

BASED ON CONTENT BY JOHN C. MAXWELL

MAXIMIZE **YOUR SUCCESS!**

A 12-WEEK PROGRAM
TO DEVELOP YOUR LEADERSHIP SKILLS

PRESENTED BY THE JOHN MAXWELL COMPANY & WORLD FINANCIAL GROUP

11

LIFE WORTH DOING

By Dr. John C. Maxwell

*"We cannot truly face life until we face the fact that
it will be taken from us." - Billy Graham*

WEEK ELEVEN | LESSON NOTES

Dr. John C. Maxwell

1947 - ____

The only thing that matters is how I live my life between my birth and death.

Name: _____

Birth: _____ - _____ Death

"You only live once - but if you do it right - once is enough!" - Joe E. Lewis

If Life's Worth Doing. . .

1. It's Worth Doing Now.

"Tucked away in our subconscious is an idyllic vision. We see ourselves on a long trip that spans the continent. We are traveling by train. Out the windows we drink in the passing scene. But uppermost in our minds is the final destination. On a certain day, at a certain hour we will pull into the station. Bands will be playing and flags waving.

Once we get there so many wonderful dreams will come true and the pieces of our lives will fit. How restlessly we pace the aisles waiting for the station. 'When we reach that station, that will be it!' we cry. 'When I am 18.' 'When I buy a Porsche.' 'When I put that last kid through college.' 'When I have paid off the mortgage.' 'When I reach the age of retirement, I shall live happily ever after!'

Sooner or later we must realize there is no station, no one place to arrive at once and for all. The true joy of life outdistances us. So, stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more ice cream, go barefoot more often, swim more rivers, watch more sunsets, laugh more, cry less. Life must be lived as we go along. 'Relish the moment' is a good motto."

- Robert J. Hastings

If Life's Worth Doing. . .

2. It's Worth Doing with a Great Attitude

"Write in your heart that every day is the best day of the year." - Ralph Waldo Emerson

Attitude Axioms:

A. Your Attitude is a _____

B. Your Attitude is the _____

What is an attitude?

- It is the “advance man” of our true selves.
- Its roots are inward but its fruit is outward.
- It is our best friend or our worst enemy.
- It is more honest and more consistent than our words.
- It is an outward look based on past experiences.
- It is a thing which draws people to us or repels them.
- It is never content until it is expressed.
- It is the librarian of our past.
- It is the speaker of our present.
- It is the prophet of our future.
- The Winning Attitude

If Life’s Worth Doing. . .**3. It’s Worth *Preparing Yourself*.**

Great success is not built on great expectation but on great _____.

The preparation period is the foundation upon which to build your house of success.

The smaller the preparation, the smaller the foundation, the smaller the house of success.

Planning Pointers:

- A. Don’t separate the _____ stage from the _____ stage.
- B. If your dream does not require personal sacrifice, then it is only a _____.
- C. If something is worth having or doing, it is worth paying _____ price.

If Life's Worth Doing. . .

4. It's Worth Overcoming Your *Fears* to Do It.

Life is a series of opportunities masked as difficulties.

Facts About Fear:

A. Successful people do what unsuccessful people are _____ to do.

B. *"When thinking won't cure fear, _____ will."*

- W. Clement Stone

If Life's Worth Doing. . .

5. It's Worth Doing *Well*.

Thoughts on Excellence:

A. Commit to excellence, not _____.

B. Excellence is the absolute best that you can do.

"I expect to pass through this world but once. Any good therefore that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again." - William Penn

If Life's Worth Doing. . .

6. It's Worth Doing It *Together*.

"We should not only use all the brains we have — but all that we can borrow."

- Woodrow Wilson

Team-building is Built on Trust

T _____ relationships take time.

R _____ one another's opinions.

U _____ we are all different.

S _____ building up one another.

T _____ honesty always pays.

If Life's Worth Doing. . .

7. It's Worth Taking the *Family* with You.

You can tell a lot about a man by the happiness of his wife and the respect given him by his children.

If Life's Worth Doing. . .

8. It's Worth Getting *Physically Fit*.

"The only way to keep your health is to eat what you don't want, drink what you don't like and do what you'd rather not." - Mark Twain

If Life's Worth Doing. . .

9. It's Worth Making the *Necessary Changes*.

The difficulties before you at times become impossible because of the attitude within you.

New levels of achievement occur when you reach beyond your present efforts.

We can be stretched in two ways . . .

Externally by _____

Internally by _____

“By far, the most profitable way to reach new levels is to stretch your thinking by adjusting your attitudes.” - Steve Penny

If Life's Worth Doing. . .

10. It's Worth Following Someone who is *Doing It*.

“People do what people see.”

The 4-F's to Your Future

F _____ out what you want.

F _____ someone who does it well.

F _____ the cost and pay it.

F _____ that person until you understand.

If Life's Worth Doing. . .

11. It's Worth *Sharing* it with Others.

We make a living by what we *Get*.

We make a life by what we *Give*.

If Life's Worth Doing. . .

12. It's Worth Doing With *Integrity*.

Live so the preacher can tell all the truth at your funeral.

Integrity is the storehouse of wealth. Your giftings may bring success, but integrity is where you store it. Lose your integrity and before long you will lose whatever wealth and success you may have achieved

If Life's Worth Doing. . .

13. It's Worth Being *Thankful*.

Cicero said, *"A thankful heart is not only the greatest virtue, but the parent of all other virtues."* The degree that you are thankful is a sure index of your spiritual health.

Max Lucado wrote, *"The devil doesn't have to steal anything from you, all he has to do is make you take it for granted."*

If Life's Worth Doing. . .

14. It's Worth Doing Gracefully.

Gratitude is from the same root word as "_____", which signifies the free and boundless mercy of God. Thanksgiving is from the same root word as "_____" so that to *think* is to *thank*.

Doing things gracefully involves walking slowly through the crowd, stopping to listen to advice from others, saying thank you and sending gifts. Only those who know they have received grace from above are able to freely express it to others. Freely have you received, so freely give.

If Life's Worth Doing. . .

15. It's Worth *Knowing Why*.

"Life is like a good book. The further you get into it, the more it makes sense."

- Rabbi Harold S. Kushner

To know why ...

- A. Turns everyday routines into _____ practices.
- B. Keeps me _____ during difficult days.
- C. Fills my life with _____ .
- D. Motivates me to live a _____ life.

If Life's Worth Doing. . .

16. It's Worth *Measuring*.

"One life. Just a little gleam of time between two eternities; no second chance for us, forever more." - Thomas Carlyle

We Should Measure Our Life in Light of ...

- A. Our _____ and _____
- B. Our _____
- C. Our _____ and _____
- D. Eternity

If Life's Worth Doing. . .

17. It's Worth *Completing*.

"Live your life each day as you would climb a mountain. An occasional glance toward the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point. Climb slowly, steadily, enjoying each passing moment, and the view from the summit will serve as a fitting climax for the journey." - Harold V. Melchert

If Life's Worth Doing. . .

18. It's Worth Doing for *Past* Generations.

Those who drink the water must remember who dug the well.

If Life's Worth Doing. . .

19. It's Worth Doing for *Future* Generations.

All that is done and achieved in one generation becomes the harvest for the next generation.

The Law of Legacy "A Leader's Lasting Value is Measured by Succession."
-The 21 Irrefutable Laws of Leadership

If Life's Worth Doing. . .

20. It's Worth Encouraging *Others* to Do It Also.

The greatest joy in life is not found in conquering something, but in helping others to conquer it. Whatever you are good at in life, help others to be good at it too.

Empowering others involves a number of things:

Time — *Giving your most precious commodity.*

Trust — *Seeing the potential in others.*

Training — *Sharing your skills.*

Transference — *Rubbing off something of who you are.*

If Life's Worth Doing. . .

21. It's Worth *Being* There.

"The worst evil of all is to leave the ranks of the living before one dies." - Seneca

"May you live all the days of your life." - Jonathon Swift

If Life's Worth Doing. . .

22. It's Worth *Overcoming The Detours*.

"When I hear someone say, 'Life is hard,' I am always tempted to ask, 'Compared to what?'"

- Sidney J. Harris

"Life is full of unforeseen detours. Circumstances happen which seem to completely cut across our plans. Learn to turn your detours into delights. Treat them as special excursions and learning tours. Don't fight them or you will never learn their purpose. Enjoy the moments and pretty soon you will be back on track again, probably wiser and stronger because of your little detour." - Steve Penny

"The trouble with life in the fast lane is that you get to the other end in an awful hurry."

- John Jenson

If Life's Worth Doing. . .

23. It's Worth Doing as a *Win/Win*.

To live for others is to find your highest level in life.

If Life's Worth Doing. . .

24. It's Worth *Celebrating*.

The normal person living to age 70 has 613,200 hours of life. This is too long a period not to have fun.

"If life is monotonous to you — it's you, not the world, that is boring." - Phillips Brooks

If Life's Worth Doing. . .

25. It's Worth Giving it to *God*.

When you are eighty, sitting on that porch rocking, and looking back on your life, how will you feel? You won't have to answer to anybody but yourself; not your parents or your spouse or your business associates. What did you do with this gift of living? It will be an important question to you then. So you should make it an important question now.

WEEK ELEVEN | REFLECTION

1. Take some time now to examine your attitude. List five words that most characterize your attitude day to day. How do you think your attitude routinely affects others at work and in your personal life?

1. _____ 4. _____

2. _____ 5. _____

3. _____

2. How can I integrate my family into my life? Reflect on the value of family and honestly evaluate the amount of integration your family experiences in your work and life.

3. If we can be stretched in two ways, either externally by circumstances or internally by attitude, which one most characterizes me? How can I work to change the inside so that it is my attitude that is most shaping me?

4. Do I know what my purpose is in life? If so, describe. If not, write out the major “events” in your life that might serve as markers, indicating what you were designed to do. Often, our work and what we do, does not align with our life purpose. What steps can you begin to take that will allow the two to coalesce?

5. What is keeping you from experiencing and *really* living life now? What fears surface when you begin to think about life and the burdens and expectations that life brings with it? Are these fears legitimate or are you hemmed in by fears that the culture puts on you: wealth, status, power, etc.?

WEEK ELEVEN | TAKE ACTION

1

What are the top three fears in my life or business? Once you identify these fears, list three passions. This week, make those three passions your concentration. Focus on the areas of life that hold the most passion for you and pour yourself into those areas.

3 Fears

1. _____
2. _____
3. _____

3 Passions

1. _____
2. _____
3. _____

2

Are you a thankful person? In our culture we typically take all the great amenities of life for granted. This week, make it a point to cultivate a spirit of thankfulness. Thank your waiter at lunch. Thank your team members for striving for their best even if they haven't hit their goal. Thank your spouse and your children, if you have them. If you're a person of faith, then practice daily thanking God for his provision for you: a place to live, work, food to eat and friends & family to come home to.

3

Name someone you know personally who is living a "life worth doing". Make a list of their life characteristics you can emulate this week. Is their attitude infectious? Do they exude thankfulness on a daily basis? Are they fit? Do they cultivate a close group of friends outside of work? What can you learn from them? What will you do differently this week as a result?

4 Name an area in your life where you're cheating or where you're not performing to your highest potential. This week, it's time to set it straight. Have you fallen into routine procrastination? Then set an agenda and work better with your calendar and accountability partner. Are you a poor celebrator? Make it a point to celebrate even your small victories that you take for granted.

5 How do you measure success? Have you established a measuring metric that will help you do this? If not, start small and create a table that will allow you to measure three areas in your life that you struggle in. What are the criteria by which you measure these things? Your table might look like this:

PHYSICAL FITNESS	FAIR	GETTING BETTER	LIGHTING IT UP!
DAY 1	Walked outside during lunch		
DAY 2		Worked out in the company gym	
DAY 3			Went mountain biking and committed to going next week too.

Answers: Choice; Difference Maker; Preparation; Planning; Doing; Fantasy; Full; Unwilling; Action; Perfection; Time; Respect; Understanding; Support; Truth; Circumstances; Attitudes; Figure; Find; Face; Follow; Grace; Think; Meaningful; Going; Passion; Disciplined; Talents; Gifts; Opportunities; Calling; Purpose