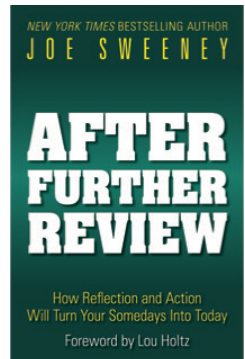




JOE SWEENEY'S

AFTER FURTHER REVIEW

Time Tested Plays to Turn Your Somedays Into Today



Chapter 1 Instant Replay

Stop the Game—The Value of Reflection

Keep these thoughts in mind as you consider making some major changes:

- *“We do not learn from experience, we learn from reflecting on experience.”*
–John Dewey
- Learning from experiences can be more effective if paired with reflection—that is, being intentional about pausing and reviewing the key lessons taught by experience.
- Reflecting on what has been learned makes experience more productive.
- Reflection builds confidence in an individual’s ability to achieve goals, which in turn translates into higher learning and productivity.
- Taking the time to reflect on what’s going on in your life will show you both the barriers to the fulfillment you desire as well as the strategies for overcoming those barriers.
- Your problems will not all disappear when you begin reflecting, but you will see things about yourself you can’t possibly notice when you’re mired in the messy trenches of everyday life.
- Just seeing isn’t enough. The officials look at the film and see what really happened on the field, but then they have to do something about it. Effective reflection always leads to action.

- Reflection creates detachment, which is incredibly freeing. What are you attached to? Things like status (the car you drive, the club you belong to), power (title, position, job), or conformity (fitting into a particular label)?
- Imagine what you might do, where you might go, who you might inspire if you felt completely detached from the stuff in your life that's holding you back.
- Set aside some time on your calendar when you will deliberately find a quiet place with few distractions. Give yourself at least thirty minutes—an hour would be better. When the appointed time arrives, grab a notebook or tablet and sit quietly, clearing your mind.

Go to the Tape Exercises

1. Approximately how much time do you spend in a week reflecting on your life?

2. Identify three places where you can be alone, get energized, and not be interrupted. (a park, private study, church, bookstore, gym, etc.)

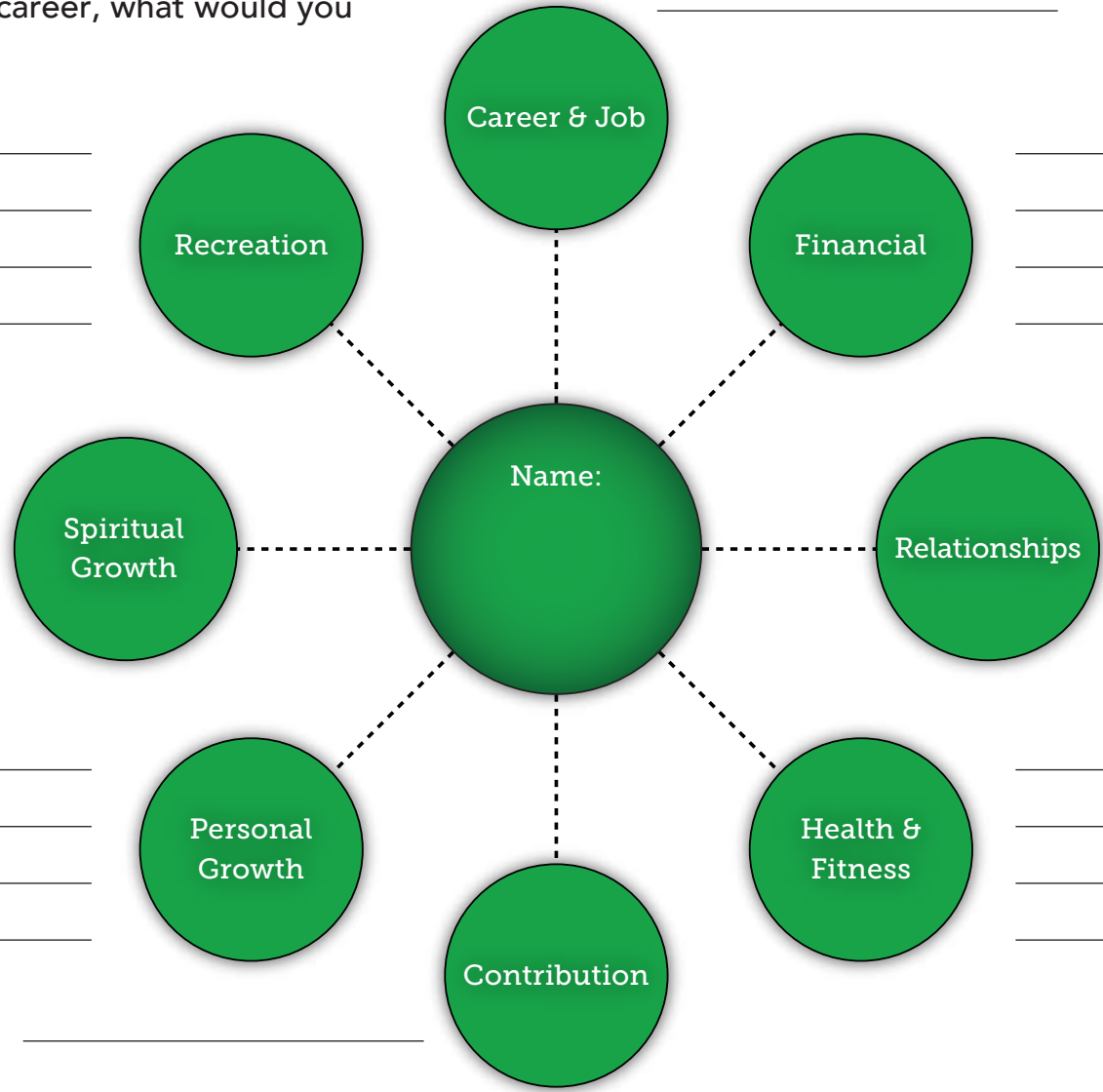
3. Outside of your career, what would you like to accomplish?

4. What are some calls you missed—mistakes you've made—and what do you think led to those missed calls?

5. Does the idea of spending one hour alone without an agenda excite you, scare you, or seem ridiculous to you? Explain.

Action Plan #1

Find a place where you can be alone, get energized, and not be interrupted. Begin to reflect and start filling in the blanks asking yourself, outside of your career, what would you like to accomplish in life?



Chapter 2 Instant Replay

Transform Your Life

Keep these thoughts in mind as you consider making some major changes:

- Acknowledge the nagging feeling that the life you always thought you wanted isn't quite delivering what you expected.
- Do you buy into the idea that if you just got that _____ (fill in the blank), you'd finally be happy?
- Instead of feeling fulfilled or at peace, do you occasionally wrestle with a smoldering discontent?
- Start taking some time to focus on things that really matter to you. Looking inside as much as outside. It doesn't happen overnight, but eventually you begin to "get it." We are all still learning, but after further review of life, we begin to see what was really going on and begin to reverse the calls we once thought were right.
- Look for a place where you could attend a silent retreat to get away and slow down, reflect, and allow yourself to see life more clearly than ever before.
- Commit to transforming the smoldering discontent into positive energy that gives your life more meaning and clarity.
- To have a clearer sense of purpose, focus less on your needs and find greater joy in helping others.
- Describe the best moment of your day, week or month. Now reflect on it for a few minutes. Look at that moment from every angle. Replay it from someone else's perspective. After further review, what really happened?

Go to the Tape Exercises

1. Describe the best year of your life. What made it so great?

What did you learn from it?

2. Describe the worst year of your life. What stands out that made it so bad?

3. How satisfied are you with the way your life is going?

4. What excites you or leaves you feeling on top of the world?

5. What don't people know about you that would surprise them?

6. What wakes you up at night and won't let you get back to sleep?

7. If you could create a "do-over" in one area of your life, what would it be?

Action Plan #2

Life Plan	Best	Why?	Worst	Why?	What Can I Learn From This?
Day					
Week					
Month					
Year					

Chapter 3 Instant Replay

You're Being Called Up—You Belong to Something Bigger than Yourself

Keep these thoughts in mind as you consider making some major changes:

- One of the first things that happens when you pause to reflect is that you realize Copernicus was right: you're not the center of the universe. That it's not all about you. But unless you pause the game and look at the replay of your life, you'll never understand that because every message in our culture says just the opposite.
- Social media reveals how desperately we want to belong to something bigger than ourselves. In his Hierarchy of Needs, Maslow concluded that aside from our functional physiological needs and the need to be safe, one of our greatest needs as humans is to belong.
- When we hit the pause button and spend some time reflecting, we can we get over ourselves and join something bigger.
- When we begin reflecting on life, we begin to see that we are not really defined by what we own or what we do. We are able to see that what we really crave could only be satisfied by something bigger—something that is not tethered to money, status, or recognition.
- Pause to look inside yourself. There is a force field of energy calling you to a deeper purpose, a divine assignment designed for your unique gifts, skills, and personality. At first, it will be a quiet whisper, barely audible. In fact, that gentle voice has been there all along calling you to a much greater adventure than you could ever imagine. But you couldn't hear it. You were too busy. Too important. We think we've got it all figured out, but we really don't. Or we're just too absorbed with ourselves to care, which is why that voice persists. If you ignore it, the whisper will build to a scream, a crippling addiction, a crisis, or a loss.

- Make a plan to carve out time and space to reflect, to listen, to hear the whisper.

- Start connecting better to other people, animals, nature and begin to grow in deeper and more meaningful relationships with people.

Go to the Tape Exercises

1. In what ways are you affected by a "culture of narcissism?"

2. What are you most excited about in your life?

3. What matters most to you in life? Does it match up with what you are doing? If you say my family is most important, and you are working 100 hours/week – this doesn't match.

4. What do you tend to think about as you fall asleep at night?

5. If you had no job, title, or reputation to protect, would you be the same person you are right now? Explain.

6. Narcissus looked into a pool of water, saw his reflection, and fell in love with himself. What do you see when you look in the mirror?

7. What do you consider your purpose in life to be?

Action Plan #3: Today's Reflection

Sit in a dark room with calm, relaxing instrumental or worship music playing softly. Focus on different muscles, flex them, then relax them, releasing tension. Reflect on the day and think about what you are thankful for. Think about the emotions you experienced today. Look back on how you responded to people and events. Try to identify any "God winks" you might have had; experiences where you felt God or a powerful positive force was present. Jot down your reflections here:

God Winks

Today, I am thankful for

Date:

Today, I felt

Events of the day

People I encountered

Chapter 4 Instant Replay

Game Plan—Where Are You Going?

- Why all this fuss over the game plan in football? Why not just wing it? Because a lot's at stake. A chance to win your division. Make the playoffs. The Super Bowl. Bigger payday. Maybe set yourself up for Hall of Fame consideration.
- If a football team puts that kind of time and effort into a plan for *game*, doesn't it make sense that each of us would be just as willing to develop a plan for our *lives*?
- Most of us just sort of float through our lives without thinking much about where we're going or what we want to achieve. And that's really what a game plan—for the NFL or your life—is all about: determining what you want to accomplish and then identifying how you're going to accomplish it.
- We need to pay attention to our life goals and mission as much as we do to our business or financial goals in order to live the kind of life where we will have no regrets our deathbed.
- What will living your life according to a plan do? It will enable you to become the best version of who you are. Don't forget about your family...your spouse and kids. If the family serves as the foundation of our great society, shouldn't we try to build better families? Your personal life and that of your family is far too important to let it run on autopilot. No football team or business would consider operating without a plan, and you shouldn't either – for yourself or your family.
- How do you include your family in your game plan?
- *Leadership*. What is your role in leading your family, and what is your vision for your family over the next thirty years. What do you need to do it well?
- *Values*. What are the core values that underpin your family as it grows? How will you help instill those values?

- *Family of Unique Individuals.* How well do you know your family members? What next level of understanding would most help you in your leadership role?

- *Serving.* Are there ways you can serve together as a family and what is your role in that?

- *Legacy.* What legacy do you want to live out? How will you lead your family on a journey of generosity?

- *Celebrating.* How will you celebrate all of God's blessings in your family and what he's doing through you to bless others?

Go to the Tape Exercises

1. Describe what the ideal life would be for you. For your family.

2. List at least three things that you know you need to change in order to enjoy the life you always wanted.

3. How often do you set aside time to think seriously and strategically about the next twelve months, five to ten years, and ten years and beyond Do you think that's sufficient?

4. Approximately fifty-five percent of American adults do not have a will or estate plan. Why do you think we are so reluctant to plan our lives?

5. If you have children, identify the following for each:

1. Favorite movie
2. Best friend's name
3. Where they would like to go on their next vacation
4. Their least favorite class/subject in school and why
5. At least one major ambition of theirs

Action Plan #4: My Personal GPS

I like to use the example of the global positioning service, or GPS. Basically, a GPS does three things. It tells you where you are. It shows you your destination. Most importantly, it shows you the best route to get where you want to go. Using the GPS model, ask yourself these three questions:

Where Am I?	Where Do I Need To Be?
Where are you in your personal life?	
In your marriage? Other significant relationships?	
Your relationship, if any, to a higher power?	
Where would you like to be—in what areas do you want to grow—over the next twelve months, one to five years, and five years and beyond?	
What steps do you need to take to grow in those areas?	

Chapter 5 Instant Replay

Move the Chains—What Gets Measured Gets Done

- Teams have their game plans and businesses have their financial plans, but both are useless if you don't keep track of your progress toward those goals. Metrics in sports and business measure everything that contributes to the overall success of both.
- If metrics are so important in sports and business, shouldn't they be important in our personal lives? How would you know if your life turned out really great, and what metrics would you use to measure whether it turned out well or not?
- **Asset protection:** What do you consider priceless in your life? Irreplaceable? What are you doing to protect it?
- **Cost accounting:** What is all your "success" costing you? As you make gains in your career and professional life, what are you losing in your personal life?
- In the previous chapter, I invited you to create a game plan for your life. If you really want to live out that game plan, you need to be able to measure it. By holding yourself accountable to specific, measurable actions like these, you will have a much greater chance of actually enjoy growing older. Remember, what gets measured gets done.
- You don't have to reach your life's metrics overnight. You just need to keep moving the chains. Or as Lao Tzu says, *"the journey of a thousand miles begins with a single step."*

Go to the Tape Exercises

1. What are the metrics of your professional life? How are you measured at work?

2. Look at each of the following and rank on a scale of 1 (low) to 10 (high) where you are today. Then determine where you need to focus more attention; what do you need to do to make the lower ones higher?

- Work/Career
- Marriage/Family
- Income/Money
- Health
- Awards/Recognition
- Relationships/Friends
- Possessions/Toys
- Spirituality
- Service to Others

3. Go back over the list above and try to assess what percentage of your time and effort goes into each.

4. Pick three of the above categories that are important to you and identify at least one measurable goal for each.

Action Plan #5: Move The Chains

Life Category	Ranking as of today (1 - 10)	Percent of time in this area	Action Needed
Work/Career			
Marriage/Family			
Income/Money			
Health			
Awards/Recognition			
Relationships/Friends			
Possessions/Toys			
Spirituality			
Service to Others			

Chapter 6 Instant Replay

Energy—The Hidden Differential On and Off the Field

- Have you ever met someone who just seemed to exude energy? And what about you? Do you ever find yourself running out of gas—physically, emotionally—miles before the next gas station?
- Energy makes the difference between performing well in all aspects of life and doing your best to be just a little better than average. Just hanging out with energetic people can increase your own energy levels. But energy doesn't just happen. It's not something you're born with but a force you tap into.
- Physical energy is built on three foundations: food, sleep, and movement. In other words, if you want greater energy, eat right, rest properly, and work out regularly.
- One of the most important factors that can raise or lower your emotional energy levels is people. Who are you spending the majority of your time with? Who are you surrounding yourself with? Who are you hanging out with both professionally and personally? Do they give you energy or deplete your energy?
- There's an added benefit to tapping into spiritual or divine energy. According to Dan Buettner, author of *Blue Zones*, numerous studies find that in general, religious/spiritual people tend to be happier than nonreligious people, tend to participate less in risky behaviors, and even live longer than people with no connection to a faith community.
- Albert Einstein was right: everything is energy. Give your body the right fuel by engaging in some type of regular, sustained exercise, getting enough rest, programming activities, places, and people in your life that deliver energy (and avoiding those that deplete energy), and staying connected to the Vine—a higher power or universal energy.

Go to the Tape Exercises

1. On a scale of 1-10, with 10 being "off the charts energetic," rate your current energy level.

2. In what ways do you think unhealthy habits are related to your energy level?

3. Approximately how much time do you spend each day doing some type of physical exercise or activity?

4. Identify at least one source of energy for the following categories:

- Activity (ex. reading, listening to music, a hobby, etc.)

- Place (ex. church or synagogue, art gallery, coffee shop, etc.)

- Person (one from your work, one from your personal life)

5. Identify one source that tends to be energy-draining for you.

- Activity

- Place

- Person

6. Describe an experience or moment where you felt a sense of awe or marvel? What could you do to experience that feeling more frequently? What can you do to connect each day and tap into some spiritual energy?

7. Program your phone or timer every hour to pause and pray, reflect, and give thanks.

Action Plan #6: Energy Planning

	Energy Gaining	Energy Draining
Activity		
Place		
Person		

Chapter 7 Instant Replay

The Four Quarters of Life

- Bob Buford, used the concept of “halftime” to describe how to make the necessary adjustments in life so that you can make the transition from success to significance.
- Carl Jung, wrote about the first and second halves of life. He saw the first forty or so years of life as a time when we establish an identity—going to school, starting a career, entering into and developing relationships. Then in the second half of life, we begin to focus more on finding and nurturing our souls and developing a deeper sense of purpose. Jung referred to these two seasons as the “morning” and “afternoon” of life.
- Reflection is so critical to our ability to thrive rather than just hang on and survive. What must you do to adapt to changes in a way that makes each stage of life better than the previous one?
- As much as I appreciate the way both Buford and Jung divide life into two segments, I’ve come to look at life as the four quarters of a football game.
- The first quarter of life is all about is establishing your identity. It’s going from being your parents’ son or daughter to becoming your own person
- For most people, the second quarter of life is all about hanging on and keeping up. You’re trying your best to balance work-life issues, with both demanding from you more than you can possibly give. In the second quarter, we tend to measure our value by the stuff we have. Or more accurately, the stuff we don’t have but our neighbors do.
- The busyness of the second quarter likely won’t change, but you can change the way you handle it. Taking time to reflect may be more important during this season in life than in any other. With so much going on, your priorities can become blurred as you try to do it all and have it all. Are all those things delivering what you thought they would?

- The third quarter—roughly our late forties and into our sixties—has the potential to be the most dynamic, productive stage of your life. It can also be a period of gradual decline.
- How you play the game in the third quarter of your life will be determined by how you respond to the amazing reality that you have at least another thirty years of horsepower and skills under the hood.
- In football, the fourth quarter carries a certain urgency. Time is running out. How are you going to finish?
- Understanding the stages of life helps us develop a cadence or dance with life. In the first quarter we learn to hurry, to grab life with gusto, and that’s a great way to begin the game. But by the time we enter the locker room, we’ve take a few hits and need to sit back, take a deep breath, and reflect. Doing so prepares us for the remainder of the journey, allowing us to almost detach from ourselves and watch the seasons of life unfold.

Go to the Tape Exercises

1. If the game of life is divided into four quarters, what quarter are you in right now? What are the most important challenges you are experiencing in this quarter of your life?

2. How is the quarter you are in different from the previous quarter?

3. Conventional wisdom suggests that you will retire sometime in your early-to-mid sixties. What do you plan to be doing in your sixties?

4. What "dreams" do you have that you someday hope to achieve? What are the barriers to those dreams?

5. If you are given a lifetime achievement award when you turn ninety, what would you want it to be for?

Action Plan #7: My Four Quarters

As you take time to reflect, what quarter are you in right now? What are the most important challenges you are experiencing in this quarter of your life?

List the challenges & accomplishments of each quarter thus far. For the quarter(s) yet to come: What "dreams" do you have that you someday hope to achieve? What are the barriers to those dreams?

First Quarter	Second Quarter
Third Quarter	Fourth Quarter

Chapter 8 Instant Replay

Strength Comes from Others—The Value of Great Guides

- Every great player—every great coach—always has this response whenever they’re interviewed after a great performance: *“I couldn’t have done this without the help of”* They all recognize one of the most important truths about greatness: you seldom achieve it on your own.
- One of the keys to living a life that is filled with meaning and purpose, you need the kind of wisdom and truth-telling that comes from two popular sources: mentors and guides or accountability partners.
- I’ve seen how much of a difference a good board of directors can make to the success of the organization and began to wonder if I could recruit my own board to advise me on life issues. I mean, if boards are so critical to an organization’s success, why not have our own boards?
- Ask yourself, What are the three to six areas or components that you want to grow in your life? Create your own virtual board of directors to help guide you in those areas of your life. Learn as much as you can about each of them with the goal of trying to let their best qualities influence yours.
- Creating your virtual board of directors shouldn’t replace the need for mentors and accountability partners. There’s still something powerful about face-to-face meetings with individuals who will take the time to speak into your life. It’s just that the busyness of life sometimes makes it difficult to have those meetings. Having a world-class virtual board of directors supplements those meetings and are available any time, night or day.

Go to the Tape Exercises

1. What three areas of your life are important to you? Ex.: Health/wellness? Financial? Leadership? Education? Contribution to community?

2. Who are individuals that are experts or could be guides for you in those areas? Discipline? Find three great people who displayed great discipline. Innovation? Who are three great innovative people you could learn from?

3. What daily ritual can you create to continue a connection with these people throughout the day?

4. What books can you read and research can you do to get closer to these people and learn more about them?

5. In addition to your virtual board of directors, who are your accountability partners and mentors that you can meet with in person?

6. In what areas of your life are you most vulnerable for failing to live up to your expectations? What is your Achilles' heel? How might an accountability partner help you rise above these areas?

Action Plan #8: Gaining Strength From Others

Areas of my life that are important for me to grow in:	3 great people who displayed this trait:	What can I do to learn more about these people/ connect with them?	What have I learned from them to implement in my life?
	1. 2. 3.	1. 2. 3.	1. 2. 3.
	1. 2. 3.	1. 2. 3.	1. 2. 3.
	1. 2. 3.	1. 2. 3.	1. 2. 3.

Chapter 9 Instant Replay

Who? Why? Asking Great Questions

- Asking the right questions is a lot more important than knowing all the answers.
- Many times we try to be something other than who we truly are, or we define ourselves by what others think of us. Neither of those options represent your true identity, and we'll never discover that authentic person if we keep asking the wrong questions. Two of the most important questions are: "Who am I? Why am I here?"
- When professional sports leagues began considering the use of instant replay to review close calls, just about everyone objected because it would slow down the game. And I think that's why we resist spending time on asking the right questions. It takes time. We've become so conditioned to doing that we've neglected what we are being. We're too busy to sit quietly and reflect on the right questions.
- Asking the right questions takes time because the answers aren't always easy or obvious. Questions about identity and purpose and meaning push us into places that may be uncomfortable.
- As Shakespeare wrote, "To thine own self be true." Knowing who you are, then, is not only essential to your own ability to live an authentic, purposeful life, but it frees you from the bondage of trying to be what everyone else expects you to be.

Go to the Tape Exercises

1. In terms of what you want to accomplish in your life, where are you right now, where do you want to go, and what will it take for you to get there? Who can help you get there?

2. What do you value most in life, and how are those values reflected in the way you live?

3. What are the things in your life that you need to accept?

4. What are the things in your life that you need to change?

5. If you had to list only three adjectives that best described who you want to be, what are they? How accurately do those adjectives describe you?

6. What gives you joy? What could you do to experience more of it?

7. What is your wildest dream, and what are you doing to turn it into reality?

Action Plan #9: Who Am I? Why Am I Here?

Start reflecting on the answers to these questions and then over the next several weeks, set aside some time to read through your answers, and as you do, begin crafting your answer to the two basic questions: Who am I? Why am I here?

1. Write down your parents' full names, birth places and birth dates. How many siblings did each have? Describe each of your parents—what are their dominant traits? What adjectives would you choose to describe them?

2. Now focus on yourself. Write down your full name. When and where you were born. What is your gender, race or ethnic group, religion—even details like your hair color (if you have any left), eye color, physical build. Do the same for each of your siblings. List every place you've lived—the name of the city; the description of your house or apartment.

3. List six to eight personal characteristics or qualities that you feel you inherited from your parents and the way you were nurtured. For example, if your father was generous, did you inherit that quality from him? Another way to look at this is to describe how you are like your father and/or mother.

4. Now look a little deeper at yourself. What do you like about yourself? What qualities or traits give you the greatest sense of satisfaction or even pride?

5. What don't you like about yourself? What are some qualities or traits that you would change if you could?

6. What are you good at? What skills or knowledge do you have? What contributions to others do you make that you enjoy doing? What do you feel called or inspired to do that goes beyond a career or a job?

Go to the Tape Exercises:

ESPN Magazine runs a feature on the last page of each issue that chronicles “a day in the life” of a major sports figure. It’s interesting, but it also offers a glimpse into the character, values, influences, rituals, etc. of that person. If it’s true that in order to leave a legacy you have to live a legacy, how are you living on a day-to-day basis that will shape your legacy. In the worksheet below, beginning with when you wake up and ending at bedtime, write down how you live on a typical day and then how you would like to live on a legacy day.

Reflect on your completed worksheet (on the next page). What do you need to change in your life each day to start living a legacy? Choose 3 items to start working on now.

1. _____

2. _____

3. _____

What stories will people tell about you when you are gone?

Action Plan #10: A Day in the Life of Me

Time	Your Current Day	Your Legacy Day	Time	Your Current Day	Your Legacy Day
6 a.m.			3 p.m.		
7 a.m.			4 p.m.		
8 a.m.			5 p.m.		
9 a.m.			6 p.m.		
10 a.m.			7 p.m.		
11 a.m.			8 p.m.		
12 p.m.			9 p.m.		
1 p.m.			10 p.m.		
2 p.m.			11 p.m.		

Chapter 11 Instant Replay

After You Leave the Game—The Art of Letting Go

- At some point, it's time to go. For most, it's not easy. Look at how difficult it is for professional athletes to leave the game. Often they hang on one year too long, leaving us with images of a once-great warrior barely able to keep up with his teammates. But it's not just athletes who find it difficult to let go.
- How can you let go in such a way that you can still enjoy a dynamic life of meaning and purpose? After further review, you will discover that there's a right way and a wrong way to leave the game.
- Many think being able to do whatever we want to do will fulfill us, but it's an empty fantasy.
- Instead of thinking about retirement as a time to withdraw from your career and fade off into the sunset, can you think of it as a time to *refire*?
- After you leave the game, find another way to play, whether it's volunteering, mentoring, or stretching yourself with a whole new career, albeit one you can play a little slower and with more enjoyment.
- So why is it so hard for us to let go? The struggle revolves around six common fears:
 1. The fear that your best years are over
 2. The fear you will never find anything as meaningful
 3. The fear and insecurity about finances
 4. The worry about lifestyle
 5. The fear of networking
 6. The Ultimate Fear: Death
- The question remains for us: how do we detach from what we know, what we do, and what we have? How do we detach from life itself? How do you actually detach from the things you think are so important? One step towards detachment is to attach to something of greater value. When you daily practice the art of letting go, you are truly living.

Go to the Tape Exercises

1. Get rid of five things this week in your closet, your desk, and your garage. Repeat each month.

2. Try this simple exercise from Hale Dwoskin's "Sedona Method."

Pick up a small, common object like a pencil or a stone. Grip it as tightly as you can until it becomes uncomfortable. Then open your hand. Is the object attached to your hand? What's preventing you from just letting it drop? How is this much like the way you hold on to feelings, possessions, or relationships that are not helpful or healthy?

www.sedona.com/Home

3. When you go to bed tonight, try looking down at yourself from the ceiling. What do you see? Someone who is brave, has followed their passions, was a good parent or spouse, took risks in relationships, made a difference in the world?

4. Select a morning when you are free of any obligations—family, work, community. Then find a quiet place where you will not be interrupted and spend the morning thinking about your impending death.

I believe your best years are always ahead of you and are never over. Take some time to reflect on your fears, list them, face them and then list ways you can reframe them to be more fully present with the time you have and even turn them into open doors for your next adventure.

Action Plan #11: Face Your Fears

The fear: that your best years are over

Reframe:

The fear: you will never find anything as meaningful

Reframe:

The fear: insecurity about finances

Reframe:

The fear: worry about lifestyle

Reframe:

The fear: networking and building relationships

Reframe:

The Ultimate Fear: Death

Reframe:

Go to the Tape Exercises

1. Write three things down each day that you are grateful for.

2. Take 5 things out of your closet or drawers and give them away. Make sure one item is meaningful to you.

3. Find something to laugh about each day – a real belly laugh.

4. Try to put others first before yourself each day.

Here's a little experiment. Take a few minutes to list everything that is lacking or has gone awry in your life. We'll call this the Life Sucks list. Include things like a relationship that's been damaged or broken. Your biggest regrets. The year you got downsized. Anything thing that's lacking in your life.

Now shift gears and begin making another list. I'll call it the Life Is Pretty Darn Good list. Write down everything you can think of that's good in your life. The things that make you happy or give you great satisfaction. Maybe your kids. Your spouse. Your salary. Your last vacation.

Okay, how did you feel as you worked on both lists? Chances are, as you looked at how your life sucked, you felt pretty lousy, but when you began listing all the pretty darn good things in your life, you felt a lot better.

Action Plan #12: Life Is Pretty Darn Good List

Life Sucks	Life Is Pretty Darn Good

Go to the Tape Exercises

1. To help you find the best answers to those questions, I'd like you to think in terms of today versus someday. Have you ever sat back and said someday I'm going to . . . ?
 - Someday I'm going to take that dream vacation with my family to Italy.
 - Someday I'm going to start doing a date night with my spouse.
 - Someday I'm going to run a marathon.
 - Someday I am going to get my finances in order and start saving money.
 - Someday I'm going to call that friend who hurt me and tell her, "It's okay. I forgive you."
 - Someday I'm going to make out my will.
 - Someday I'm going to join a gym and lose thirty pounds.
 - Someday I'm going to go on that mission trip with my church and help build a school for children in Guatemala.
 - Someday I'm going to learn a second language.
 - Someday I'm going to write that book that's been bubbling up inside of me.
 - Someday I'm going to build a treehouse for my grandchildren.
 - Someday I'm going to get more spiritually centered.

2. What if you turned the tables and someday became today?

3. What would your life look like if instead of always looking forward to someday, you turned those somedays into today?

Action Plan #13: Someday vs. Today

If you really want to get the most out of the time you have left on this planet, take a few minutes right now to make a list of three "somedays." Three out-of-the ordinary things you hope to do someday. They could be anything from something big and audacious that seems almost impossible to a small act of kindness or appreciation. Don't think of anything else.

After you write down these three someday goals, I'd like you to review and write down what you actually did today.

As you review how you spent today, ask yourself: "What did I do that gets me closer to achieving any of the three someday goals I listed above?" Or, what can I do to get closer?

Chapter 14 Instant Replay

Putting It All Together—After Further Review

1. You realize that life is not all about you, and that you are not the center of the universe.
2. You will discover that you belong to something much bigger than yourself.
3. You will learn that if you help others get what they want you will get everything you want in life and more.
4. You will become grateful for everything in your life as you understand that both the good and the bad are blessings to receive with humility and joy.
5. You will begin to ask yourself, “How much is enough?” which reveals the liberating truth that less is more.
6. You will become humble, without feeling that you have lost anything. Others can have more, look better, be right more, win more, and it’s okay.
7. You will eradicate hurry from your life. Life slows down, but in a good way. As you become less busy, you will become more focused and accomplish more of what truly matters to you.
8. You will experience peace. Of the mind and of the soul. Anxiety will become a distant memory.
9. You will experience fulfillment, satisfaction because you will know that whatever you want in your life is either here or on its way.
10. You begin to detach yourself from outcomes. Bad things will happen—they always do—but you see them from a new, eternal perspective. In other words, you will not freak out when stocks plummet.
11. You will be able to recognize the counterfeits, knowing what is real and what is not; who is real and who is not.

12. You will know and value joy as you learn that happiness is fickle and fleeting. Joy is an attitude that can permeate your soul.
13. You will become more aware of your thoughts and feelings as the numbness of life fades away.
14. You will recognize when you veer off course and be able to get back on track more quickly because you understand that you're not perfect and therefore won't have to deceive yourself anymore.
15. You will learn how to measure your life to discover what it would look like if it really turned out great.
16. You will benefit from the counsel of your senior partners, role models, and guides who help you on your journey because they are always there; always available
17. You will see God in every encounter and recognize that he is guiding you, even if you don't understand how that happens. He believes in you!
18. You will realize that there is a season for everything in life which gives you the freedom to enjoy the moment.
19. You laugh more, especially at yourself, because life is full of punchlines.
20. You will ask more questions instead of trying to have all the answers, and you will understand that the two most important questions before you are "Who am I?" and "Why am I here?"
21. You you will discover that God governs everything in this world and your goal is to tap into his Holy Spirit more frequently and for longer periods of time.
22. You will begin to live your legacy by leaving every situation and person that you encounter better than when you found it.
23. You will accept the reality that your life last for a half-second which gives you the courage to not waste a nanosecond.
24. You will learn the fine art of letting go and practice it every day.
25. You will turn all of your somedays into today.

After further review, all of this can happen to you.