

Love ↔ Links Growth-Skill Formulas

Love-Links has three dynamic **Growth-Skill Formulas**: These are advanced formulas, and build upon the *Life-Skill* formulas. They can help us find completeness, congruence, and wisdom in our choices. All three are important to successfully managing your life. These summaries can help us make the “tougher choices” in life with more confidence and wisdom. Nothing is too hard if you keep at it!

GS Formula One: **Discovering How to Be Complete**

Are you wanting to find all the pieces of your life so you can manage them? You can use this formula to help you find that sense of completeness. Your Design (D), Belonging (B), and Vocation (V) work together as a formula to help you discover all the parts of your life so you can begin planning for your future with a sense of confidence:

$$\text{Design (D)} + \text{Belonging (B)} + \text{Vocation (V)} = \text{Completeness}$$

It works like this: If I know about how I am designed, how I am belong (connected and protected) to others, and what my calling/vocation is, I can deal completely with the key elements of my life. Like putting a puzzle together, you first need to find all the pieces. As you mature, the picture gets clearer, but you can start your discovery anytime, like now!

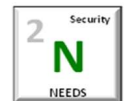


GS Formula Two: **Discovering Congruence in Your Life**

Are you wanting to put all the pieces of your life together? You can use this formula to help you find, manage, and make sense of the complexities of life. Your Needs (N), Worth (W), and Competence (C) work together as a formula to help you put the parts of your life together in a meaningful and congruent way to reach your goals:

$$\text{Needs (N)} + \text{Worth (W)} + \text{Motivation (M)} = \text{Congruence}$$

It works like this: If I know my needs, have a healthy self-worth (understand unconditional love), and am motivated, I can continually put the pieces of my life together (i.e., find congruence). Understanding how to be congruent (getting your act together) is a continuous task, as situations change, and you frequently learn more about yourself. This formula helps you know how to put the pieces of your life together.



GS Formula Three: **Discovering How to Make Wise Choices**

Are you wanting to make better (wiser) decisions for your life? You can use this formula to help you find wisdom for your choices. Your Relationships (R), Competence (C), and Fit (F) work together as a formula to help you improve the quality of choices you make:

$$\text{Relationships (R)} + \text{Competence (C)} + \text{Fit (F)} = \text{Choices}$$

It works like this: If you develop your three *Life-Skills* of building healthy relationships, developing competence, and finding purpose wherever you fit, you can make better choices. If you have discovered the growth skills of completeness and congruence, you will also make the wisest choices. Why? It is because you know more of the pieces of your life and how to better put them together.



How and Why Do These Formulas Work? These skill-formulas are centered in each of the three persons of our Creator, and can bring wholeness and direction to each area of our lives. Since we are made in God’s image ^{Q/A 7-A}, the more we learn about him, the more we can understand ourselves. They reflect the images of God the Father (our Creator and Author of our Completeness), God the Son (Jesus, our spiritual life Re-Creator and Master of our Congruence), and God the Holy Spirit (our Source of Creativeness and Guide to wisdom in our Choices). In non-technical terms, they help us 1) identify, or find all the pieces of our lives, 2) skillfully put them together, and 3) skillfully and successfully use them to glorify the Father. Thus, we can find completeness, congruence, and Godly choices for daily living.

