for abuse turns the wise ones to fools and robs the spirit of its vision.

When it comes your time to die, be not like those whose hearts are filled with the fear of death, so that when their time comes they weep and pray for a little more time to live their lives over again in a different way.

Sing your death song and die like a hero going home.

- Chief Tecumseh

Let this message marinate in your head and move your heart! Don't just be reformed, be transformed into something new! Live each day as a Life Warrior, challenging your limits instead of limiting your challenges!

*"These are not time to bring back what we had,
but to become something better!"*



About the authors

Stephanie Weichert is an Associate Certified Coach (ACC) and Business Strategist. She has performed life-coaching workshops for multiple military groups, youth organizations, as well as at canfitpro and Empower Fitness Conferences. Stephanie has a B.A. from San Francisco State University, and an MBA from King University. She has written for Military1.com, Military.com, Foundations, HOOAH, Military Spouse and GX®: The National Guard Experience. Her book, *Everything I Would Have Said: Survival Strategies for Getting Through Tough Times*, is now available on Amazon. For more information, go to www.stephanieweichert.com.

Ken Weichert (aka SGT Ken®) is an award-winning international speaker, six-time US Army Soldier of the Year, Master Fitness Trainer, Master Resilience Trainer, Counterintelligence Agent, decorated combat veteran, canfitpro *Best New Presenter of the Year* (2011) and *International Presenter of the Year* (2017, 2019), and co-founder of Project HOPE: Help Other People Endure. Ken has impacted and empowered over one million military and their families through Operations Family Fit, Fit to Fight, and Warrior Fit Camp, while supporting the Suicide Prevention Task Force. Ken's personal mission is to help people turn stress into strength and obstacles into opportunities through physical and emotional resilience coaching and leadership training. For more information, go to www.sgtken.com.