

# Guidelines for Your Life

Values, Principles, Lessons, Themes ... *Finding Your Criteria*

- ❑ Remember Your Criteria  
*What drives You?*





# Values EXERCISE

Select your  
*top 7*

*out of  
a total of 83*

Adaptability	Creativity	Health	Reliability
Ambition	Critical Thinking	Hope	Resiliency
Authenticity	Decisiveness	Humor	Resourcefulness
Balance	Determination	Knowledge	Responsibility
Best Time/Energy Investment	Diligence	Love of Learning	Security
Bravery	Effort Investment	Mental Toughness	Seeking Challenges
Capacity for Hard Work	Enthusiasm	Openness	Self-Compassion
Chastity	Excellence	Optimism	Self-control
Commitment - Say/Do ratio	Focus	Patience with Self	Self-Discipline
Competitiveness	Fortitude	Peace	Serenity
Concentration	Freedom	Perseverance	Temperance
Confidence	Gratitude	Positivity	Will
Constructiveness	Happiness	Prudence	Wisdom and
Courage	Harmony	Punctuality	Discernment
Care for Others	Faith	Humility	Mercy
Compassion	Friendship	Integrity	Patience with Others
Concern for Others	Generosity	Justice	Respect for Others
Empathy	Genuineness	Kindness	Responsibility of Others
Encouragement of Others	Gratefulness	Listen	Sacrifice for Others
Exhortation	Honesty	Love for Others	Service to Others
Fairness	Honor	Loyalty to Others	Truthfulness





*Did you notice?*

Any differences in the 'Top' & the 'Bottom' of the Values?

Adaptability  
Ambition  
Authenticity  
Balance  
Best Time/Energy Investment  
Bravery  
Capacity for Hard Work  
Chastity  
Commitment - Say/Do ratio  
Competitiveness  
Concentration  
Confidence  
Constructiveness  
Courage

Creativity  
Critical Thinking  
Decisiveness  
Determination  
Diligence  
Effort Investment  
Enthusiasm  
Excellence  
Focus  
Fortitude  
Freedom  
Gratitude  
Happiness  
Harmony

Health  
Hope  
Humor  
Knowledge  
Love of Learning  
Mental Toughness  
Optimism  
Patience with Self  
Peace  
Perseverance  
Positivity  
Prudence  
Punctuality

Reliability  
Resiliency  
Resourcefulness  
Responsibility  
Security  
Seeking Challenges  
Self-Compassion  
Self-control  
Self-Discipline  
Serenity  
Temperance  
Will  
Wisdom and  
Discernment

**TOP**

Care for Others  
Compassion  
Concern for Others  
Empathy  
Encouragement of Others  
Exhortation  
Fairness

Faith  
Friendship  
Generosity  
Gratefulness  
Gratitude  
Honesty  
Honor

Humility  
Integrity  
Justice  
Kindness  
Listen  
Love for Others  
Loyalty to Others

Mercy  
Patience with Others  
Respect for Others  
Responsibility of Others  
Sacrifice for Others  
Service to Others  
Truthfulness

**BOTTOM**



*Did you notice?*

Any differences in the 'Top' & the 'Bottom' of the Values?

Adaptability  
Ambition  
Authenticity  
Balance  
Best Time/Energy Investment  
Bravery  
Capacity for Hard Work  
Chastity  
Commitment - Say/Do ratio  
Competitiveness  
Concentration  
Confidence  
Constructiveness  
Courage

Care for Others  
Compassion  
Concern for Others  
Empathy  
Encouragement of Others  
Exhortation  
Fairness

Creativity  
Critical Thinking  
Decisiveness  
Determination  
Diligence  
Effort Investment  
Enthusiasm  
Excellence  
Focus  
Fortitude  
Freedom  
Gratitude  
Happiness  
Harmony

Faith  
Friendship  
Generosity  
Genuineness  
Gratefulness  
Honesty  
Honor

Health  
Hope  
Humor  
Knowledge  
Love of Learning  
Mental Toughness  
Openness  
Optimism  
Patience with Self  
Perseverance  
Positivity  
Prudence  
Punctuality

Humility  
Integrity  
Justice  
Kindness  
Listen  
Love for Others  
Loyalty to Others

Reliability  
Resiliency  
Resourcefulness  
Responsibility  
Security  
Seeking Challenges  
Self-Compassion  
Self-control  
Self-Discipline  
Serenity  
Temperance  
Will  
Wisdom and  
Discernment

Mercy  
Patience with Others  
Respect for Others  
Responsibility of Others  
Sacrifice for Others  
Service to Others  
Truthfulness

# For Self or Extrinsic or Reward

# For Others or Intrinsic or Moral



## Maybe a way of looking at them would be:

Effort Investment	Hope	Seeking Challenges	Competitiveness
Perseverance	Love of Learning	Resiliency	Responsibility
Self-Discipline	Creativity	Self-control	Punctuality
Constructiveness	Critical Thinking	Ambition	Decisiveness
Capacity for Hard Work	Humor	Adaptability	Mental Toughness
Optimism	Confidence	Resourcefulness	Bravery
Determination	Focus	Reliability	Self-Compassion
Concentration	Best Energy Investment	Courage	Patience with Self
Wisdom	Commitment	Positivity	Diligence
Enthusiasm	Say/Do ratio		

# Self

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Love for Others	Truthfulness	Justice	Loyalty to Others
Care for Others	Integrity	Fairness	Patience with Others
Kindness	Humility	Generosity	Respect for Others
Honesty	Gratefulness	Compassion	Honor
Faith	Listen		Encouragement of Others

# Others

**The Bottom or 'Others' tend to be harder to embrace.  
Suggestion is to select at least one in your top 6.**



*Did you notice?*

Any differences in the 'Top' & the 'Bottom' of the Values?



Select  
&  
Rank  
Your  
Top 7

## Example

*(These are off an orange card I have carried for years)*

Truthfulness	Others	1
Honesty	Others	2
Positive	Self	3
Perseverance	Self	4
Creative	Self	5
Listen	Others	6
Faith	Others	7

Set this aside for now ...

**Rank yourself - 0 to 100**  
**Do any of these define you?**  
**Any area you would like to work on?**



*Switching  
Gears*

Napoleon  
Hill's  
Laws of  
Success  
~ 1928

The Fifteen Laws of Success		YOU
Defined Chief Aim		
Self Confidence		
Habit of Saving		
Initiative & Leadership		
Imagination		
Enthusiasm		
Self Control		
Habit of Doing More Than Paid for		
Pleasing Personality		
Accurate Thought		
Concentration		
Co-operation		
Profit by Failure		
Tolerance		
Practicing the Golden Rule		
General average		



# Ranked & Scored Qualities of Successful & not so Successful People of the Past

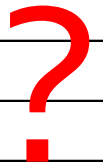
*How do you compare? Is there an area that needs focus?*



*Switching Gears*

Napoleon Hill's  
Laws of Success  
~ 1928

The Fifteen Laws of Success	Henry Ford	Ben Franklin	George Washington	Teddy Roosevelt	Abraham Lincoln	Woodrow Wilson	William H. Taft	Calvin Coolidge	Napoleon Bonaparte	Jesse James	YOU
Defined Chief Aim	100	100	100	100	100	100	100	100	100	0	
Self Confidence	100	80	90	100	75	80	50	60	100	75	
Habit of Saving	100	100	75	50	20	40	30	100	40	0	
Initiative & Leadership	100	60	100	100	60	90	20	25	100	90	
Imagination	90	90	80	80	70	80	65	50	90	60	
Enthusiasm	75	80	90	100	60	90	50	50	80	80	
Self Control	100	90	50	75	95	75	80	100	40	50	
Habit of Doing More Than Paid for	100	100	100	100	100	100	100	100	100	0	
Pleasing Personality	50	90	80	80	80	75	90	40	100	50	
Accurate Thought	90	80	75	60	90	80	80	70	90	20	
Concentration	100	100	100	100	100	100	100	100	100	75	
Co-operation	75	100	100	50	90	40	100	60	50	50	
Profit by Failure	100	90	75	60	60	60	60	40	40	0	
Tolerance	90	100	80	75	100	70	100	75	10	0	
Practicing the Golden Rule	100	100	100	100	100	100	100	100	0	0	
General average	91	91	86	82	80	79	75	71	69	37	







*Switching  
Gears  
from  
Napoleon  
Hill's  
Laws of  
Success  
~ 1928*

The Fifteen Laws of Success	Henry Ford	Ben Franklin	George Washington	Teddy Roosevelt	Abraham Lincoln	Woodrow Wilson	William H. Taft	Calvin Coolidge	Napoleon Bonaparte	Jesse James	YOU
Defined Chief Aim	100	100	100	100	100	100	100	100	100	0	?
Habit of Doing More Than Paid for	100	100	100	100	100	100	100	100	100	0	
Concentration	100	100	100	100	100	100	100	100	100	75	
Practicing the Golden Rule	100	100	100	100	100	100	100	100	0	0	
General average	100	100	100	100	100	100	100	100	75	19	

**Let's take a closer look ...**

**Each 'Successful' Individual score 100% in:**

- Defined Chief Aim**
- Habit of Doing More Than Paid for**
- Concentration**
- Practicing the Golden Rule**

**Is there a common thread in humanity here still?**

***How do would you score yourself for these three?***

## *You have lived through many things, What are Your Lessons?*



Lessons  
that I  
want to  
be  
reminded  
of

- Trust = a consistently high Say/Do Ratio*
- Tell the truth, it will reflect back on you*
- Listen in awe through your mind and into your heart let the Spirit guide your actions*
- Help those who ask & even those who do not ... you will grow & lead because of it*
- Lean into it, small steps become a storm of action, yet remember to rest*
- Time will pass regardless, choose to make big decisions or life will pass you by*
- Trouble is opportunity*
- Competition: Aligns everything, it makes purpose painstakingly and gloriously clear*
- Find where you are unusual, protect it, embrace it*
- Understand your strengths, focus your efforts here - life will get easier & more fun*



How does this all fit together?

Whenever I need to make a big decision

Whenever I get to choose where to spend my life

When ever I need to review where my life has been spent

*I use these categories to help me focus my time & energy on key projects →*

	2008	2017	2018	2019
Personal Development	High	Medium	Low	None
Business Development	Medium	High	Medium	Low
Education	Low	Medium	High	Medium
Health & Wellness	Medium	Low	High	Medium
Travel	Low	Medium	High	Medium
Family	High	Medium	Low	None
Community	Medium	Low	High	Medium
Finance	Low	Medium	High	Medium
Real Estate	Medium	Low	High	Medium
Technology	Low	Medium	High	Medium
Art & Creativity	Medium	Low	High	Medium
Volunteering	Low	Medium	High	Medium
Networking	Medium	Low	High	Medium
Research	Low	Medium	High	Medium
Writing	Medium	Low	High	Medium
Public Speaking	Low	Medium	High	Medium
Teaching	Medium	Low	High	Medium
Coaching	Low	Medium	High	Medium
Consulting	Medium	Low	High	Medium
Investing	Low	Medium	High	Medium
Entrepreneurship	Medium	Low	High	Medium
Leadership	Low	Medium	High	Medium
Management	Medium	Low	High	Medium
Project Management	Low	Medium	High	Medium
Time Management	Medium	Low	High	Medium
Productivity	Low	Medium	High	Medium
Organization	Medium	Low	High	Medium
Goal Setting	Low	Medium	High	Medium
Decision Making	Medium	Low	High	Medium
Problem Solving	Low	Medium	High	Medium
Communication	Medium	Low	High	Medium
Interpersonal Skills	Low	Medium	High	Medium
Emotional Intelligence	Medium	Low	High	Medium
Self-awareness	Low	Medium	High	Medium
Resilience	Medium	Low	High	Medium
Stress Management	Low	Medium	High	Medium
Work-Life Balance	Medium	Low	High	Medium
Work-Life Integration	Low	Medium	High	Medium
Work-Life Harmony	Medium	Low	High	Medium
Work-Life Balance	Low	Medium	High	Medium
Work-Life Integration	Medium	Low	High	Medium
Work-Life Harmony	Low	Medium	High	Medium

Some Lessons from my past

# Every year I choose 5 to 7 'Categories to focus my life on, here are a few:



Some Categories that I focus my life on

2016	2017	2018	2019	2020
Financial Freedom - Find My Way	My Chosen Vocation (MCV)	MCV	MCV	Spirit
MCP & Finding the Flow	Margin	Spirit	Legacy (LEG)	Legacy & Output (LEG/OUT)
Balance & Re-Balance (BAL)	Spirit	Travel & Learn	Spirit	Build
Spirit & JL	Balance & Re-Balance (BAL)	Balance & Re-Balance (BAL)	FIN	FIN
Margin	PHY	FIN	PHY	PHY
PHY	FIN	PHY	Review (REV)	Review, Reflect & Renew (RRR)
	To Do - Massive List	To Do - Massive List	To Do - Massive List	To Do - Massive List

Verses the Generic 8 categories: Health, Family, Money, Work, Spirit, Mental, Lifestyle & Relationship  
 My opinion, it is far better to down select 'Categories' that mean something to YOU to spend Your life on

(see future Deeper Blog on this topic)

## *Finding Your Criteria – A Summary*

### ***Four Suggestions:***

- 1. What are your Values?***
- 2. What rank do you give yourself vs. 'People of the Past'?***
- 3. What are your Lessons?***
- 4. What are the Categories you spend your life on?***

***Please also reference using 'Your Criteria' as you are making Decisions:***

- Making Critical Decisions – see Deeper Blogs #7 & #8**
- Career Decisions Matrix – see Deeper Blog #9**

REVIEW



## References

1. James Loehr, The Only Way to Win – Who Building Character Drives Higher Achievement & Greater Fulfillment in Business & Life
2. Jim Loehr & Tony Schwartz, The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal
3. Napoleon Hill, The Law of Success: The Master Wealth-Builder's Complete and Original Lesson Plan for Achieving Your Dreams
4. God, The Holy Bible