

Release

How will you start a new year? Some start *chronologically*—merely hitting the reset button on the calendar of life. Others begin *accidentally* with little thought or planning. Some approach the year *circumstantially*—waiting to see how circumstances determine their attitudes and responses. Positive people begin *expectantly*—looking for and hoping for the best. Yet, wise people begin **INTENTIONALLY**. They understand the importance of turning good intentions into positive and productive actions.

“Change is inevitable; growth is intentional.”

Definition of *intentionality*: “Something done on purpose or action taken by design.”

The first big step toward the New Year is **RELEASE**. You cannot go forward holding onto the past. You cannot embrace tomorrow if you are weighed down by yesterday.

...I am bringing all of my energies to bear on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God is calling us up to heaven because of what Christ Jesus did for us.”

—Philippians 3:13-14 LB

Intentional Release is Essential for Future Progress

You can't reach ahead if you don't release what is behind.

Intentional Release is Uncomfortable in the Present

...I could have confidence in my own effort if anyone could. Indeed, if others have reason for confidence in their own efforts, I have even more! I was circumcised when I was eight days old. I am a pure-blooded citizen of Israel and a member of the tribe of Benjamin—a real Hebrew if there ever was one! I was a member of the Pharisees, who demand the strictest obedience to the Jewish law. I was so zealous that I harshly persecuted the church. And as for righteousness, I obeyed the law without fault. —Philippians 3:4-6 NLT

But whatever gain I had, I counted as loss for the sake of Christ. —Philippians 3:7

“For everything you gain, you must lose something.”
—Ralph Waldo Emerson

“You have to give up to go up.” —John Maxwell

Intentional Release is a Powerful Practice—Enabling Higher Purpose and Future Reward

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“All worthwhile people have good thoughts, good ideas and good intentions, but precious few of them ever translate those into action.” —John Hancock Field

Questions to ask yourself:

- **Where are you tethered to past events, encounters, or experiences that disable you from moving forward?**

“It is never too late to become what you might have become.” —George Eliot

- **Who needs to know you are taking this step and moving forward?**

- **What are the benefits of “release” for you...for your family...for your business?**

- **How do you define the word, *forgetting*?**

“‘Forgetting those things which are behind’ does not suggest an impossible feat of mental and psychological gymnastics by which we try to erase the sins and mistakes of the past. It simply means that we break the power of the past by living for the future. We cannot change the past, but we can change the meaning of the past.” —Warren Wiersbe

I do concentrate on this: I leave the past behind and with hands outstretched to whatever lies ahead I go straight for the goal—my reward, the honor of being called by God in Christ. —Philippians 3:13-14 (Phillips)

Initiative

My brothers, I do not consider myself to have fully grasped it even now. But I do concentrate on this: I leave the past behind and with both hands outstretched to whatever lies ahead I go straight for the goal—my reward the honor of being called by God in Christ.

—Philippians 3:13-14 (Phillips)

To **Reach** or **Stretch** is to **Initiate!**

You need to exercise initiative—a forward **A-C-T-I-O-N** that fuels intentionality!

Accept Responsibility for Your Life

“Most people don’t lead their lives; they accept their lives.” —John Kotter

Note the personal pronoun found in Philippians 3:13-14:

*My brothers, **I** do not consider myself to have fully grasped it even now. But **I** do concentrate on this: **I** leave the past behind and with both hands outstretched to whatever lies ahead **I** go straight for the goal—my reward the honor of being called by God in Christ. (Phillips)*

“They did nothing in particular and did it very well.”
—W.S. Gilbert

Confront Procrastination

Why or what do we procrastinate?

Undesirable—If we don’t like something, we tend to delay it

Uncomfortable—Things that make us feel inadequate

Unreasonable—Things we don’t understand

Unessential—Tasks that are not public or prominent

Unpredictable—Confrontations, problems

Unequal—The return of the investment is not worth the expenditure of time and effort

Ungrateful—Accomplishments that go unnoticed

“He slept beneath the moon;
He basked beneath the sun.
He lived a life of going-to-do,
And died with nothing done.”

—James Alberly

Take a First Step

“It’s a cliché to say that every journey begins with the first step, yet it is still true. Talent-plus people don’t wait for everything to be perfect to move forward. They don’t

wait for all the problems or obstacles to disappear. They don’t wait until their fear subsides. They take initiative. They know a secret that good leaders understand: momentum is their friend. As soon as they take that first step and start moving forward, things become a little easier. If the momentum gets strong enough, many of the problems take care of themselves and talent can take over. But it starts only after you’ve taken those first steps.” —John Maxwell, *Talent is Never Enough*

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“Momentum is nothing more than initiative in action.”

“You must get involved to have impact; no one is interested in the win-loss record of the referee.”

—John H. Holcomb

“But above all, try something.”

—Franklin D. Roosevelt

Ignore Some Objections

“Nothing will ever be attempted if all possible objections must first be overcome.” —Samuel Johnson

“He who deliberates fully before taking a step will spend his entire life on one leg.” —Chinese Proverb

Operate in “Quit” Mode

“To be a real winner, you have to stop doing the stuff that’s not good for you.” —Jim Allen

“Winners stop doing things that are not good for them. Losers stop doing things that are good for them.”

—John Maxwell

Nourish Your Inner Life

In Philippians 3:13-14, the Apostle Paul never lost sight of what he was pushing toward. It was not a goal that served the present, but something that would matter forever.

You must nourish your inner life in order to maintain focus, momentum and initiative!

Downshifting

We live in a culture of self-promotion and self-ish indulgence.

Don't push your way to the front; don't sweet-talk your way to the top. Put yourself aside, and help others get ahead. Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.

Think of yourselves the way Christ Jesus thought of himself. He had equal status with God but didn't think so much of himself that he had to cling to the advantages of that status no matter what. Not at all. When the time came, he set aside the privileges of deity and took on the status of a slave, became human! Having become human, he stayed human. It was an incredibly humbling process. He didn't claim special privileges. Instead, he lived a selfless, obedient life and then died a selfless, obedient death—and the worst kind of death at that—a crucifixion.

Because of that obedience, God lifted him high and honored him far beyond anyone or anything, ever, so that all created beings in heaven and on earth—even those long ago dead and buried—will bow in worship before this Jesus Christ, and call out in praise that he is the Master of all, to the glorious honor of God the Father. —Philippians 2:3-11 (MSG)

While it is true we are creatures of habit, it is equally true we are vultures of conceit.

"The first and best victory is to conquer self." —Plato

"It is natural (common) to think that a leader's greatest victory is with others—leading people and taking them to new heights. But I have found most of my problems in leadership are my problems. The greatest challenge is leading myself." —John Maxwell

Changing our outlook is an intentional adjustment made with the mind, not with our eyes.

The cure for selfishness and a self-focused life is service. Selfish attitudes and ambitions destroy relationships and accomplishments in life because they exaggerate our importance and insult the contributions of others in all we do.

How can you improve your service and add value to others rather than indulge your own personal vanity?

S-H-I-F-T

Seek to recognize, not to gain recognition.

Your accomplishments will more than likely be recognized without you seeking recognition for yourself.

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Humble yourself before God and you will downshift self-promoting attitudes.

Humble yourselves in the sight of the Lord, and He will lift you up. —James 4:10

Identify people, places, problems and platforms where you can add value to others and outcomes.

"My main job was developing people. I was a gardener providing water and other nourishment to our top 750 people." —Jack Welch

Focus on goals and not gains.

So often we lose ground because we want to count our gains rather than maintaining a larger view of reaching goals.

"It's amazing what you can get done when you don't mind who gets the credit." —Benjamin Franklin

Take charge of your emotions.

"If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and this you have the power to revoke at any moment." —Marcus Aurelius

Posture

Definition: "Posture is the emergent alignment of the body that remains relatively constant in its underlying structure and unity across many forms of human positions."

Posture is to the external appearance as attitude is to the interior. Many of us progressively, habitually and carelessly allow internal "postures" that impact the quality or well-being of our lives. A vital focus in intentional living is regular attention to the alignment of our attitudes.

"Attitude is a little thing that makes a big difference." —Winston Churchill

"The only disability in life is a bad attitude." —Scott Hamilton

The Apostle Paul, an intentional and influential believer, provides instruction concerning the condition or posture of what our inner life should be: **Rejoice in the Lord always; again I will say, rejoice.** —Philippians 4:4

Paul wrote the book of Philippians while he was in prison. Paul had every reason to complain or present a bad attitude given his circumstances. However, the repeated theme of Philippians is *joy*!

Attitudes are Internal Forces in our Daily Lives

"Attitudes are internal feelings or assumptions that express themselves in our outward responses and behaviors."

"The mind is its own place and in itself it can make a heaven of hell; a hell of heaven." —John Milton

Attitudes are Identifiable Signals in Your Responses to Life

Your outward responses often communicate what you are thinking inside.

Attitudes are Influential Factors that Determine Well-Being

"Your attitude toward something makes all the difference in how you see it and respond to it."

A good attitude...

- makes life better than it is.
- makes people easier to get along with than they are.
- makes what you do seem more worthwhile.
- makes it easier to laugh.
- makes you a healthier person.
- allows you to accomplish more than you ever dreamed.

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"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes." —Williams James

Attitudes are Intentional Assets that Enable You to Transform Your Present Circumstance and Future Destiny

"The last of human freedoms is to choose one's attitude in any given set of circumstances." —Viktor Frankl

How do you adjust your attitude?

- **Recognize you have a choice.**
Rejoice... —Philippians 4:4

"This is the day the Lord has made; let us rejoice and be glad in it." —Psalm 118:24

"You can't have a good day with a bad attitude." —Jay Clark

- **Rely on the Right Source.**
...in the Lord... —Philippians 4:4

- **Resolve to pay attention to your attitude.**
...always... —Philippians 4:4

Guard your heart above all else, for it determines the course of your life. —Proverbs 4:23 (NLT)

- **Repeat the first three steps.**
...again I will say, rejoice. —Philippians 4:4

Rejoice always. —1 Thessalonians 5:16

Contentment

"Content is a word unknown to life; it is also a word unknown to man." —John Fowles

Contentment: "...satisfaction that comes about from having what we desire OR from not desiring more than what we have."

"Contentment is natural wealth; luxury is artificial poverty." —Socrates

"The secret to contentment does not lie in adding to a man's possessions, but rather in taking away from his desires." —Epicurus

"Contentment makes poor men rich; discontentment makes rich men poor."
—Benjamin Franklin

Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me. —Philippians 4:11-13

C-O-N-T-E-N-T

Concentrate on What Really Matters

There is a real profit, of course, but it comes only to those who live contentedly as God would have them live. We brought absolutely nothing with us when we entered this world and we shall take absolutely nothing with us when we leave it. Surely then, as far as physical things are concerned, it is sufficient to us to keep our bodies fed and clothed. —1 Timothy 6:6-8 (Phillips)

Opt Out of Circumstantial Happiness

For men who set their hearts on being wealthy expose themselves to temptation. They fall into one of the world's traps, and lay themselves open to all sorts of silly and wicked desires, which are quite capable of utterly ruining and destroying their souls. For loving money leads to all kinds of evil, and some men in the struggle to be rich have lost their faith and caused themselves untold agonies of mind. —1 Timothy 6:9-10 (Phillips)

Navigate Toward Gratitude

"Better the little that the righteous have than the wealth of the wicked."

...give thanks in all circumstances; for this is the will of God in Christ Jesus for you. —1 Thessalonians 5:18

Teach Your Mind to Identify the Best in Every Situation

"I have learned..."

"True contentment is a thing as active as agriculture. It is the power of getting out of any situation all that there is in it. It is arduous and it is rare." —G.K. Chesterton

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excel-

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lence, if there is anything worthy of praise, think about these things. —Philippians 4:8

Enjoy Little Things

Neglect a Mindset of Entitlement

"Money is the universal passport to everywhere except heaven and to everything except happiness."

"Contentment consists not in adding more fuel, but in taking away some fire." —Thomas Fuller

Trust God's Perfect Provision for You

For men who set their hearts on being wealthy expose themselves to temptation. They fall into one of the world's traps, and lay themselves open to all sorts of silly and wicked desires, which are quite capable of utterly ruining and destroying their souls. For loving money leads to all kinds of evil, and some men in the struggle to be rich have lost their faith and caused themselves untold agonies of mind. —1 Timothy 6:9-10 (Phillips)

I can do all things through him who strengthens me... And my God will supply every need of yours according to his riches in glory in Christ Jesus. —Philippians 4:13,19

Tell those who are rich in this present world not to be contemptuous of others, and not to rest the weight of their confidence on the transitory power of wealth but on the living God, who generously gives us everything for our enjoyment. —1 Timothy 6:17 (Phillips)

For to me to live is Christ, and to die is gain.
—Philippians 1:21

Confrontation, Part I

Confrontation is a reality.

Conflict is a real, repeated and regular part of life.

"Perhaps we should add conflict to death and taxes as one of the things we can count on in this life."

—John Maxwell

Confrontation involves risk.

Most people do not handle conflict or confrontation well. I have learned that I can't make everyone happy, but I can make everyone mad. Relationships involve emotions, and emotions increase anxiety, fear and frustration.

Confrontation implies being responsible.

Conflict cannot be resolved without confrontation and resolution. Someone has to be willing to move the matter forward. Someone has to risk difficulty and disapproval to gain clarity and resolution. However, confrontation to some people is little more than emotional release.

The goal of confrontation is resolution, not release!

The Bible doesn't ignore real life issues that occurred in biblical times. We read about the reality of tension, conflict and confrontation that occurred among the most respected followers of Christ. For example, the Apostle Paul felt the need to deal with and address some issues of conflict that had emerged in the church during his time. He urged those involved to "agree" and settle their disputes.

I entreat Euodia and I entreat Syntyche to agree in the Lord. —Philippians 4:2

How I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. —Philippians 4:2 (NLT)

Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. —Philippians 2:3-4

How to Engage Effective Confrontation

1. When confrontation is needed, risk loss to gain respect and relationship.

Not all conflict is resolved in the best way between people. It is oftentimes easy to let the fear of conflict immobilize your ability to proceed and progress in life. However, when conflict is resolved, it can take an otherwise difficult relationship and create a new friendship. Confrontation communicates, "I care."

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Better is open rebuke than hidden love. Faithful are the wounds of a friend; profuse are the kisses of an enemy. —Proverbs 27:5-6

2. When conflict arises, identify the real issues at hand.

Conflicts over preferences.

We are all different in our tastes, background, likes and dislikes.

Conflicts over personalities.

God created diversity in people. However, diversity and differences can either be dynamic or divisive. Diversity creates both spice and sparks. God can and does bring unity out of diversity. You have heard the saying, "Opposites attract." This is true in marriage. But after marriage, opposites can attack!

Conflicts over policies.

In the workplace, for example, conflicts often occur when there is disagreement over how things get done.

Conflicts over past.

It is true that "hurting people often hurt people." The past can create a contentious spirit in people when hurts are not released to and healed by God.

Conflicts over principles.

Conflicts that result over principles are generally not personal, even though they involve people. When principles create conflict, ask yourself, "Is the principle in question essential and non-negotiable?"

Confrontation, Part 2

(Continued from March 18, 2008)

How to Engage Effective Confrontation

3. When Conflict Occurs...

Define your concerns and perceptions.

To some people, confrontation is nothing more than an exercise in "verbal spewing." Think through the real issues and find as positive an approach as possible. Create a mental plan before you confront someone and describe why the issue is important to you.

Deliver your message with discipline.

Tact. Tone. Timing. These are the tools found in the toolbox of a wise builder. The goal in confrontation is *understanding*, not necessarily *agreement*.

A soft answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise commends knowledge, but the mouths of fools pour out folly... The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things.

—Proverbs 15:1-2, 28

Determine to listen.

"One of the best ways to persuade others is with your ears—by listening to them."

Develop a plan of action.

Know where you are going. Remember, resolution is the goal in confrontation.

"Successful confrontation usually changes both people, not just one." —John Maxwell

Discern matters that are personal.

Sometimes *you* are the problem, not the other person. Healthy relationships require work, diligence and patience.

4. When Confrontation Succeeds, Celebrate and Build on the Benefits

Deepen Your Understanding

The more you understand, the greater your wisdom. *Knowledge* and *understanding* are not the same. You can have knowledge without understanding. Wisdom

is knowledge rightly applied as needed in a given situation.

"Women are meant to be loved, not to be understood."—Oscar Wilde

"To understand is to perceive patterns."
—Sir Isaiah Berlin

"Your pain is the breaking of the shell that encloses your understanding." —Kahlil Gibran

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Strengthen Your Unity

The greater your ability to confront and correct, the greater your unity and union will be with another person. When conflict is resolved, team members have greater appreciation and respect for each other. They believe they can work together!

Broaden Your Contribution

When you examine yourself and your contributions in detail, you learn how to sharpen focus, limit energies and offer the best possible solutions.

5. When Confrontation Brings Change, Accept and Adjust to the Outcome

Things change. You don't always remain in the same season of life. Your circumstances, successes and failures can be growth variables if you accept their reality and adjust accordingly.

You can be reconciled with another person without resolving a situation. Resolution deals with issues; reconciliation deals with relationships. It is the same in your relationship with God. You are in conflict with God through your sin. Yet, God is able to reconcile you to Himself through Jesus Christ.

But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.
—Romans 5:8 (NAS)

If you want to know more about conflict resolution and reconciliation with God, visit www.davidhmckinley.com. (Select "blog" from the home page menu.)

Discretion, Part 1

You are what you THINK!

What you think determines what you say, what you feel and ultimately, what you do. For good or bad, all of life moves through the pathway of the brain and deliberation. For some, there is long, thorough and cautious evaluation. For others, deliberation is little more than an impulse of awareness before action.

Discretion is “the ability to make responsible decisions and judgments as a result of separating or distinguishing right thought.”

The quality of your life is in direct proportion to the quality of your thought life.

Discretion is not the result of a unique insight, but the intentional development of a pattern of thought that enables you to make wise choices and shape positive outcomes.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.—Philippians 4:8

The Apostle Paul simply says that intentional protection and processing of the thought life are essential for your well-being.

If I could flash on the screen all the thoughts you have had today or this week, two things would happen:

- 1) I would know many things about your emotional and spiritual condition.
- 2) Some of you would be very embarrassed.

Since thoughts drive emotions and actions, there is nothing worse than living with the consequences of *not* changing the way you think.

The Significance of Your Thought Life

Your thoughts develop your identity.

Thoughts have everything to do with how you see and relate to the world around you.

Where you are going—self ideal
What you are—self image.
Why you matter—self worth

Your thoughts define your integrity.

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Who you are is determined from the inside out.

What is the measure of believability in your life? Are you reliable? Do you have integrity? If you deceive yourself, you will destroy yourself!

Your thoughts determine your destiny.

What you think about, dream about and process mentally today will have great impact on the decisions and destiny of tomorrow.

The Secret to Your Thought Life

In the world around us, we are saturated with an abundance of contentment-reducing, lust-enticing, fear-promoting, anxiety-producing, greed-indulging and pride-seducing materials and merchandise that can creep into our thought life. When this occurs, many people assume they need to begin a “Think...Resist” program. It’s not a *resistance* program that is needed, but a *presence* program. As we read before in Philippians 4:8, we should “think about these things”:

Discretionary Outcome

- Is it true?
- Is it honorable?
- Is it just?
- Is it pure?
- Is it lovely?
- Is it commendable?

Discretion, Part 2

Review from April 1, 2008...

What is the most powerful influence in your life?
Answer: Thoughts

Discretion is "the ability to make responsible decisions and judgments as a result of separating or distinguishing right thought."

The Significance of Your Thought Life

- Your thoughts develop your identity.
- Your thoughts define your integrity.
- Your thoughts determine your destiny.

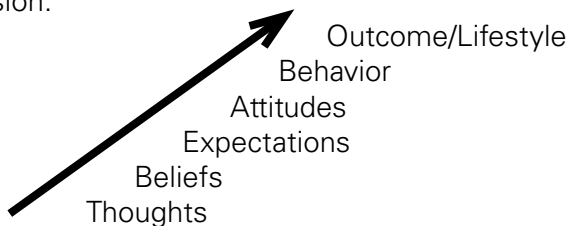
The Secret to Your Thought Life

When harmful, distracting thoughts creep into the mind, many people assume they need to begin a "Think...Resist" program. It's not a *resistance* program that is needed, but a *presence* program. Philippians 4:8 tells us that we should "think about these things":

Discretionary Outcome

Is it true? Is it honorable? Is it just? Is it pure?
Is it lovely? Is it commendable?

Why are these "things" so important? Your *thoughts* determine your *outcome/lifestyle*. Here's the progression:



Core secret: God made you with the ability to think (concentrate) on one thing at a time—One@Time.

What are you thinking?

"Keep your mind off the things you don't want by keeping it on the things you do want."

—W. Clement Stone

The Security of Your Thought Life

1. Start your day with a surrender of your mind to the Lord.

You keep him in perfect peace whose mind is stayed on you, because he trusts in you. —Isaiah 26:3

2. Develop discretion through the wisdom of God's Word.

Oh, how I love all you've revealed; I reverently ponder it all the day long. Your commands give me an edge on my enemies; they never become obsolete. I've even become smarter than my teachers since I've pondered and absorbed your counsel. I've become wiser than the wise old sages simply by doing what

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you tell me. I watch my step, avoiding the ditches and ruts of evil so I can spend all my time keeping your Word. —Psalm 119:97-100 (MSG)

3. Pray and ask God to guard your thoughts through the day.

I have a simple prayer I say when I want to guard against my mind wandering to a certain thought. It is simply, "Don't let me go there!"

4. Drop thoughts that are unnecessary, intrusive or injurious.

"If you are distressed by anything external, the pain is not due to the thing itself, but to your own estimate of it; and this you have the power to revoke at any moment." —Marcus Aurelius

5. Remember, you are what you think!

The first step to a better life and the last step toward personal disaster all begin in the mind. Develop discretion and use it to live life to the fullest!

Think responsibly.

Think reflectively.

Think rationally.

Think relationally.

Think "revelationally."

Don't let the world squeeze you into its own mold, but let God remold your mind from within, so that you may prove in practice that the plan of God for you is good, meets all his demands, and moves toward the goal of true maturity. —Romans 12:2 (Phillips)

Focus

*And this I pray, that your love may abound still more and more in knowledge and all discernment, that you may **approve the things that are excellent**, that you may be sincere and without offense till the day of Christ, being filled with the fruits of righteousness which are by Jesus Christ, to the glory and praise of God.—Philippians 1:9-11 NKJV*

Testing = testing of metals or money for authenticity or value.

Excellent = to differ or distinguish—what matters and what doesn't.

Be intentional about life at the highest level.

QUESTIONS TO MAINTAIN F-O-C-U-S:

First things?

What are your priorities? Your priorities establish direction in your life.

"A man always has two reasons for doing anything—a good reason and the real reason." —J.R. Morgan

"What is the use of running when you are on the wrong road?" —German Proverb

Assess your priorities:

- What dominates your thoughts?
- What makes you anxious?
- What takes your money?
- What do you talk about?
- What will you fight for?
- What have you studied, read and pursued above all else in your life?

No two people have identical priorities. For this reason, you must determine your own priorities.

"A dog has four feet, but he does not walk them on four roads." —Haitian Proverb

Original things?

If you try to be something you are not, you will always have poor performance and bad perspective.

"Focus" has everything to do with being true to your uniqueness and maximizing the God-given gifts and talents God has given you.

"God will help me be all I can be. But He will never help me to be successful at becoming someone else."

Character things?

The outcome of your life has everything to do with your character.

"Character defines the default 'me.' The person I am over the long haul in life. The person who emerges in the most difficult, challenging moments. Charac-

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ter identifies the attitudes, convictions and resulting behaviors that distinguish my life. Character is what people can expect of me in most situations. Most, I say, because all of us defy or betray our essential character from time to time. When we say, 'He acted out of character,' we are noting either some exceptionally good or bad behavior that contrasts with what we have come to anticipate of a person. Character, then, is the deep current of what we are day, after day, after day." —Gordon MacDonald

"I desire to so conduct the affairs of this administration that if, in the end, when I come to lay down the reins of power, I have lost every friend on earth, I shall have at least one friend left—and that friend shall be down inside of me." —Abraham Lincoln

Unfruitful things?

Many people live with blurred focus because they need renewed clarity. What are you doing that you don't need to be doing?

"You cannot protect your priorities unless you learn to decline, tactfully but firmly, every request that does not contribute to the achievement of your goals."
—Ed Bliss

Significant things?

Where is your focus? Are you investing your life in things that will last?

Visit www.davidhmckinley.com to read "Live a Life That Matters" as presented at PowerLunch.