

# Build Your Capacity

**Spiritual Capacity** - Clarify what matters most

**Intellectual Capacity** - Lead by learning

**Physical Capacity** - Withstand the grind

**Emotional Capacity** - Manage you emotions

# G.R.O.W.T.H. Model Think Sheet

**G**  
Growth

What do you need to achieve?

**R**  
Reality

What is happening now?

**O**  
Options

What could you do?

**W**  
Will

What will you do?

**T**  
Tactics

How and when will you do it?

**H**  
Habits

How will you sustain your success?

# Rose, Bud, Thorn: Think Back/Reflection

**Rose:** A highlight, a success, or something positive that happened

**Bud:** New ideas or something you're looking forward to knowing or understanding more

**Thorn:** A challenge you experienced, or something you could use more support with

