

Your Life List

Feeding the mind is so very important to happiness and well-being. When you consume uplifting, inspirational and aspirational material your mind and your emotions are predisposed to improve your outlook and often your life. One of my monthly feeding grounds is the CD that comes with every issue of Success magazine.

March Madness

Maybe you are and maybe you are not a fan of NCAA basketball and the Final Four coming up this weekend. Still, earlier this month author John Maxwell shared a story on Success magazine's CD about one of his mentors, John Wooden, often simply referred to as "Coach." In one meeting with Coach, Mr. Wooden pulled out a battered and taped card and told John, "This is my most important possession, my Life List." As you might imagine this got John's undivided attention.

A Fatherly Gift

It seems that this was a gift from Coach's father when he was very young. It was something John Wooden reviewed daily. It was his guiding light. It was instrumental in him becoming not only perhaps the greatest college basketball coach of all time, but also one of the finest gentlemen anyone has ever known.

Not a Bucket List

A Bucket List is something you wish to do or enjoy someday. On the other hand a Life List is something to aspire to do everyday. A Bucket List is good, while a Life List could just help you create an exceptional life. One need only learn a little about John Wooden to find the evidence for this.

What's on My List

Given John Wooden's success with his list, mine only adds a couple of other thoughts to what was on Coach's Life List. Where I've added a completely different idea there will be an asterisk with that thought. So here goes:

1. Make the most of oneself
2. Be true to yourself
3. * See the Christ-light in others
4. Help and encourage others
5. Make friendship a fine art
6. * Smile more and choose joy/happiness
7. Pray for guidance everyday

8. Give thanks every day
9. Drink deeply from good books, especially the Bible
10. Build a shelter for a rainy day
11. * Do the next hard thing

Bottom Line

While a Bucket List might include things you wish to be able to buy one day, a Life List is all about what you wish to become one day. It would seem to me that Coach became a wonderful and widely sought after mentor and purveyor of wisdom even into advanced age. Maybe there is something we can learn from this gentleman's worn out old card that he reviewed every day.

Your Feedback

I would love feedback on this newsletter. Future issues may include a host of good ideas, insights, specific steps to take financially, life insights and of course "Wit and Wisdom". Most importantly, I'd like it to be of value to you and to encourage an exchange of great ideas and insights. Please send your feedback to:

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