

LifeFOCUS

Discover the Power of Perspective

By Dr. David H. McKinley

JUGGLING YOUR SCHEDULE

Learn some lessons for when bad days happen:

"The best laid plans o' mice and men often go astray." —Robert Burns

"A man is not defeated by his opponents, but by himself." —Jan Christiaan Smuts

"The things which hurt, instruct."
—Benjamin Franklin

"Two people can accomplish more than twice as much as one; they get a better return for their labor. If one person falls, the other can reach out and help. But people who are alone when they fall are in real trouble." Ecclesiastes 4:9-10

It is easy for life to get out of sync. Where does your time go? U.S. News and World Report found the following:

People spend . . .

6 years eating
5 years waiting in line
4 years doing housework
2 years unsuccessfully returning phone calls
1 year looking for misplaced objects
8 months opening junk mail
6 months sitting at stop lights

How can we balance life's demands?

Define It!

"Balance is the ability to continually recognize and juggle a variety of assignments and opportunities in your daily life." Addington & Graves, *Life@Work*

Life is a juggling act: job, family, community, church, self. All are equal in demand, but not importance.

Develop It!

How do you develop life balance?

► Recognize your capacity is limited.

"An intelligent person aims at wise actions, but a fool starts off in many directions."
Proverbs 17:24 (GNT)

"It is stupid to waste time on useless projects."
Proverbs 12:11 (GNT)

"Teach us to number our days and recognize how few they are; help us to spend them as we should." Psalm 90:12 (TBL)

► Reconcile your opportunities with your assignments.

"I have come to realize that the urgent things in life are seldom important and the important things are seldom urgent."
—Dwight Eisenhower

► Relax your grip.

"Anxiety in a man's heart weighs it down."
Proverbs 12:25

"A merry heart does good like a medicine."
Proverbs 17:22

"A relaxed attitude lengthens life."
Proverbs 14:30

► Resolve to live without regrets.

"Do you love life? Then do not squander time, for it is the stuff life is made of."
—Benjamin Franklin

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REMAINING TRUE WHEN TRIED

"No man can for any considerable time wear one face to himself and another to the multitude without finally getting bewildered as to which is the true one." —Nathaniel Hawthorne

What Does Integrity Mean?

"1 : an unimpaired condition: SOUNDNESS 2 : firm adherence to a code of esp. moral or artistic values : INCORRUPTIBILITY 3 : the quality or state of being complete or undivided : COMPLETENESS, WHOLENESS."

—Webster's New Collegiate Dictionary

"People with integrity have firm footing, but those who follow crooked paths will slip and fall."
Proverbs 20:3 (NLT)

So many failures in life are not the external collapses, but internal collapses with external consequences.

Why Does Integrity Matter?

► Integrity brings continuity in your life.

"The integrity of the honest keeps them on track; the deviousness of crooks brings them to ruin."
Proverbs 11:3

"Integrity is the glue that holds our way of life together. We must constantly strive to keep our integrity intact." —Billy Graham

► Integrity builds trust in your relationships.

Truth and trust are vital in all human relationships. Truth and trust are like the pedals on a bike. They are both needed for relationships to run smoothly.

► Integrity increases your influence.

"If everything rises and falls on leadership, the secret to rising and not falling is integrity."
—John Maxwell

"The righteous man walks in integrity; his children are blessed after him." Proverbs 20:7

► Integrity reduces the stress in your life.

Image is what people think you are. Integrity is what you really are.

How is Integrity Measured?

► **Consistency.** Are you the same person no matter who you are with?

► **Choices.** Do you make decisions best for others when another choice would benefit you?

► **Credit.** Are you quick to recognize others and to recognize those whose efforts contribute to your success?

"He who walks with integrity walks securely..."
Proverbs 20:3 (NJKV)

"When I lay down the reins of this administration, I want to have one friend left. And that friend is inside myself." —Abraham Lincoln

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MAXIMIZING YOUR R.O.I.

What is your return on investment?

"The only thing worse than training employees and losing them is not training them and keeping them."

—Zig Ziglar

Maximizing Your R.O.I. (P-R-O-D-U-C-E)

► Pray, Plan and Prepare

"Commit your work to the Lord, and then your plans will succeed." Proverbs 16:3

What do the following people have in common?

William Colgate (Colgate/Palmolive)

Henry Kroll (Quaker Oats)

William Proctor (Proctor & Gamble)

Wallace Johnson (Holiday Inn)

Robert Welch (Welch's Grape Juice)

John D. Rockefeller, Sr. (Standard Oil)

J.C. Penney (J.C. Penney Retailers)

Dave Thomas (Wendy's)

Truett Cathy (Chick-fil-A)

J.L. Kraft (Kraft Cheese)

All have published testimonies of committing their companies to the Lord and profit-sharing with God.

► Risk Action

"When you do nothing, nothing happens."

"Dreaming all the time instead of working is foolishness." Ecclesiastes 5:7

"Work brings profit, but mere talk leads to poverty." Proverbs 14:23

Two things that often keep us from risking action: procrastination, perfection.

"Procrastination is my greatest sin, it brings me great sorrow. I'm going to stop doing it, perhaps I'll start tomorrow."

"Anything worth doing is worth doing poorly."
—Tom Peters

► Organize Your Efforts

"Wise people think before they act; fools don't and brag about it." Proverbs 13:16

Proverbs 6:6-8 (Enroll in the "Ant Academy")

"Nothing is particularly hard if you divide it into small jobs." —Ray Kroc

► Develop Your Skills

"Since a dull axe requires strength, sharpen the blade. That's the value of wisdom, it helps you succeed." Ecclesiastes 10:10

Broaden Education. Work smarter, not harder.

Expand Efforts. "People and rubber bands have one thing in common: they must be stretched to be effective." —John Maxwell

Increase Experience—personal experience and people's experience.

"Plans go wrong for lack of advice; many counselors bring success." Proverbs 15:22

► Understand Margins

"Do not wear yourself out to get rich; have the wisdom to show restraint." Proverbs 23:4

► Cooperate With Others

Conflict is one of the primary productivity drains in the marketplace. Do you have a cooperative spirit or a competitive spirit?

► Endure

"Diligent hands will rule, but laziness ends in slave labor." Proverbs 12:24

"The average person goes to his grave with his music still in him." —Oliver Wendell Holmes

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ENERGIZING YOUR RELATIONSHIPS

Walt Disney said there are three kinds of people in the world:

- 1) **Well Poisoners**—those who discourage; pollute; *you can't* mentality.
- 2) **Lawn Mowers**—good intentions; self absorbed; mow own lawns, but never help others.
- 3) **Life Enhancers**—people who enrich the lives of others.

Is this true of you? "To dwell up above with those that we love, O that will be glory. But to live here below with those that we know, that's a different story."

"Whether it is a matter of closing a deal or asking for a raise, or motivating a sales force of 5,000 or negotiating one to one, or buying a new company or turning around an old one, business situations almost always come down to people situations."
—What They Don't Teach You in Harvard Business School, Mark McCormack

"The kiss of death on anyone's personnel file is they don't know how to get along with people."
—Lee Iacocca

How Can You Energize Rather Than Deplete the Relationships of Life?

► **Develop an understanding of the needs of those around you.**

"A man's wisdom gives him patience." Prov. 19:11

We all need four things:

- 1) Recognition
- 2) Encouragement
- 3) Security
"You cannot antagonize and influence at the same time." —John Knox
- 4) Hope

Golden Rule: "Do for others what you would like for them to do for you. This is a summary of all that is taught in the law and the prophets." Matthew 7:12 (NLT)

► **Diffuse the hostilities that rise within you.**

"As the beating of cream yields butter, and a blow to the nose causes bleeding, anger causes quarrels." Proverbs 30:33 (NLT)

"Those who are short tempered do foolish things."
Proverbs 14:17 (NLT)

Damage Control

Be aggressive with your attitude

Be constructive with your words

"There is one who speaks like the piercings of a sword, but the tongue of the wise promotes health." Proverbs 12:18 (NKJV)

"A gentle answer turns away wrath, but harsh words stir up anger." Proverbs 15:2 (NLT)

Be protective of your friends

"Overlook an offense and bond a friendship; fasten on to a slight and—good-bye friend!"
Proverbs 17:9 (The Message)

► **Depend on the God who is above you.**

"If you're going to play together as a team, you've got to care for one another. You've got to love each other. Each player has to be thinking about the next guy." —Vince Lombardi

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DEALING WITH LIFE'S DOWNTURNS

"Many people are training for success when they should be training for failure. Failure is far more common than success; poverty is more prevalent than wealth; and disappointment more normal than arrival." —J. Wallace Hamilton

"Enjoy prosperity while you can. But when hard times strike, realize that both come from God. That way you will realize that nothing is certain in this life." Ecclesiastes 7:14

"In the game of life, it's a good idea to have a few early losses, which relieves you of the pressure of trying to maintain an undefeated season."
—Bill Vaughan

"If you faint in the day of adversity, your strength is small." Proverbs 24:10

How can we prepare and what can we do to deal with volatility and the downturns of life?

► REGROUP

People think failure (a downturn) is . . .

- 1) Avoidable. It's not!
- 2) An Event. It's not!
- 3) Objective. It's not!
- 4) The Enemy. It's not!
- 5) Irreversible. It's not!
- 6) A Stigma. It's not!
- 7) Final. It's not!

Failing Forward, John Maxwell

► RENEW

"There is no doubt in my mind that there are many ways to be a winner, but there is really only one way to be a loser, and that is to fail and not look beyond the failure." —Kyle Rote, Jr.

You have to get a fresh vision.

"Where there is no vision, the people perish..."
Proverbs 29:18

You have to make adjustments.

3 Times in Life When People Change:

- 1) Hurt enough they have to
"There is a certain relief in change, even though it may be from bad to worse; as I have found in traveling in a stagecoach, that it is often a comfort to shift one's position and be bruised in a new place."
—Washington Irving
- 2) Know enough they want to
- 3) Receive enough they are able to
"Give instruction to a wise man, and he will be wiser; teach a just man, and he will increase learning." Proverbs 9:9

You have to get back into action.

► RELOAD

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed." —Booker T. Washington

"Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths."
Proverbs 3:5-6

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GROWING THROUGH CHANGE

"The only person who likes change is a wet baby."
—Mark Twain

"There is nothing permanent except change."
—Heraclitus

"The world changes so fast that you couldn't stay wrong all the time if you tried."

The question is not will we *go* through change, but will be *grow* through change.

"Successful people are changing people. They do what others are afraid of doing."
—The 24 Hour Turn Around, Hartness and Eskeline

HOW CAN YOU T-H-R-I-V-E, NOT JUST SURVIVE CHANGE?

► Take Charge of It

You can be a victim or a victor. You can resist or you can ride!

Five Kinds of Attitude About Change:

- 1) **Early innovators** (2.6%). *Run with new ideas*
- 2) **Early adaptors** (13.4%). *Influenced by (1), but not initiators*
- 3) **Slow majority** (34%). *The herd followers*
- 4) **Reluctant majority** (34%).
- 5) **Antagonistic** (16%). *They will never change*

► Humble Yourself in It

Matthew 9:17

Do you see a man who is wise in his own eyes?
There is more hope for a fool than for him.
Proverbs 26:12

"It's too late to agree with me, I have already changed my mind." —Pastor's Desk

"The bamboo that bends is stronger than the oak that resists." —Japanese Saying

► Remember What Matters Through It

Do you know what your values are? Do you know what is important in life? Success at the expense of faith and family is really a failure.

► Inoculate Your Fears With It

"It is with our passions (emotions) as it is with fire and water—they are good servants, but bad masters." —Roger L'Estrange

Therefore do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble. Matthew 6:31-34

► View It From the Inside Out

"It's not what happens to you, but what happens in you in life that counts." —John Maxwell

Philippians 4:10-14

"All things come to him who hustles while he waits." —Thomas Edison

► Entrust Your Future to God In Spite of It

I can do all things through Christ who strengthens me. Philippians 4:13

"People change, fashions change, and conditions change, but God never changes."
—Billy Graham