

# Living An Extraordinary Life

## 1) Managing MONEY well is as much a HEART issue as it is a HEAD issue.

- CASH does not bring CONTENTMENT. Stuff is not success. Don't compare. Be content. These are critical.
- GRATITUDE creates a GREAT ATTITUDE.
- Debt is *destructive*. Achieving a solid financial position creates *incredible peace*.
- Every *purchase* is *paid for* with *part of our life*...

## 2) Make EXERCISE & FOOD CHOICES a priority EVERY DAY.

- *Consistency* is more important than *intensity*.
- Eat within 30 minutes of waking up & never go more than 3 hours without a healthy snack.
- List of **benefits** from **being healthy** is incredibly long & valuable:
  - *More energy. Better: sleep, sex, lifespan, immune system, career...*

## 3) Get your MARRIAGE RIGHT – your SPOUSE should be your BEST FRIEND.

- Be GRATEFUL for the good things in your marriage & focus on them. Date night 1x/week (*do it cheaply*).
- Use the **25 Minute Marriage Makeover** to *identify what's important & do it!*

## 4) Get your RELATIONSHIP with your KIDS right & SPEND TIME with them.

- Our kids spell 'LOVE' ... 'T.I.M.E.' Have dinner as a family 4X/week.
- Spend money on *experiences with others*, not 'things'.
- Tell kids *daily*:
  - ✓ **I love you** & I will always be here for you, *no matter what*.
  - ✓ **"I'm proud of you."** (*Emphasize character traits, not physical things e.g. looks or performance related things—instead, emphasize great character, e.g. being a good friend, honest, kind, etc.*)
  - ✓ **"You're really good at \_\_\_\_\_"** (*fill in the blank*) & I'm excited to see how God will use those strengths to impact others."

## 5) Get CONNECTED to OTHERS (*make sure you have a 3 a.m. friend*).

## 6) Perform with EXCELLENCE at Work – *this increases fulfillment & reduces stress.*

## 7) Get your PRIORITIES RIGHT & UTILIZE TIME EFFICIENTLY (*combine tasks when possible*).

- Impactful leaders throughout history built their lives around things outside of them- purpose/impact, family/friends, & faith...not money, career, or possessions.
- Remember: *Relationships last longer than resources*...

## 8) IDENTIFY your PURPOSE for this stage of your life.

- How could you use your **talents & abilities** to leave a **lasting & eternal** legacy?
- Imagine a **documentary of your life**... what would you want to see?
  - What do you want to have **done** or **accomplished**?
  - Whose **lives** do you want to have **impacted** & in what ways?