**VALUES COACH Inc.**

**360 Days to Change**

**Your Life**

**A Personal Journal for Living *The Twelve Core Action Values***

**By Joe Tye, CEO and Head Coach**



**Values Coach Inc.**

**Transforming People through the Power of Values Transforming Organizations through the Power of People™**

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**CONTRACT BETWEEN ME AND MYSELF FOR THE REGULAR PRACTICE OF WRITING IN MY JOURNAL**

*“The longest journey begins with a single step.”*

*~Lao Tzu*

Today I am taking the first step in a process of self-understanding and personal growth by writing in

this journal. By signing this contract with my inner self, I am making a commitment to take this exercise seriously and work in good faith. Therefore:

 I will write in this journal every day for one year. If I miss days, I will make them up until I have an entry for every day.

 I will write freely and without allowing censorship by any of my critical inner voices (including those that may right now be criticizing me for wasting my time or accusing me of a lack of discipline.)

 I will not worry about what anyone else would think if they were to find my journal, and I will strive to keep it safe from any prying eyes.

 Before I write I will endeavor to establish a calm and peaceful state of mind using meditation, music, exercise, prayer, a cup of tea, or whatever else might work for me.

 As I bring about this calm state of mind, I will reflect upon my day: the things I did, the people with whom I interacted, my accomplishments and disappointments, and the emotions that I felt during the day.

 I will allow myself a full and complete catharsis, to honestly express any feelings of anger, guilt, fear, resentment, or other negative emotion.

 After I have written about my feelings, however, I will try to consider the situation rationally and objectively: I will admit to myself where my own ego, emotions, or ambitions might be distorting my view of reality.

 If I find that a particular subject is too painful to write about, I will put it away and bring it back

out when I’m ready.

 I will not give in to ―writers’ block,‖ other demands, or the urgings of laziness or procrastination.

On any day that I’m unable to write something intelligent I’ll just keep my pen moving until the pages are filled: *sometimes in moments when motivation is lowest and blocks are highest the deepest subconscious gives you something of great value.*

 I will not allow myself or my journal to become unbalanced on the side of negativity and self-criticism.

When I do recount the inevitable problems and failures, I will do so in a spirit of understanding and forgiveness for myself.

 I will conclude each day’s writing by mentally preparing for the next day.

 Once I have completed this book I’ll decide whether or not to continue.

 There is not right or wrong way to keep a journal. I will do what works for me.

2

Day 1 of the Values Journey **—** Core Action Value #1

Authenticity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 1

Take the basket off your inner candle and let it shine for the world, and never cheat yourself by settling for anemic dreams and goals because you

don’t think you are capable or deserving of more.

3

Day 2 of the Values Journey **—** Core Action Value #1

Authenticity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 2

Build upon the foundation of your strengths rather than spending too much time and energy trying to compensate for your weaknesses.

4

Day 3 of the Values Journey **—** Core Action Value #1

Authenticity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 3

Do not compare yourself against others – more often than not, you are un- fairly comparing you at your worst against them at their best, comparing

your weaknesses against their strengths.

5

Day 4 of the Values Journey **—** Core Action Value #1

Authenticity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 4

Don’t worry so much about what other people think of you (you'd worry a lot less about what other people think of you if you would admit to yourself how *infrequently* they think of you).

6

Day 5 of the Values Journey **—** Core Action Value #1

Authenticity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 5

Never pretend to be someone other than the real you because you think you will make more money or gain more status by being a fraud than you would

by being genuine.

7

Day 6 of the Values Journey **—** Core Action Value #1

Authenticity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 6

Pay attention to the inner dialog between your best self and your lesser self (aka soul vs. ego); ego is the loud and self-indulgent voice, soul is the quiet and self-sacrificing voice. You will often regret following the voice of ego and

rarely regret following the voice of soul.

8

Day 7 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Awareness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 7

Keep writing in your journal, and periodically go back and review what

you’ve been saying to yourself.

9

Day 8 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Awareness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 8

Pay careful attention to the inner dialog that goes on in your head, and recognize that virtually all negative and disempowering self-talk is not really your own voice, but rather the echoes of hurtful and inhibiting things that others said to you in the distant past.

10

Day 9 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Awareness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 9

In setting your course for the journey of life, the questions you ask are far more important than the answers you receive.

11

Day 10 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Awareness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 10

What is the biggest lie that you are telling yourself? And how can telling yourself the truth instead help you be happier and more successful?

12

Day 11 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Awareness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 11

Be constantly aware that the core mission of Madison Avenue advertisers, movie and television producers, news broadcasters, and the rest of the me- dia is to convince you that being you is not sufficient. The more you buy into this falsehood, the less likely it is that you will discover and become the meant-to-be you.

13

Day 12 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Awareness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 12

When people ask you the universal icebreaker question, see how long you can put off telling them what you do for a living and instead tell them about some of the things that make you who you really are.

14

Day 13 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Mastery

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 13

Clean up your language; profanity and trash-talk are the vernacular of your lesser self, and when you talk that way, you are letting the rest of the world know that your lesser self is currently running your show.

15

Day 14 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Mastery

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 14

Be conscious in selecting your reference group, which is the fancy name that sociologists give to the people you choose to spend time with. Over time, you will be ineluctably influenced by their beliefs, attitudes, and behaviors, so choose wisely.

16

Day 15 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Mastery

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 15

Absolutely refuse to be party to rumor-mongering; as soon as the gossiping starts, either stop the conversation or walk away from it.

17

Day 16 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Mastery

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 16

Be careful to distinguish between gut feel and intuition. Gut feel is an emotional reaction that says more about you than whatever it is you are reacting to, and will often cause you to act in ways that are counter-productive and self-sabotaging. Intuition, on the other hand, is the apparently-sudden coalescing of observations collected over time into a conclusion or decision; intuition will rarely serve you wrong.

18

Day 17 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Mastery

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 17

Visualize negative self-talk for what it really is: mental graffiti. Create a mental image of a janitor who lives up there in the attic of your mind (*The Janitor in Your Attic™*), then visualize your janitor making rounds to erase the graffiti of negative self-talk and take down the distorted reflections of poor self-image, and replace them with words and images that are positive and supportive of your ideal self and your authentic dreams.

19

Day 18 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Mastery

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 18

Commit yourself to always being an energy faucet who lifts up the people around you with a spark of your energy, and to never be an energy drain who drags people down by sucking the life out of them with your own nega- tivity and pessimism.

20

Day 19 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Belief

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 19

Stay out of the victim spiral where Learned Helplessness descends into

Blame Game which deteriorates into Victim Syndrome.

21

Day 20 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Belief

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 20

Be tough *with* yourself, not tough *on* yourself.

22

Day 21 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Belief

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 21

Self-belief is not arrogance. People who need to put down others in order to puff up themselves are not reflecting high self-esteem, but rather trying to cover up their own insecurity. Even worse, arrogance often underlies hubris

– the pride that comes before the fall – because arrogant people are not par- ticularly objective about what’s really going on around them, open to legiti- mate criticism, or willing to make needed changes in their approach to life and to other people.

23

Day 22 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Belief

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 22

Dare to never compare. When you compare yourself against someone else, you are almost always being unfair — usually by comparing them at their best against you at your worst.

24

Day 23 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Belief

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 23

Avoid negative people, and go out of your way to seek out positive people.

25

Day 24 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Belief

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 24

Whether consciously or not, in order to understand ourselves and the world around us, we rely heavily upon metaphors. With self-awareness, you can become more cognizant of the metaphors that you subconsciously use to define and describe yourself; changing those metaphors can be a powerful way of building self-belief.

26

Day 25 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Truth

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 25

Accept yourself as you are, warts and all. Then work on removing the warts.

27

Day 26 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Truth

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 26

What is your most important goal right now — and what DDQ (Direction Deflection Question) could help you motivate yourself to take the actions necessary to achieve that goal?

28

Day 27 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Truth

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 27

Take complete and absolute responsibility for your circumstances and your outcomes. You are where you are today because of choices you have made in the past, and you will be where you are tomorrow as a result of choices you make in the future.

29

Day 28 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Truth

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 28

Become a more effective time manager. People with low self-esteem are notoriously poor time managers, especially to the extent they waste their time (and their lives) in front of the boob tube. One of the most immediate ways you can begin raising your self-esteem is by putting your time to more effective use.

30

Day 29 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Truth

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 29

Avoid negative people, and go out of your way to seek out positive people. Over time, you take on the attitudes of the people you spend your time with; make sure that you’re investing in yourself by spending time with people who are positive and optimistic.

31

Day 30 of the Values Journey **—** Core Action Value #1

Authenticity **—** Self-Truth

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 30

Believe in other people. Be a Dionarap – which is the word paranoid spelled backwards. It’s easier to believe in yourself when you also believe in other people.

32

Day 31 of the Values Journey **—** Core Action Value #2

Integrity **—** Integrity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 31

Avoid people of questionable integrity, people who are not trustworthy,

and people who seem to get their greatest joy by putting other people down. Not only do you risk seeming guilty by association, over time it is virtually inevitable that you will absorb some of the attitudes and begin to mimic the behaviors of these people.

33

Day 32 of the Values Journey **—** Core Action Value #2

Integrity **—** Integrity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 32

Do not participate in gossip, not even as a passive listener. Passing rumors and talking about people behind their backs is, without exception, a violation of integrity.

34

Day 33 of the Values Journey **—** Core Action Value #2

Integrity **—** Integrity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 33

Use Direction Deflection Questions (DDQs) to guide you along the path with integrity by doing an internal check to prevent you from saying or doing things that you will later regret because these words and actions were not “in integrity” with with your best self.

35

Day 34 of the Values Journey **—** Core Action Value #2

Integrity **—** Integrity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 34

Look past superficialities (including what someone does to make a living, the kind of car they happen to drive, and their physical appearance); avoiding such snap judgments protects their dignity and your integrity.

36

Day 35 of the Values Journey **—** Core Action Value #2

Integrity **—** Integrity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 35

Think about the difficult situations you might face in the future – with

your job, with your finances, with your family. By anticipating such events, and visualizing how your best self would handle them, you are more likely

to allow that best self to take command when they do arise.

37

Day 36 of the Values Journey **—** Core Action Value #2

Integrity **—** Integrity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 36

Remember that the root of the word integrity is “integer,” which means one undivided whole. Be consistent in your attitudes and behaviors wherever you are, at home and at work.

38

Day 37 of the Values Journey **—** Core Action Value #2

Integrity **—** Honesty

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 37

Beware of arrogance, rationalization, self-justification, and all other forms of self-deception; honesty with others begins with honesty with self.

39

Day 38 of the Values Journey **—** Core Action Value #2

Integrity **—** Honesty

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 38

Be cautious to distinguish between opinions and facts, and to remain humble and open to the possibility that no matter how fervently you happen to believe something, it does not mean that people who believe differently are necessarily wrong, or even that you might be wrong yourself.

True honesty (as opposed to true believing) mandates that you acknowledge the possibility that you are wrong.

40

Day 39 of the Values Journey **—** Core Action Value #2

Integrity **—** Honesty

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 39

Challenge your own self-confining beliefs and self-imposed limitations,

which are often reflected in the utterance of the toxic two words “I can’t.”

41

Day 40 of the Values Journey **—** Core Action Value #2

Integrity **—** Honesty

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 40

If you catch yourself in the act of self-deception, or of being dishonest with others, take immediate action to return to the truth. Honesty with honors begins by being honest with yourself; likewise, deception of others most often begins with deception of self.

42

Day 41 of the Values Journey **—** Core Action Value #2

Integrity **—** Honesty

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 41

Do a reality check on yourself: in what ways are you currently practicing self-deception (if you don’t think you are, it’s probably a pretty good sign that you are).

43

Day 42 of the Values Journey **—** Core Action Value #2

Integrity **—** Honesty

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 42

Just because you have an honest opinion doesn’t necessarily mean that you have to share it with anyone else. This especially applies to matters of taste (such as a wife’s new hairdo or a husband’s new mustache).

44

Day 43 of the Values Journey **—** Core Action Value #2

Integrity **—** Reliability

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 43

Learn how to say no more often so that you can finish on time with the things you’re already said yes to; saying “I’ll think about it” when someone asks you to do something is a way of buying time so that you can decide if you really have the time to keep the commitment.

45

Day 44 of the Values Journey **—** Core Action Value #2

Integrity **—** Reliability

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 44

“Under-promise and over-deliver” is often held out as a formula for excellent customer service, and it is a good one. One of the best ways to become more reliable is to make fewer promises, but to complete the ones you have made on (or ahead of) schedule, and do it with extravagant attention to quality.

46

Day 45 of the Values Journey **—** Core Action Value #2

Integrity **—** Reliability

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 45

Do the things that you *need* to get done before you do the things that you

*want* to get done; if you start to get behind, be quick to ask for help.

47

Day 46 of the Values Journey **—** Core Action Value #2

Integrity **—** Reliability

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 46

Two things that often get people into trouble on the integrity front are being behind in their obligations and being over their heads in debt. Make a list of areas where you are behind, either with regard to time or money. Which of these issues have the greatest potential to put so much pressure on you that you might feel pushed to act in ways that you later regret? What can you do *now* to prevent this from happening?

48

Day 47 of the Values Journey **—** Core Action Value #2

Integrity **—** Reliability

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 47

Make a list of all the promises you’ve made, the deadlines you’re expected to meet, the debts you owe (excluding major things such as home mortgage and car loans). Now, do not make any more promises, do not commit your- self to any more deadlines, or take on any new debts until each and every one of the obligations you’ve already made has been satisfied.

49

Day 48 of the Values Journey **—** Core Action Value #2

Integrity **—** Reliability

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 48

Think about how making a more personal and sustained commitment to liv- ing and working with integrity can change your life. What commitments are you willing to make to reinforce your own integrity? What sacrifices are you willing to make?

50

Day 49 of the Values Journey **—** Core Action Value #2

Integrity **—** Humility

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 49

Keep in mind the paradox of servant leadership: the most successful leaders combine professional competence and confidence with personal humility.

51

Day 50 of the Values Journey **—** Core Action Value #2

Integrity **—** Humility

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 50

Be honest and aware of how the external environment, including people with whom you associate, influences your attitudes and behaviors.

52

Day 51 of the Values Journey **—** Core Action Value #2

Integrity **—** Humility

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 51

Make time for reading, reflection, and prayer, all of which help you take your focus off yourself and shift it onto the people and the world around you.

53

Day 52 of the Values Journey **—** Core Action Value #2

Integrity **—** Humility

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 52

As your income and wealth increase, keep your life frugal and simple as you increase your commitment to charity for others.

54

Day 53 of the Values Journey **—** Core Action Value #2

Integrity **—** Humility

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 53

Laugh loudest when the joke’s on you; genuine humility is often reflected in an ability to laugh at yourself.

55

Day 54 of the Values Journey **—** Core Action Value #2

Integrity **—** Humility

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 54

Jim Collins says that the best leaders — those who practice what he

calls Level 5 Leadership — have the paradoxical blend of great professional competence coupled with sincere personal humility.

56

Day 55 of the Values Journey **—** Core Action Value #2

Integrity **—** Stewardship

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 55

Effectively managing resources (waste not, want not) is not merely a matter

of prudence and common sense, it’s a matter of integrity.

57

Day 56 of the Values Journey **—** Core Action Value #2

Integrity **—** Stewardship

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 56

Personal stewardship means managing your personal resources so that, should adversity happen, you won’t become a burden to your family or our society. Develop a financial plan that helps you achieve financial independence as quickly as possible; this will probably mean making short-term sacrifices.

58

Day 57 of the Values Journey **—** Core Action Value #2

Integrity **—** Stewardship

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 57

Organizational stewardship requires us to work as efficiently and as productively as possible so that resources can be invested in people (employees and customers). Take to heart the Biblical advice of Ecclesiastes: Whatever your hand finds to do, do with all your might. Go to work with a positive attitude and a willingness to extend yourself for coworkers.

59

Day 58 of the Values Journey **—** Core Action Value #2

Integrity **—** Stewardship

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 58

Environmental stewardship mandates us to make whatever sacrifices are necessary today so future generations can appreciate the divine world with which we have been blessed, and will have the natural resources with which to build upon the accomplishments of previous generations. Do your part

to assure future generations do not suffer through the widely-predicted global environmental crisis by reducing, reusing, and recycling.

60

Day 59 of the Values Journey **—** Core Action Value #2

Integrity **—** Stewardship

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 59

Productivity is an important form of stewardship — making the most effective use of time (i.e. not being wasteful of your most precious resource) at home and on the job.

61

Day 60 of the Values Journey **—** Core Action Value #2

Integrity **—** Stewardship

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 60

We don’t own the earth, we are borrowing it from our grandchildren. Thinking about Chief Seattle’s admonition could change a whole range of behaviors — from the car we drive to a choice to bring our own water bottles and filling them up at the fountain instead of adding more plastic to the landfill.

62

Day 61 of the Values Journey **—** Core Action Value #3

Awareness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 61

Take the advice of Betty Smith (author of *A Tree Grows in Brooklyn*), who said: “Look at everything as though you were seeing it either for the first or last time. Then your time on earth will be filled with glory.”

63

Day 62 of the Values Journey **—** Core Action Value #3

Awareness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 62

Devote a bit of time every day to some form of meditation. There are many different forms (Zen, transcendental, centering prayer, walking meditation), and one will feel right to you. You don’t need to wear orange robes, and if you can’t find half an hour, then give yourself five or ten minutes.

64

Day 63 of the Values Journey **—** Core Action Value #3

Awareness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 63

Hold your breath. I find that periodically taking and holding a deep breath helps me be more alert and more awake to my surroundings. Don’t overdo it – you’re not trying to make it into the Guinness book of world records, just enough to stretch your lungs and stretch your mind.

65

Day 64 of the Values Journey **—** Core Action Value #3

Awareness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 64

Stand on one foot. A friend taught me this exercise as a way of helping me concentrate and stay focused while in meetings. It is very difficult for your mind to wander, not to mention for you to fall asleep, if you are standing on one foot (unless you happen to be a bird).

66

Day 65 of the Values Journey **—** Core Action Value #3

Awareness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 65

Travel light. The less your sense of self depends upon material possessions, and the less your experience of time depends upon external sensations, the more authentic, the more true to your authentic self, you will be able to be.

67

Day 66 of the Values Journey **—** Core Action Value #3

Awareness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 66

Carry something in your pocket or wear something on your wrist to serve as an ancillary alarm clock — something to help you stay awake to the beauty of your day, since for most of us the morning alarm clock never quite finishes the job.

68

Day 67 of the Values Journey **—** Core Action Value #3

Awareness **—** Mindfulness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 67

Past and future are just the bookends – it’s in the present that the real story is written. It’s a good thing to dream and plan, but you are most likely to succeed if those dreams and plans are based on an accurate and objective assessment of the current reality.

69

Day 68 of the Values Journey **—** Core Action Value #3

Awareness **—** Mindfulness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 68

Set aside daily sacred time for yourself to be devoted to reflection, prayer, meditation, and reading that inspires you.

70

Day 69 of the Values Journey **—** Core Action Value #3

Awareness **—** Mindfulness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 69

Take up a meditative practice; Zen or transcendental meditation (they are very different approaches), yoga, walking meditation, or other practices can help you enhance your mindfulness, and your joy in the world.

71

Day 70 of the Values Journey **—** Core Action Value #3

Awareness **—** Mindfulness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 70

Pay attention to what is going on inside of you; your moods and emotions and self-talk can be painful and self-limiting if they are not perceived in a mindful way, but rather just reacted to.

72

Day 71 of the Values Journey **—** Core Action Value #3

Awareness **—** Mindfulness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 71

Consciously fill open blocks of time with constructive reading and positive thinking so that depressing thoughts are crowded out.

73

Day 72 of the Values Journey **—** Core Action Value #3

Awareness **—** Mindfulness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 72

Use *Direction Deflection Questions* to help you act with greater awareness in how you spend your time and money, and how you invest your emotional energy.

74

Day 73 of the Values Journey **—** Core Action Value #3

Awareness **—** Objectivity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 73

Just because you believe something doesn’t make it true. Have the mental flexibility and the spiritual honesty to be objective about your own opinions and beliefs. And as the humorist Artemus Ward said: It ain’t so much the things we don’t know that get us into trouble. It’s the things we know that just ain’t so.

75

Day 74 of the Values Journey **—** Core Action Value #3

Awareness **—** Objectivity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 74

Try to see yourself as others see you. Whether you do it as part of a formal management process where you work or as a personal initiative on your own, undertaking a 360-degree evaluation will help you gain this objective picture of You as seen by the people around you.

76

Day 75 of the Values Journey **—** Core Action Value #3

Awareness **—** Objectivity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 75

Have the courage to ask others how you are doing, and the humility to lis- ten to their answers with an open mind.

77

Day 76 of the Values Journey **—** Core Action Value #3

Awareness **—** Objectivity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 76

Train yourself to have fewer opinions and more questions. Asking good questions, and then sincerely listening to the responses, is far more conducive to objectivity than is expressing your opinions on the matter.

78

Day 77 of the Values Journey **—** Core Action Value #3

Awareness **—** Objectivity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 77

Train your doubt. This was the advice given by the German poet Rainer Maria Rilke in *Letters to a Young Poet*. When doubt says, it will never work, train it to instead ask good questions. Like this: ―Whose support do I need to make it work, and what can I say that will gain that support? Or this: ―What do I not know now that if I did know would allow me to move ahead with confidence,?

79

Day 78 of the Values Journey **—** Core Action Value #3

Awareness **—** Objectivity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 78

Change your questions to get at root causes. For example, instead of asking yourself, Why does he make me so mad? ask yourself this: What is it about me that causes his behavior to make me so angry?

80

Day 79 of the Values Journey **—** Core Action Value #3

Awareness **—** Empathy

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 79

Take the advice of Mary Kay Ash and visualize the letters MMFI stenciled on the people’s foreheads — for *Make Me Feel Important*; making people feel important, special, and even sacred is the highest form of empathy.

81

Day 80 of the Values Journey **—** Core Action Value #3

Awareness **—** Empathy

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 80

One thing I’ve found particularly helpful is to simply recall the instructions we all learned about crossing a street – stop, look and listen. First, to stop my own inner chatter and desire to quickly fix whatever problem has been presented. Second, to look at the bigger context in which the problem has been presented. And third, to listen for what the person speaking is really trying to say, which might not have much to do with the problem as first presented.

82

Day 81 of the Values Journey **—** Core Action Value #3

Awareness **—** Empathy

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 81

One often overlooked blessing is that the tribulations of your life not only make you stronger, they give you a more profound sense of empathy for others who experience similar trials.

83

Day 82 of the Values Journey **—** Core Action Value #3

Awareness **—** Empathy

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 82

People in AA adhere to the principle of mutuality. It’s not one drunk helping another because *he* needs help, but rather two drunks helping each other because each needs the help. Without this spirit of mutuality – *we need each other* – empathy can be perceived as being condescending.

84

Day 83 of the Values Journey **—** Core Action Value #3

Awareness **—** Empathy

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 83

Let yourself be interrupted. It will help you be a better listener. It can also go a long way toward resolving arguments – especially those in which you are dead certain that you are right, until you’ve shut up both your outer and inner voices and listened with genuine empathy to the other person, at which time the flaws in your argument started to reveal themselves.

85

Day 84 of the Values Journey **—** Core Action Value #3

Awareness **—** Empathy

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 84

Judgmentalism is the enemy of empathy. Any time you catch yourself mentally judging someone else on the basis of their situation, remind yourself that you do not know the whole story (and that, as the old saying goes, there but for the grace of God go you).

86

Day 85 of the Values Journey **—** Core Action Value #3

Awareness **—** Reflection

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 85

No one on their deathbed ever said they wished they’d spent more time watching television, surfing the internet, shopping at Wal-Mart, or pumping nickels into a casino slot machine. Reflection can help you focus your time and energy on the things that really matter.

87

Day 86 of the Values Journey **—** Core Action Value #3

Awareness **—** Reflection

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 86

When is the last time you were in a place that was completely free of the sights and sounds of human civilization noise machine? No television or radio, no passing trucks or ambulance sirens, no crying children or airplanes overhead? Time spent alone in a quiet place for prayer, meditation, and re- flection is profoundly good for your soul.

88

Day 87 of the Values Journey **—** Core Action Value #3

Awareness **—** Reflection

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 87

Prayer can be an important form of reflection, especially when it is prayer for guidance rather than a prayer of petition. (Gilda Radner asked why it is that if we see someone on his knees talking to God we call it prayer, but if we see that same person on his knees listening to God talk back to him we call it schizophrenia).

89

Day 88 of the Values Journey **—** Core Action Value #3

Awareness **—** Reflection

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 88

Commit yourself to constant renewal, and that always begins with reflection, with asking questions about what is working, what is not working, what is important, where you want to go and who you want to be.

90

Day 89 of the Values Journey **—** Core Action Value #3

Awareness **—** Reflection

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 89

You will never FIND time for Reflection. You must MAKE time. If you don’t, the routine and the urgent will perpetually crowd out the time you’d hope to find for the creative and important that are the realm of reflection.

91

Day 90 of the Values Journey **—** Core Action Value #3

Awareness **—** Reflection

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 90

Winston Churchill said that every leader must spend some time alone in the desert. While he meant that as a metaphor, the truth behind it is that time alone is essential for anyone who wants to achieve their full potential and become their ideal best selves.

92

Day 91 of the Values Journey **—** Core Action Value #4

Courage

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 91

Accept the fact that anxiety, fear, and worry are natural human emotions that everyone feels; don’t play the role of victim because you’re feeling them, and don’t beat yourself up emotionally because you think that if you were stronger, you wouldn’t feel them.

93

Day 92 of the Values Journey **—** Core Action Value #4

Courage

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 92

When you’re feeling emotionally distressed, ask yourself whether the pre- dominant emotion is anxiety (nonspecific dread about the uncertain future), fear (acute alarm about a current situation), or worry (anticipating problems in the future).

94

Day 93 of the Values Journey **—** Core Action Value #4

Courage

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 93

Get the facts. Fear breeds in ignorance and dissipates when you shine the light of knowledge upon it. What do you not know that if you did know would make your fear more manageable, and how can you find it out?

95

Day 94 of the Values Journey **—** Core Action Value #4

Courage

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 94

Talk back to your fear. When fear is trying to prevent you from taking risks that could in fact eliminate the source of the fear, you need to put on your bravest face, rebut your fears with your bravest affirmations, then fake it till you make it. As Mark Twain said – act brave, even if you’re not, because nobody can tell the difference.

96

Day 95 of the Values Journey **—** Core Action Value #4

Courage

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 95

Fear is a reaction; courage is a decision!

97

Day 96 of the Values Journey **—** Core Action Value #4

Courage

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 96

Courage is not the absence of fear — it is standing up to your fear and doing whatever it is you must do, even though you are afraid.

98

Day 97 of the Values Journey **—** Core Action Value #4

Courage **—** Confrontation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 97

Fear is a bully which you need to stand up to if you are going to achieve your most important goals; it is also a coward that will back down in the face of courageous determination.

99

Day 98 of the Values Journey **—** Core Action Value #4

Courage **—** Confrontation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 98

If you give fear a name, it becomes just a problem; it’s a lot easier to solve problems than it is to conquer fear.

100

Day 99 of the Values Journey **—** Core Action Value #4

Courage **—** Confrontation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 99

Bolster your courage by replacing vague generalizations with specific statements of fact. Instead of “I’m running out of money!” calculate how much extra you need to bring in to prevent that from happening. Then work on solving that problem.

101

Day 100 of the Values Journey **—** Core Action Value #4

Courage **—** Confrontation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 100

Fear is the most toxic of emotions; it can be a prison more constraining

Than any iron bars, but it’s hard for fear to imprison you when you’re laughing. Make a list of some of the things you can do to be more spontaneous, more outrageous, more adventurous, and more of the fun-loving person that you were as a child. Then pick one or two and actually go out and do them!

102

Day 101 of the Values Journey **—** Core Action Value #4

Courage **—** Confrontation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 101

Watch the metaphors that you use to describe (and define) yourself and

your circumstances, and replace fearful and disempowering metaphors with metaphors that are encouraging and empowering (and frankly, more likely

to be true).

103

Day 102 of the Values Journey **—** Core Action Value #4

Courage **—** Confrontation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 102

Visualize your fear as a hideous monster standing between you and the achievement of your goals. Put on your most ferocious face and roar at the phantom at the top of your voice. Visualize the monster turning tail and running away. Now do it again. And again. Keep doing it until it becomes an automatic reaction to the impulse of fear.

104

Day 103 of the Values Journey **—** Core Action Value #4

Courage **—** Transformation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 103

One of the chief challenges in life is to overcome the old memories that hold you back from achieving what you are capable of achieving, from becoming the person you were born to be.

105

Day 104 of the Values Journey **—** Core Action Value #4

Courage **—** Transformation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 104

Recognize that both fear and courage are contagious, and that the best way for you to gain courage is to share it with others, even if you think you don’t have it.

106

Day 105 of the Values Journey **—** Core Action Value #4

Courage **—** Transformation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 105

Pay attention to the words, images, and metaphors that you use to define yourself and your circumstances; many of our greatest fears and doubts are self-inflicted by inappropriate choices in how we talk to ourselves.

107

Day 106 of the Values Journey **—** Core Action Value #4

Courage **—** Transformation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 106

Transform the negative energy of fear into the positive, catalytic energy for productive action. Courage without energy is little more than a good intention; energy without courage is more likely to run away than it is to stand and fight.

108

Day 107 of the Values Journey **—** Core Action Value #4

Courage **—** Transformation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 107

Think of some of the things that cause you the greatest fear – such as, per- haps, the fear that you might lose your job, you might go broke, you might wake up one morning and find that nobody likes you, whatever. Now, identify the underlying problems and write about some of the things you could do in order to solve those problem.

109

Day 108 of the Values Journey **—** Core Action Value #4

Courage **—** Transformation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 108

*Word are Powerful!* Be careful to distinguish between verbs, adjectives, and nouns. To have failed (verb) at keeping a job, or to have been part of a failing (adjective) business, does not make you a failure (noun).

110

Day 109 of the Values Journey **—** Core Action Value #4

Courage **—** Action

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 109

Action is the difference between positive thinking (*expecting* something and working to make it to happen) and wishful thinking (*hoping* for something and waiting for someone else to make it happen).

111

Day 110 of the Values Journey **—** Core Action Value #4

Courage **—** Action

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 110

To see what is right and not to do it is cowardice, Confucius is quoted as saying in *The Analects*. We usually know what needs to be done in any given situation – the challenge is getting ourselves to do it.

112

Day 111 of the Values Journey **—** Core Action Value #4

Courage **—** Action

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 111

Dare most when times are darkest; it is precisely when things seem most hopeless that positive thinkers make great things happen

113

Day 112 of the Values Journey **—** Core Action Value #4

Courage **—** Action

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 112

Fear and anxiety are magnified by a lack of information; use research to shed a light on your fears.

114

Day 113 of the Values Journey **—** Core Action Value #4

Courage **—** Action

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 113

Keep moving. Feeling out of control – of yourself, your environment, your future – can be terribly frightening. One of the simplest things you can do to re-exert a sense of control is to move. Just move. Go for a brisk walk or a jog. Pick up the phone and make a call. We know from the science of psychoneuroimmunology that not only does the mind talk to the body, the body talks to the mind.

115

Day 114 of the Values Journey **—** Core Action Value #4

Courage **—** Action

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 114

Remember the words of Ralph Waldo Emerson: do the thing you fear and the death of the fear is certain.

116

Day 115 of the Values Journey **—** Core Action Value #4

Courage **—** Connection

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 115

Reach out in the darkness and you might find a friend, went the hit song from the sixties; fear breeds in isolation while connection inspires courage.

117

Day 116 of the Values Journey **—** Core Action Value #4

Courage **—** Connection

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 116

Caring is the root of courage; remind yourself of who you care for, of why you care*.* That knowledge, the why and the who of your caring, will point you in the direction of what you must do to effectively express that caring, and give you the courage to do it.

118

Day 117 of the Values Journey **—** Core Action Value #4

Courage **—** Connection

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 117

Fear and courage are contagious; take to heart advice of Robert Louis Stevenson: Keep your fears to yourself, but share your courage with others.

119

Day 118 of the Values Journey **—** Core Action Value #4

Courage **—** Connection

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 118

The silo effect is a metaphor used to describe the gulf that separates divisions within an organization (“division” – the very word implies separation); one of the challenges to – drive fear out of the workplace is to bring down the silo walls, enhance communication, and promote a spirit of community.

120

Day 119 of the Values Journey **—** Core Action Value #4

Courage **—** Connection

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 119

Listening to first impressions can prevent you from really getting to know people who seem to be different from you, and unnecessarily limit your circle of friends to include only people who are pretty much just like you.

121

Day 120 of the Values Journey **—** Core Action Value #4

Courage **—** Connection

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 120

Remember the words of Jonathan Swift: keep your fears to yourself and share your courage with others.

122

Day 121 of the Values Journey **—** Core Action Value #5

Perseverance

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 121

Obstacles are not optional, and though they cannot be predicted with precision, they can be anticipated in general; the secret is to prepare in much the same way that a fire department prepares for the next fire.

123

Day 122 of the Values Journey **—** Core Action Value #5

Perseverance

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 122

Every successful athletic coach knows this truth: spectacular success is al- ways preceded by unspectacular preparation. No football team ever won a game because of the pre-game pep rally – victory is always founded upon a solid base of discipline and preparation.

124

Day 123 of the Values Journey **—** Core Action Value #5

Perseverance

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 123

No adversity comes your way that does not have hidden within it the seeds

of a future blessing; it is your challenge to find and capitalize upon that proverbial silver lining.

125

Day 124 of the Values Journey **—** Core Action Value #5

Perseverance

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 124

The bigger your dream, the greater will be the challenges you’ll face in transforming the dream of today into the reality of tomorrow.

126

Day 125 of the Values Journey **—** Core Action Value #5

Perseverance

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 125

Every project can look like a failure in the middle — but it’s only a failure if you quit.

127

Day 126 of the Values Journey **—** Core Action Value #5

Perseverance

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 126

Every great accomplishment was one the ―impossible dream‖ of a dreamer who refused to quit when it appeared that all was lost.

128

Day 127 of the Values Journey **—** Core Action Value #5

Perseverance **—** Preparation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 127

Prepare for the worst, expect the best.

129

Day 128 of the Values Journey **—** Core Action Value #5

Perseverance **—** Preparation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 128

Take care of yourself physically by getting enough sleep, keeping yourself hydrated and eating a balanced diet, and making time for regular exercise so that when adversity strikes, you have the stamina to cope with it.

130

Day 129 of the Values Journey **—** Core Action Value #5

Perseverance **—** Preparation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 129

Conscientiously develops the habits and the character that are necessary for achieving your goals

131

Day 130 of the Values Journey **—** Core Action Value #5

Perseverance **—** Preparation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 130

Avoid analysis paralysis; at some point you need to stop preparing and start acting.

132

Day 131 of the Values Journey **—** Core Action Value #5

Perseverance **—** Preparation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 131

Your trajectory is more important than your current position. It follows di- rectly that if you want to be better off in the future, you must change your trajectory today. Very often, you can do this immediately and dramatically simply by changing your frame of mind.

133

Day 132 of the Values Journey **—** Core Action Value #5

Perseverance **—** Preparation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 132

Harold Kushner was right (in his book of this title): bad things do happen to good people. In all likelihood, they will happen to you before it’s all over. Prepare yourself mentally and emotionally now so that if and when they do, you can respond with strength and determination and not fall into the trap of feeling like a martyr or victim.

134

Day 133 of the Values Journey **—** Core Action Value #5

Perseverance **—** Perspective

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 133

Best of times or worst of times? It’s your choice, and the more disciplined you are at discerning the best of every situation, the more often you will obtain the best of outcomes.

135

Day 134 of the Values Journey **—** Core Action Value #5

Perseverance **—** Perspective

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 134

The glass is neither half-empty not half-full; it’s completely full. Half with the water you need to drink and half with the air you need to breathe. There are blessings everywhere if you pay attention for them.

136

Day 135 of the Values Journey **—** Core Action Value #5

Perseverance **—** Perspective

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 135

Another name for perseverance could be the ability to tolerate frustration, to not allow frustration to deter you from pursuing your goals, whatever they are. In fact, if you’re not routinely being frustrated, then either your goals are too small or you’re not trying very hard to achieve them, or both.

137

Day 136 of the Values Journey **—** Core Action Value #5

Perseverance **—** Perspective

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 136

Life is a motion picture, not a snapshot, and your trajectory is more important than where you are at any point in time. There’s opportunity hidden in every adversity if you have the strength and courage to search for it and to pursue it when you’ve found it.

138

Day 137 of the Values Journey **—** Core Action Value #5

Perseverance **—** Perspective

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 137

Any time one person helps another, two people are helped. Whenever you find yourself anxious, depressed, or frustrated, go out of your way to help someone else who is anxious, depressed and frustrated. Whatever you most need in life, the best way for you to get it is to help someone else who needs it even more than you do.

139

Day 138 of the Values Journey **—** Core Action Value #5

Perseverance **—** Perspective

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 138

If you are reading this, you are almost by definition one of the wealthiest and best fed people in the world (for most Americans, the closest we’ll ever come to starvation is the pizza delivery guy showing up late). Remember that whenever you catch yourself starting to complain about something.

140

Day 139 of the Values Journey **—** Core Action Value #5

Perseverance **—** Toughness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 139

Be tough on yourself by having high standards and expectations, but do not be tough on yourself by beating yourself up if you do not always live up to those standards and expectations.

141

Day 140 of the Values Journey **—** Core Action Value #5

Perseverance **—** Toughness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 140

Get into the habit of doing the difficult things first. Being tough with yourself means doing what you *should* do before you do what you *want*

to do. It means tackling the unpleasant little problems before they have the

chance to grow into big problems.

142

Day 141 of the Values Journey **—** Core Action Value #5

Perseverance **—** Toughness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 141

Surviving adversity is a great way to build self-confidence, and to give you a more positive perspective on future adversity (if we survived *that* we can survive anything!).

143

Day 142 of the Values Journey **—** Core Action Value #5

Perseverance **—** Toughness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 142

Any project or initiative can look like failure in the middle, but it only becomes a failure when you quit striving.

144

Day 143 of the Values Journey **—** Core Action Value #5

Perseverance **—** Toughness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 143

One of the most important things you can do to increase your mental and emotional toughness is change the way you talk to yourself. Most negative self-talk is false and self-sabotaging; so rewrite those scripts.

145

Day 144 of the Values Journey **—** Core Action Value #5

Perseverance **—** Toughness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 144

Positive enthusiasm and mental toughness are hardest to find at precisely those times where they are most important, which is why it’s essential to cultivate the underlying strength of character before it’s required.

146

Day 145 of the Values Journey **—** Core Action Value #5

Perseverance **—** Learning

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 145

That which doesn’t kill you will make you stronger, but only if you plumb the experience for its lessons. Times of difficulty build strong character.

147

Day 146 of the Values Journey **—** Core Action Value #5

Perseverance **—** Learning

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 146

We learn and grow more from our setbacks than we do from our successes. Adversity prepares you for bigger challenges and accomplishments in the future.

148

Day 147 of the Values Journey **—** Core Action Value #5

Perseverance **—** Learning

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 147

One door closes, another door opens, goes the old proverb. It’s often in the face of seeming adversity that the greatest opportunities open before us. When things aren’t working, it forces you to seek more creative solutions.

149

Day 148 of the Values Journey **—** Core Action Value #5

Perseverance **—** Learning

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 148

Adversity connects us with other people in ways that are more meaningful than the connections that come through playing and working together.

150

Day 149 of the Values Journey **—** Core Action Value #5

Perseverance **—** Learning

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 149

Adversity keeps on teaching; your setbacks can, if you’re committed to learning from them, also be the source of great learning for others.

151

Day 150 of the Values Journey **—** Core Action Value #5

Perseverance **—** Learning

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 150

One of the blessings of adversity is that it gives you experience, knowledge, and wisdom that you can share with others.

152

Day 151 of the Values Journey **—** Core Action Value #6

Faith

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 151

Build your own inner strength and peace upon the four pillars of faith: faith in yourself, faith in other people, faith in the future, and faith in a higher power that is much bigger than the physical world.

153

Day 152 of the Values Journey **—** Core Action Value #6

Faith

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 152

Let your faith and your gratitude for all that you have been blessed with shine through in your attitudes and in your actions (Sunday’s Promise of *The Self-Empowerment Pledge*).

154

Day 153 of the Values Journey **—** Core Action Value #6

Faith

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 153

Faith is bigger and deeper than belief; beliefs can, will and should change as one grows and learns, but faith endures.

155

Day 154 of the Values Journey **—** Core Action Value #6

Faith

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 154

Remember that when we’re talking about faith as a value, we are not talking about religion. People have many different religious beliefs, but everyone — regardless of their beliefs or non-belief — needs faith.

156

Day 155 of the Values Journey **—** Core Action Value #6

Faith

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 155

Faith is the ultimate antidote to fear.

157

Day 156 of the Values Journey **—** Core Action Value #6

Faith

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 156

Some of the most pathetic people in the world are those who seem to truly believe what the bumper sticker says, that whoever dies with the most toys wins.

158

Day 157 of the Values Journey **—** Core Action Value #6

Faith **—** Gratitude

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 157

Gratitude is a central tenet of faith in most of the world’s spiritual traditions. People make sacrifices, they fast, they meditate, and they pray in part to express their gratitude for the blessings (past, present, and future) of their lives.

159

Day 158 of the Values Journey **—** Core Action Value #6

Faith **—** Gratitude

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 158

Gratitude is more than just saying thank you. It is choosing to see best of times, even in the worst of times. It is choosing to be grateful when you feel more like complaining.

160

Day 159 of the Values Journey **—** Core Action Value #6

Faith **—** Gratitude

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 159

One of the great sources of anxiety in our society is the fear that we will not get what we want (or what we think we’re entitled to), or that we will lose what we have. How can you, even for a few minutes each day, escape the clutches of our materialistic, entertainment-obsessed world and experience the true joy of the spirit unbound by such superficial trappings?

161

Day 160 of the Values Journey **—** Core Action Value #6

Faith **—** Gratitude

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 160

It’s easy to be grateful for the good things in your life, but probably more important to be grateful during the times that you don’t get what you want.

162

Day 161 of the Values Journey **—** Core Action Value #6

Faith **—** Gratitude

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 161

Gratitude is the foundation for hope and optimism. If you are grateful for what the past has brought into your life, you are much more likely to look ahead toward a positive future.

163

Day 162 of the Values Journey **—** Core Action Value #6

Faith **—** Gratitude

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 162

For thousands of years, motivational speakers have been, one way or another, encouraging their listeners to adopt an attitude of gratitude.

164

Day 163 of the Values Journey **—** Core Action Value #6

Faith **—** Forgiveness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 163

The paradox of forgiveness is that it’s not given for the benefit of the person being forgiven. The real beneficiary is the one doing the forgiving, the one who is finally laying aside the twin burdens of anger and hatred.

165

Day 164 of the Values Journey **—** Core Action Value #6

Faith **—** Forgiveness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 164

Forgiveness often begins with forgiving yourself. As tough as it can be to forgive others for their crimes and sins, it can be even more difficult for us to forgive ourselves. The failure of self-forgiveness is a major cause of low self-esteem, and of anemic dreams and goals for the future.

166

Day 165 of the Values Journey **—** Core Action Value #6

Faith **—** Forgiveness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 165

To forgive does not necessarily mean to condone or to forget.

167

Day 166 of the Values Journey **—** Core Action Value #6

Faith **—** Forgiveness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 166

In your journal, make a list of all the past grudges and grievances that you’ve been hauling around in the backpack of your life. Considering the costs and ―benefits‖ of each, ask yourself: is it worth it?

168

Day 167 of the Values Journey **—** Core Action Value #6

Faith **—** Forgiveness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 167

The person in your life who might well be most in need of your forgiveness is the one you see looking back at you from the mirror.

169

Day 168 of the Values Journey **—** Core Action Value #6

Faith **—** Forgiveness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 168

Carrying a grudge is like drinking poison in hopes of hurting the person against whom you are carrying that grudge. (Do you suppose there’s a reason that grudge rhymes with drudge?)

170

Day 169 of the Values Journey **—** Core Action Value #6

Faith **—** Love

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 169

The Beatles were right! There’s nothing you can do that can’t be done, there’s no one you can save that can’t be saved, and all you need is love. They also added that it’s within you and without you.

171

Day 170 of the Values Journey **—** Core Action Value #6

Faith **—** Love

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 170

Appreciate that genuine love is not a mushy, gushy emotion, but rather that it entails hard work and sacrifice on behalf of others.

172

Day 171 of the Values Journey **—** Core Action Value #6

Faith **—** Love

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 171

You increase love by giving it away; hugs are a great metaphor, because the only way you can get a hug is by giving one away.

173

Day 172 of the Values Journey **—** Core Action Value #6

Faith **—** Love

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 172

In his book *Reawakening the Spirit at Work* Jack Hawley points out that fear and anger always go together. They feed on each other until you can’t tell them apart. They will destroy your objectivity and eventually your freedom of decision and action. That’s why it’s so important to confront your fear with courage, and to calm your anger with love.

174

Day 173 of the Values Journey **—** Core Action Value #6

Faith **—** Love

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 173

One of the most emotionally corrosive words is hate. Be careful how you use it, because it is malignant. The more things you hate, the more your subconscious will view the world as a hateful (and thus frightful) place.

175

Day 174 of the Values Journey **—** Core Action Value #6

Faith **—** Love

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 174

What can you do today to bring a little love into your workplace?

176

Day 175 of the Values Journey **—** Core Action Value #6

Faith **—** Spirituality

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 175

Spirituality and religion are two distinct, though sometimes related, qualities, and there is a place for both in our world and in our lives.

177

Day 176 of the Values Journey **—** Core Action Value #6

Faith **—** Spirituality

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 176

One of the great challenges in life is to subdue Ego sufficiently so that you can appreciate genuine spiritual experiences, but to do so without falling into the trap of debilitating guilt and low self-esteem (which is usually just another manifestation of Ego doing its dirty work).

178

Day 177 of the Values Journey **—** Core Action Value #6

Faith **—** Spirituality

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 177

Faith is the ultimate antidote to fear. In what has been called the age of anxiety for many people prayer can be a compass and a rudder; for many people, prayer is an important source of strength in adversity and courage for achievement.

179

Day 178 of the Values Journey **—** Core Action Value #6

Faith **—** Spirituality

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 178

You will be helped by many people on your path through life. Don’t believe that they came into your life by coincidence. You will also have many opportunities to help others. Don’t believe that those needing your help came to you by coincidence.

180

Day 179 of the Values Journey **—** Core Action Value #6

Faith **—** Spirituality

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 179

When things look darkest, faith in yourself and in your mission will keep you going forward.

181

Day 180 of the Values Journey **—** Core Action Value #6

Faith **—** Spirituality

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 180

Expect a miracle but don’t give God a deadline.

182

Day 181 of the Values Journey **—** Core Action Value #7

Purpose

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 181

Purposeful people are positive thinkers who expect the best from themselves and from others, and who are willing to make any contribution necessary to the successful achievement of their work.

183

Day 182 of the Values Journey **—** Core Action Value #7

Purpose

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 182

Don’t wait for God to call you to a powerful and prestigious mission. Chances are, you will not find the cure for cancer, win the Nobel peace Prize, or become the next Bill Gates. Whatever work is before you – caring for patients in the nursing home, managing a corporate department, greeting customers at Wal-Mart, cleaning floors – do that work with passion.

184

Day 183 of the Values Journey **—** Core Action Value #7

Purpose

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 183

From very early school days, we’ve learned not to be an apple-polisher, a curve-wrecker, quota-buster or over-achiever. We want to fit in, so we put a basket over our inner light. This is a challenge to remove the basket, to look inside and see the magnificent light that you have been hiding within yourself. It’s a challenge to let that light shine through in your beliefs, your attitudes, and your behaviors.

185

Day 184 of the Values Journey **—** Core Action Value #7

Purpose

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 184

Pursue your work with a sense of mission rather than concern for wealth or prestige, dive into your work with passion and make it your special joy to master the details, and empower yourself to perform at the highest levels of expectation and accountability.

186

Day 185 of the Values Journey **—** Core Action Value #7

Purpose

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 185

A calling is something someone is born with; a mission is something a person is assigned to. But a purpose is something that one decides upon and commits to.

187

Day 186 of the Values Journey **—** Core Action Value #7

Purpose

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 186

A real purpose transcends personal self-interest. As Rick Warren says at the beginning of *The Purpose Driven Life*, it’s not about you.

188

Day 187 of the Values Journey **—** Core Action Value #7

Purpose **—** Aspiration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 187

If no one aspired to a better world, we’d all still be hunting and gathering!

189

Day 188 of the Values Journey **—** Core Action Value #7

Purpose **—** Aspiration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 188

*What would you do if...?* Build a bridge from where you are now to where you want to be in your ideal future.

190

Day 189 of the Values Journey **—** Core Action Value #7

Purpose **—** Aspiration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 189

Purpose-guided people are positive thinkers who expect the best from them- selves and from others, and who are willing to make any contribution necessary to the successful achievement of their work.

191

Day 190 of the Values Journey **—** Core Action Value #7

Purpose **—** Aspiration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 190

Purpose-guided people engage in positive thinking and don’t delude themselves with wishful thinking.

192

Day 191 of the Values Journey **—** Core Action Value #7

Purpose **—** Aspiration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 191

Don’t just fantasize – create memories of the future and then do the work necessary to transform the dream of today into the reality of tomorrow.

193

Day 192 of the Values Journey **—** Core Action Value #7

Purpose **—** Aspiration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 192

Use the 5-As to transform your dreams into memories of the future

(aspire, adumbrate, articulate, ask, act, adapt).

194

Day 193 of the Values Journey **—** Core Action Value #7

Purpose **—** Intentionality

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 193

Be a positive thinker, not a wishful thinker. Positive thinking is expecting something and working to make it happen; wishful thinking is hoping for something and waiting for someone else to make it happen.

195

Day 194 of the Values Journey **—** Core Action Value #7

Purpose **—** Intentionality

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 194

In one of his best-known sayings, management guru Peter Drucker wrote that wherever he finds important work being done, behind the scenes there is a monomaniac with a mission. People who merely have a job merely make money; people with a sense of purpose make a difference.

196

Day 195 of the Values Journey **—** Core Action Value #7

Purpose **—** Intentionality

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 195

The attitude you bring to your work is the most important choice you make on a daily basis. That choice defines the excellence with which you do your work, the impression you make on people around you, the perceived quality of your work, the personal and career goals you set for yourself, and whether you are happy and fulfilled in your work, or chronically stressed- out, burned-out, and put out.

197

Day 196 of the Values Journey **—** Core Action Value #7

Purpose **—** Intentionality

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 196

Do or do not (there is no try); pay attention to your vocabulary and replace wishy-washy words with words that convey purpose and expectation.

198

Day 197 of the Values Journey **—** Core Action Value #7

Purpose **—** Intentionality

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 197

When you wish upon a star, it makes no difference who you are. But it makes a HUGE difference what you do!

199

Day 198 of the Values Journey **—** Core Action Value #7

Purpose **—** Intentionality

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 198

Convey determined intentionality with body posture, the way you sit, the expression on your face, the speed of your walk, the tone of your voice, and everything that you do.

200

Day 199 of the Values Journey **—** Core Action Value #7

Purpose **—** Selflessness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 199

Here’s a paradox found in most spiritual traditions: to find yourself you must lose yourself, to save your life you must lose your life. People who connect to a bigger cause than their own success lose themselves to the mission, but in a larger sense find themselves through the work and the relationships involved with the mission.

201

Day 200 of the Values Journey **—** Core Action Value #7

Purpose **—** Selflessness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 200

People with purpose seek more from their work than just a paycheck; they want to make meaningful contributions – to their organization, coworkers, and community. It’s the ancient paradox that the more one contributes without expectation of return, the greater the return will be.

202

Day 201 of the Values Journey **—** Core Action Value #7

Purpose **—** Selflessness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 201

Selflessness is the foundation of real teamwork; purposeful people are more concerned about getting the job done than about getting credit.

203

Day 202 of the Values Journey **—** Core Action Value #7

Purpose **—** Selflessness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 202

When you see the job description as a floor and not as a ceiling, you’ll be astonished at the opportunities that open before you.

204

Day 203 of the Values Journey **—** Core Action Value #7

Purpose **—** Selflessness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 203

It’s the paradox of servant leadership that the people who are most successful are often those who are the least concerned about their own success and most determined to helping others be successful.

205

Day 204 of the Values Journey **—** Core Action Value #7

Purpose **—** Selflessness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 204

Selflessness does not mean completely denying yourself. You cannot pour out of an empty pitcher.

206

Day 205 of the Values Journey **—** Core Action Value #7

Purpose **—** Balance

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 205

Seek a sense of purpose in every dimension of your life — personal and professional, financial and temporal, physical and mental, emotional and spiritual.

207

Day 206 of the Values Journey **—** Core Action Value #7

Purpose **—** Balance

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 206

In his book *Creativity in Business*, Michael Ray says we should do only that

which is easy, effortless, and enjoyable. Which of your activities meets the 3-E test, and what can you do to more fully engage in them?

208

Day 207 of the Values Journey **—** Core Action Value #7

Purpose **—** Balance

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 207

Take care of yourself physically, including getting the sleep you need, so that you have the energy to experience the joy of life in every dimension.

209

Day 208 of the Values Journey **—** Core Action Value #7

Purpose **—** Balance

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 208

Be vigilant about not putting yourself into double-bind situations (that’s the psychologist term for a self-imposed lose-lose condition); the parent who brings home work and feels guilty for not playing with the kids, so then sets aside the work to play and feels guilty for not getting the work done, has put him or herself into a no-win position.

210

Day 209 of the Values Journey **—** Core Action Value #7

Purpose **—** Balance

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 209

Being purposefully balanced might mean shutting off the television and signing up for a night school class to learn a new hobby.

211

Day 210 of the Values Journey **—** Core Action Value #7

Purpose **—** Balance

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 210

As author James A. Autry says, asking how to balance your life and your work might be the wrong question. The right question would be how do you integrate your life and your work.

212

Day 211 of the Values Journey **—** Core Action Value #8

Vision

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 211

Don’t waste your imagination on worry and fantasy; instead, exercise it and employ it to create the vision of the future you want to create and are willing to work to achieve.

213

Day 212 of the Values Journey **—** Core Action Value #8

Vision

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 212

Distinguish between vision and visualization. *Vision is a noun* – a mental image of the desired outcome, an ideal future reality. *Visualization is a verb* – a mental rehearsal, a vivid picturing of you going through the steps that will take you to that future state. Vision and visualization work together hand-in-glove to help you create your future.

214

Day 213 of the Values Journey **—** Core Action Value #8

Vision

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 213

As Lao Tzu said more than two thousand years ago, the longest journey begins with a single step. You don’t need to have a detailed plan for everything that happens subsequently, but you do know that you’ll never reach your desired destination if you don’t take that first step, and then keep walking.

215

Day 214 of the Values Journey **—** Core Action Value #8

Vision

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 214

Are you a victim or are you a visionary? You can’t be both simultaneously. Victims are focused on the past; visionaries are focused on the future. Trying to be a visionary while at the same time complaining about how you have been victimized by people or circumstances is no more possible than trying to inhabit two different rooms at the same time.

216

Day 215 of the Values Journey **—** Core Action Value #8

Vision

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 215

A healthy dissatisfaction can be a powerful motivation for change (when you are sitting on a thumbtack, you are *highly* motivated to take action!), but only if it is focused. If you are complaining about everything, you’re wasting the motivational power.

217

Day 216 of the Values Journey **—** Core Action Value #8

Vision

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 216

Vision builds on faith, because the bigger the vision the less clear the path between your current reality and that future dream.

218

Day 217 of the Values Journey **—** Core Action Value #8

Vision **—** Attention

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 217

Attention is the platform upon which dreams of the future are built.

219

Day 218 of the Values Journey **—** Core Action Value #8

Vision **—** Attention

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 218

Without a healthy dissatisfaction, there is no motivation for change. What is the *one* (and only one) thing you would most like to change in your life? How can you restrict your dissatisfaction so that it is entirely focused on that one thing and nothing else, not complaining about anything else, until it becomes a fire of motivation that propels you into action?

220

Day 219 of the Values Journey **—** Core Action Value #8

Vision **—** Attention

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 219

Remember, there is no free lunch. What is the price you will have to pay to achieve your dreams? Are you willing to pay that price?

221

Day 220 of the Values Journey **—** Core Action Value #8

Vision **—** Attention

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 220

It’s often said that time is your most precious resource, but that’s not true. Everyone has the same 24 hours in a day. Attention is your most precious resource, because it is the decisions you make regarding how you allocate your time.

222

Day 221 of the Values Journey **—** Core Action Value #8

Vision **—** Attention

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 221

Why do you think people say *pay*  when asking for your attention (has anyone ever asked you to *lend* them your attention)? It’s because they are asking for a nonrenewable precious resource.

223

Day 222 of the Values Journey **—** Core Action Value #8

Vision **—** Attention

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 222

Put yourself on a strict bad news diet, especially when it comes to the evening news (aka the tragi-tainment network, where they sell advertising by turning tragedy into entertainment).

224

Day 223 of the Values Journey **—** Core Action Value #8

Vision **—** Imagination

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 223

Mark Twain said you can’t rely on judgment if your imagination is out of focus; how can you cultivate a better balance between left and right brain?

225

Day 224 of the Values Journey **—** Core Action Value #8

Vision **—** Imagination

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 224

Creativity is something that can be cultivated. I love John C. Maxwell’s definition of creativity: intelligence having fun. What can you do to take your intelligence to the playground?

226

Day 225 of the Values Journey **—** Core Action Value #8

Vision **—** Imagination

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 225

Worry is imagining a horrible future that we do not want to have happen. Fantasy is imaging a beautiful future that we have absolutely no intention whatsoever of working to bring about. While worry and fantasy can both be beneficial in moderation, if that’s the only use you’re making of your imagination, you are wasting this precious God-given resource.

227

Day 226 of the Values Journey **—** Core Action Value #8

Vision **—** Imagination

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 226

If you want to dream bigger dreams, focus your dissatisfaction by replacing complaining with gratitude, and replace pessimism and worry with optimis- tic expectancy.

228

Day 227 of the Values Journey **—** Core Action Value #8

Vision **—** Imagination

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 227

If you were to pick up the magic genie’s lamp and be granted three wishes, what would you wish for? How big can your imagination stretch?

229

Day 228 of the Values Journey **—** Core Action Value #8

Vision **—** Imagination

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 228

Try being a 3-year-old for an evening — an age where everything is possible and nothing is impossible.

230

Day 229 of the Values Journey **—** Core Action Value #8

Vision **—** Articulation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 229

Become a more effective communicator, skilled in the arts of creating word pictures and mental images using metaphors and stories.

231

Day 230 of the Values Journey **—** Core Action Value #8

Vision **—** Articulation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 230

Transform dreams into Memories of the Future with the 5-A’s: Articulation, Affirmation, Asking, Action, and Adaptation

232

Day 231 of the Values Journey **—** Core Action Value #8

Vision **—** Articulation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 231

Couple impossible goals with impossible deadlines to create the sense of urgency that leads to inevitable results.

233

Day 232 of the Values Journey **—** Core Action Value #8

Vision **—** Articulation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 232

One of the most effective ways to *think big, start small (but start now)* is to get into the habit of thinking in terms of prototypes; virtually any dream, no matter how big, is amenable to being represented and tested with some form of a prototype.

234

Day 233 of the Values Journey **—** Core Action Value #8

Vision **—** Articulation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 233

Think of an important goal or dream and draw a picture of it on a t-shirt to wear next to your heart. You’ll be amazed at how the dream soaks into your skin. Don’t worry if you don’t think you can draw — you don’t have to let anyone else see it.

235

Day 234 of the Values Journey **—** Core Action Value #8

Vision **—** Articulation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 234

Martin Luther King had a dream. He outlined that dream in his famous

Letter from a Birmingham Jail which was a long treatise complete with footnotes, and he outlined that dream in one of the most famous speeches of all time that was so simply that any parent could understand it. How many different ways can you articulate your dream?

236

Day 235 of the Values Journey **—** Core Action Value #8

Vision **—** Belief

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 235

Vision becomes destiny; you’ll see it when you believe it!

237

Day 236 of the Values Journey **—** Core Action Value #8

Vision **—** Belief

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 236

Road blocks are sometimes nothing more than a message from God that it’s time for you to draw and new (and better) road map!

238

Day 237 of the Values Journey **—** Core Action Value #8

Vision **—** Belief

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 237

Reprogram negative self-talk and self-limiting images of who you are with affirmations and self-defining metaphors that are positive, nurturing, and affirming (and quite frankly, more likely to be true); after all, if you don’t believe in yourself, how can you believe in your dreams; and if you don’t believe in yourself, how can you expect others to believe in you?

239

Day 238 of the Values Journey **—** Core Action Value #8

Vision **—** Belief

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 238

Appreciate the incredible power of collective belief; one of the best ways for you to bolster your own belief is to inspire belief in the people around you.

240

Day 239 of the Values Journey **—** Core Action Value #8

Vision **—** Belief

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 239

It’s hard for other people to believe in you if you don’t believe in yourself; when you are sparked by belief in yourself and in your dream, though, you will galvanize the people around you.

241

Day 240 of the Values Journey **—** Core Action Value #8

Vision **—** Belief

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 240

Let every setback make your belief grow stronger, not weaker.

242

Day 241 of the Values Journey **—** Core Action Value #9

Focus

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 241

Define your vision; the more clear and tangible it is in your mind and in your vocabulary, the more likely it is to become real in your world.

243

Day 242 of the Values Journey **—** Core Action Value #9

Focus

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 242

Focus your attention on what’s most important; have a small, manageable number of key priorities at one time, then concentrate all possible resources on their achievement.

244

Day 243 of the Values Journey **—** Core Action Value #9

Focus

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 243

Don’t be tempted by distractions. Learn to distinguish between a distraction and an unexpected but prudent opportunity to be pursued.

245

Day 244 of the Values Journey **—** Core Action Value #9

Focus

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 244

Don’t allow gossip or idle chatter to distract your focus from key priorities.

246

Day 245 of the Values Journey **—** Core Action Value #9

Focus

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 245

I have a sign over my computer that says The One Big YES Requires Lots of Little No’s to remind me that if I want to achieve my most important goals in life, I don’t have time for lots of television and I don’t have money for lots of shopping therapy.

247

Day 246 of the Values Journey **—** Core Action Value #9

Focus

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 246

Think of yourself as a magnifying glass, focusing every minute and every penny on your most important goals and dreams.

248

Day 247 of the Values Journey **—** Core Action Value #9

Focus **—** Target

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 247

The fewer goals you pursue at one time, the more goals you can pursue over time. But here’s the payoff: self-imposed short-term limitations lay the groundwork for long-term abundance and freedom. It’s the difference between having fun and being happy. Denying yourself fun now gives you time and money to invest in future happiness.

249

Day 248 of the Values Journey **—** Core Action Value #9

Focus **—** Target

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 248

As you know from the Serenity Prayer, there are many things beyond your control. While you certainly can’t ignore such things (taxes comes to mind), the greatest use of your time, talent and resources is getting a focus on the things that you can control.

250

Day 249 of the Values Journey **—** Core Action Value #9

Focus **—** Target

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 249

Successful people tend to be highly diversified in their skills and interests, but tightly focused on the achievement of high priority business and professional goals. How can you diversify and focus like this?

251

Day 250 of the Values Journey **—** Core Action Value #9

Focus **—** Target

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 250

Don’t chase what you don’t really want. No one on their deathbed ever says I wish I’d watched more television. Rather, people regret not having spent time with friends and family, not having had more life experiences, and not having pursued their most authentic goals (writing the book, starting the business, etc.).

252

Day 251 of the Values Journey **—** Core Action Value #9

Focus **—** Target

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 251

Know when to temper the impossible dream with a dose of reality. I will never be an NFL quarterback or president of the United States, and all of the motivational self-talk in the world will not change that.

253

Day 252 of the Values Journey **—** Core Action Value #9

Focus **—** Target

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 252

Every book that’s ever been written on setting and achieving goals will say this one thing: write them down. The more clearly you write them out, and the more often you write them out, the more certain they are to come about.

254

Day 253 of the Values Journey **—** Core Action Value #9

Focus **—** Concentration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 253

Concentration begins as an inside job, which is then manifested in an out- side seriousness of purpose and determination of effort. Concentration is like the gyroscope that keeps you balanced, stable, and on target.

255

Day 254 of the Values Journey **—** Core Action Value #9

Focus **—** Concentration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 254

The Pareto Principle (better known as the 80/20 rule) states that as a general principle, 20% of activity is responsible for 80% of results. If you can identify the 20% that’s highly productive and do more of that, and do less of the other 80%, you will accomplish more. To allow 80% of your time to be unproductive is what I call Pareto Prison.

256

Day 255 of the Values Journey **—** Core Action Value #9

Focus **—** Concentration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 255

To be creative requires the ability to concentrate on one thing, despite all distractions. Meditation exercises can help you train yourself to block out chatter, both internally- and externally-generated, and give your attention to the creative work at hand.

257

Day 256 of the Values Journey **—** Core Action Value #9

Focus **—** Concentration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 256

Nobody on their deathbed ever will say they wish they’d watched more television. The way to avoid future regrets is to be more aware and judicious when it comes to dribs and drabs of time, and putting them to better use.

258

Day 257 of the Values Journey **—** Core Action Value #9

Focus **—** Concentration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 257

Just Say No: The more you say no to trivia, distractions, temptations, and diversions, the more you will have time, money, and energy to invest in the goals and dreams that are most important.

259

Day 258 of the Values Journey **—** Core Action Value #9

Focus **—** Concentration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 258

Everything counts. An hour wasted today might well come back and haunt you down the road when you are running up against a deadline.

260

Day 259 of the Values Journey **—** Core Action Value #9

Focus **—** Speed

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 259

When you’re moving quickly, there’s less chance of being diverted from your course, and a greater certainty that you will achieve your goal sooner. The faster you achieve your goals, of course, the more time you have for additional goals, and/or for relaxation and rejuvenation.

261

Day 260 of the Values Journey **—** Core Action Value #9

Focus **—** Speed

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 260

Procrastination is not only the source of missed opportunity and failure; it’s also the cause of much emotional distress. Successful people have a sense of urgency to move quickly, before the opportunity slips away, before the problem gets out of hand, before it’s too late.

262

Day 261 of the Values Journey **—** Core Action Value #9

Focus **—** Speed

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 261

You’ll never see a 300-pound jockey win the Kentucky Derby. You move faster if you travel light. Complexity is the enemy of focus, and simplicity is its ally. The more you simplify life, physically and emotionally, the sooner you will achieve the goals that really matter to you.

263

Day 262 of the Values Journey **—** Core Action Value #9

Focus **—** Speed

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 262

The more willing you are to ask for help, and to delegate to others, the more quickly you will achieve your goals.

264

Day 263 of the Values Journey **—** Core Action Value #9

Focus **—** Speed

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 263

Moving faster doesn’t mean taking shortcuts. Quite to the contrary, skip- ping essential foundation-building activities in your rush to get to the top will almost inevitably set you up for future failure and unhappiness.

265

Day 264 of the Values Journey **—** Core Action Value #9

Focus **—** Speed

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 264

To accomplish great things requires the paradoxical blending of a sense of urgency with a spirit of patience. Think big, start small. Start now.

266

Day 265 of the Values Journey **—** Core Action Value #9

Focus **—** Momentum

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 265

If you want to be a success, learn to create and sustain momentum. Attack every problem with more force than required, maintain standards higher than expected, and persevere beyond what’s reasonable.

267

Day 266 of the Values Journey **—** Core Action Value #9

Focus **—** Momentum

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 266

Momentum = Urgency + Patience. A sense of urgency is needed to overcome inertia and resistance, and patience allows that urgency to be continuously nourished and channeled.

268

Day 267 of the Values Journey **—** Core Action Value #9

Focus **—** Momentum

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 267

Momentum is a key factors in the learning curve. As you get moving, you become more efficient and productive, and the quality of your work goes up. This notion can apply to just about any aspect of your life, from making widgets to parenting and prayer: the more you do it, the better you get.

269

Day 268 of the Values Journey **—** Core Action Value #9

Focus **—** Momentum

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 268

Physical momentum is good for your mental health; stay active.

270

Day 269 of the Values Journey **—** Core Action Value #9

Focus **—** Momentum

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 269

Keep moving — maintaining momentum is the antidote to entropy, complacence and arrogance.

271

Day 270 of the Values Journey **—** Core Action Value #9

Focus **—** Momentum

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 270

As leadership expert John Maxwell says, momentum is the leader’s best friend. Get on a roll and keep rolling.

272

Day 271 of the Values Journey **—** Core Action Value

#10 Enthusiasm

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 271

Make the commitment to enthusiasm by choosing to be passionate, optimistic, and cheerful.

273

Day 272 of the Values Journey **—** Core Action Value

#10 Enthusiasm

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 272

Money and material possessions won’t buy you happiness, but enthusiasm and a joy for your work and your life will earn it for you.

274

Day 273 of the Values Journey **—** Core Action Value

#10 Enthusiasm

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 273

Attitude is contagious. We’ve all had the experience of having someone walk into a room and suck the energy right out of it with their negativity. Be an energy faucet, never an energy drain.

275

Day 274 of the Values Journey **—** Core Action Value

#10 Enthusiasm

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 274

You tend to get what you expect out of life, so expect the best.

276

Day 275 of the Values Journey **—** Core Action Value

#10 Enthusiasm

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 275

Enthusiasm is a master value. It is easier to be authentic, courageous, persevering, purposeful and focused when you are enthusiastic. And a lack of enthusiasm makes everything harder.

277

Day 276 of the Values Journey **—** Core Action Value

#10 Enthusiasm

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 276

The word enthusiasm originally connoted the spirit within. We are all possessed by the spirits of passionate greatness, but we need to remind ourselves lest that spirit fall asleep.

278

Day 277 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Attitude

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 277

There is no attitude gene determining whether you are going to be positive or negative, optimistic or pessimistic. It is a choice you make, many times each day.

279

Day 278 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Attitude

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 278

One of the most important, and often overlooked, determinants of productiv- ity (not to mention morale) within any organization is the collective attitude of the people who work there. When people are focused on that which is positive and constructive, morale and productivity are enhanced.

280

Day 279 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Attitude

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 279

Program your mental computer for positivity; erase and rewrite negative self

-talk; avoid toxic emotional negativity (as reflected in criticizing, complain- ing, finger-pointing, and gossiping); get your body into the act; and inocu- late yourself against Dilbert Disease.

281

Day 280 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Attitude

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 280

Any time you catch yourself whining about something, turn it into a

blessing instead, as in: My back is killing me... Thank God for ibuprofen.

282

Day 281 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Attitude

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 281

Turn every complaint into a call to action, then do it or drop it, but don’t dwell on it. The best way to do this is to make *The Pickle Pledge* part of your life.

283

Day 282 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Attitude

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 282

The most important choice you make every day — in fact, many times a day, every single day — is your choice of attitude. Choose wisely.

284

Day 283 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Energy

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 283

Enthusiasm requires energy; you can have more of the energy you need by taking care of yourself (e.g. diet, exercise, getting enough sleep), but you

also need to acknowledge that you *always* have energy – the real question is whether you can bring yourself to tap into it. To a greater extent than many of us care to admit to ourselves, whether or not we have the energy to do the things we want to do and the things we must do is based on a decision

made at a point of apparent fatigue.

285

Day 284 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Energy

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 284

Any time someone brings a coworker down with their toxic emotional negativity, they are stealing something far more precious than money; they are stealing energy. For the organization, energy is productivity; for the human being, energy is life.

286

Day 285 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Energy

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 285

Take care of yourself by getting enough sleep (most of us require 8 hours a night), by eating a reasonably balanced diet and avoiding empty calories, getting some exercise every day, and drinking more water and less soda.

287

Day 286 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Energy

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 286

Stress and fatigue are caused by inactivity, not by hard work. Do your work

with passion; you’ll be astonished at how much energy you have.

288

Day 287 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Energy

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 287

The amazing paradox of energy: you create energy by using it.

289

Day 288 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Energy

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 288

Placebo yourself. Every clinician worth his or her degree deliberately uses the placebo effect to harness the power of their patients’ belief. Why not do it yourself? Believe that eating a banana instead of a candy bar will give you more energy is a great first step toward having more energy when you do eat the banana (instead of the candy bar!).

290

Day 289 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Curiosity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 289

Boredom is a major risk factor that not only results in an unfulfilling life, but also fosters depression; it can even cause serious and potentially fatal diseases, including heart disease. Curiosity is a great antidote.

291

Day 290 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Curiosity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 290

Fear is a serious learning disability when it stops us from getting out of our comfort zones, from asking questions (especially ―dumb‖ questions), and learning from experience. One of the surest ways to overcome fear is to be more curious, to ask more and better questions.

292

Day 291 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Curiosity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 291

Zen wisdom: In the expert’s mind there are few possibilities (because the expert thinks he knows everything); in the beginner’s mind the possibilities are endless. Be a beginner – be curious – be a questioner.

293

Day 292 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Curiosity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 292

The only dumb question is the one that’s not asked.

294

Day 293 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Curiosity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 293

One of the most effective ways you can keep your edge is to make a regular practice of going off on journeys – to the library, to professional meetings, to the distant reaches of your organization, to the Grand Canyon. The journey itself is less important than your state of mind in making it. Take a journal, take a camera, and take your native inquisitiveness.

295

Day 294 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Curiosity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 294

Make use of Google, Wikipedia, and the wealth of other curiosity-satisfying resources available on the internet. Go ahead, ask why the sky is blue, the population of Kazakhstan, the year of the battle of Hastings. The internet will never accuse you of asking dumb questions!

296

Day 295 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Humor

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 295

Appreciate the value of humor in so many different dimensions of life: health and happiness; sales, career, and leadership effectiveness; and emotional equanimity and spiritual peace. Having a good sense of humor, a strong funny bone, can help you be more successful in your work.

297

Day 296 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Humor

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 296

Make yourself laugh. Read the funnies, go to the joke sections in *Readers Digest*, get the complete collection of *Calvin & Hobbes* cartoons, take a child to the zoo, read *A Walk in the Woods* by Bill Bryson. People like to hang around with other people who make them laugh; people who laugh a lot live longer and live happier. What’s to lose — other than the Pickle?

298

Day 297 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Humor

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 297

It’s not humor if it puts someone down. Most sitcom humor is of this variety, which is why it depends on canned laughter.

299

Day 298 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Humor

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 298

What is one thing you can (and will) do to bring more fun, joy, and humor into your workplace?

300

Day 299 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Humor

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 299

Go to You Tube and type in laugh clubs or laughter therapy — when you see how great it makes people feel just to laugh for no reason, you might want to start a chapter of your own!

301

Day 300 of the Values Journey **—** Core Action Value

#10 Enthusiasm **—** Humor

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 300

In his autobiography *Still Me*, Christopher Reeve said the turning point in his emotional recovery from being paralyzed was the day that Robin Williams came into his room playing the role of Dr. Patch Adams and made him laugh. In the truest sense of the word healing, the clown played a more important role than the doctors and nurses.

302

Day 301 of the Values Journey **—** Core Action Value

#11 Service

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 301

Service begins with a sincere desire to help others, which is then followed up by action. It’s an ancient paradox that he person who gives a helping hand often benefits as much or more than the person being helped.

303

Day 302 of the Values Journey **—** Core Action Value

#11 Service

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 302

Whether it is in giving wealth, wisdom or work, there is always a way that each of us can be of service to others.

304

Day 303 of the Values Journey **—** Core Action Value

#11 Service

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 303

Service lies at the heart of servant leadership.

305

Day 304 of the Values Journey **—** Core Action Value

#11 Service

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 304

Whatever you most need in life, the best way for you to get it is to help someone else get it who needs it more than you do.

306

Day 305 of the Values Journey **—** Core Action Value

#11 Service

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 305

One person cannot help another without two people being helped!

307

Day 306 of the Values Journey **—** Core Action Value

#11 Service

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 306

When you think back on the people who were most memorable in your life, chances are it was not because of what they had or what they got, but rather because of who they served in the process.

308

Day 307 of the Values Journey **—** Core Action Value

#11 Service **—** Helpfulness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 307

Service begins with a sincere desire to help others, which is then followed up by action. It’s an ancient paradox that he person who gives a helping hand often benefits as much or more than the person being helped.

309

Day 308 of the Values Journey **—** Core Action Value

#11 Service **—** Helpfulness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 308

*Webster’s Dictionary* has two definitions for helpfulness: 1) the property of providing useful assistance; and 2) friendliness evidenced by a kindly and helpful disposition. Service is not just what you do, it’s also the attitude with which you do it.

310

Day 309 of the Values Journey **—** Core Action Value

#11 Service **—** Helpfulness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 309

See your job description as a floor, not a ceiling, as the basic platform upon which you add your own special touches by bringing your particular strengths, talents, and passions to the work.

311

Day 310 of the Values Journey **—** Core Action Value

#11 Service **—** Helpfulness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 310

Service does not necessarily mean doing for others what they should do for themselves or rescuing them from the problems they created.

312

Day 311 of the Values Journey **—** Core Action Value

#11 Service **—** Helpfulness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 311

Join the Random Acts of Kindness movement. The person who will benefit most is you.

313

Day 312 of the Values Journey **—** Core Action Value

#11 Service **—** Helpfulness

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 312

In retail they know that the most diehard loyal customer is the one who was terribly dissatisfied and then overwhelmed with an over-the-top service recovery effort. Who in your life needs for you do provide that sort of a personal service recovery?

314

Day 313 of the Values Journey **—** Core Action Value

#11 Service **—** Charity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 313

As you give, so you shall receive. You’ve heard that, I’m sure, but has it ever occurred to you that many of us have it the other way around? We think that we can’t really give until we’ve first received. But of the ancient wisdom is correct, it’s giving that sets the stage for receiving.

315

Day 314 of the Values Journey **—** Core Action Value

#11 Service **—** Charity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 314

Charity is the lovely marriage of gratitude, compassion and generosity; it

is an attitude more than an act, an opening of the heart more than an open- ing of the wallet. True charity comes not from a sense of obligation, but rather is given willingly, generously, and in a spirit of spontaneity.

316

Day 315 of the Values Journey **—** Core Action Value

#11 Service **—** Charity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 315

Don’t wait until your money troubles have all been resolved before you decide to support worthwhile charities. Many successful people date the beginning of their success to the moment that they made a personal commitment to giving away.

317

Day 316 of the Values Journey **—** Core Action Value

#11 Service **—** Charity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 316

Charity begins with an attitude, and a generous attitude begins with a smile. You can give as many of these little gifts away as you want to, and they don’t cost you a cent. The more of them you give away, the more of them you seem to have, and the more of them are returned to you.

318

Day 317 of the Values Journey **—** Core Action Value

#11 Service **—** Charity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 317

Here’s a challenge for you: be extravagantly generous in small ways. When you are at a breakfast diner, leave a tip that’s twice as big as the bill. If you check out of a hotel, leave a ten or twenty dollar bill on the bed for the housekeeper. You will for sure make their day — but I’m also quite sure that in ways that could never be predicted, that generosity will come back to you at some point in the future.

319

Day 318 of the Values Journey **—** Core Action Value

#11 Service **—** Charity

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 318

Be generous with your time, not just your money.

320

Day 319 of the Values Journey **—** Core Action Value

#11 Service **—** Compassion

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 319

Compassion, according to *Webster’s Dictionary*, means ―a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.‖ Consider the fact that at some point or another, all of us are so stricken. Anyone you meet might need compassion. Indeed, on many an occasion the greatest service that you can render to another human being is the simple gift of compassion.

321

Day 320 of the Values Journey **—** Core Action Value

#11 Service **—** Compassion

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 320

Catch yourself before you judge others on the basis of such superficial factors as physical appearance or what they happen to do for a living. To be compassionate is to honor the soul that lives underneath appearances.

322

Day 321 of the Values Journey **—** Core Action Value

#11 Service **—** Compassion

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 321

My favorite definition of charisma is this – it’s the ability to make someone else feel special. And one of the best ways to make someone feel special is to slow down and listen, really listen, when they’re talking.

323

Day 322 of the Values Journey **—** Core Action Value

#11 Service **—** Compassion

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 322

Genuine compassion entails mutuality, an understanding that service is a bilateral relationship; the hospital is a great metaphor, because caregivers need patients as much as patients need caregivers.

324

Day 323 of the Values Journey **—** Core Action Value

#11 Service **—** Compassion

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 323

Unless it is backed up by action, compassion is just a good intention.

325

Day 324 of the Values Journey **—** Core Action Value

#11 Service **—** Compassion

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 324

Broken down into its constituent parts, the word compassion means to share passion.

326

Day 325 of the Values Journey **—** Core Action Value

#11 Service **—** Renewal

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 325

You cannot pour from an empty pitcher. People who do not take time for renewal, who do not take care of themselves, often end up cynical, burned out, and frankly not very caring. Be willing to do for yourself at least as much as you do for others.

327

Day 326 of the Values Journey **—** Core Action Value

#11 Service **—** Renewal

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 326

A voyage of renewal is an adventure; you can never be sure of what you’ll find or where you’ll end up, but you can be sure that you will grow stronger and wiser through the journey.

328

Day 327 of the Values Journey **—** Core Action Value

#11 Service **—** Renewal

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 327

Practice the golden rule in reverse – do for yourself at least as much as you’re willing to do for others. Ask for help when you’re overloaded, and make the time for reflection and rejuvenation.

329

Day 328 of the Values Journey **—** Core Action Value

#11 Service **—** Renewal

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 328

If we’re paying attention, times of difficulty or adversity are (often well- disguised) opportunities for renewal. One reason that most people who have ever lost a job will look back and say it was the best thing that could have happened is that it can force the introspection and redirection that is central to the renewal process.

330

Day 329 of the Values Journey **—** Core Action Value

#11 Service **—** Renewal

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 329

Rituals are a very powerful form of renewal. Such things as renewing wedding vows, lighting candles before dinner, saying a certain prayer at the end of the day, starting your day by thinking of ten points of gratitude can have a powerful restorative effect.

331

Day 330 of the Values Journey **—** Core Action Value

#11 Service **—** Renewal

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 330

Reading a good book (by which I mean something inspirational, not a trashy barn-burner) can be a powerful source of rejuvenation and renewal.

332

Day 331 of the Values Journey **—** Core Action Value

#12 Leadership

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 331

Leadership becomes a value in and of itself when it is not just an activity in a job description, but rather a philosophy and a way of life; the essential skills of leadership are first learned by practicing the skills of great follower- ship.

333

Day 332 of the Values Journey **—** Core Action Value

#12 Leadership

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 332

A leader takes you to a place you didn’t know you wanted to go; that implies both the vision itself and the ability to inspire others to work toward the fulfillment of that vision.

334

Day 333 of the Values Journey **—** Core Action Value

#12 Leadership

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 333

Build a winning team by teaching individual team members the skills and attitudes needed to think and act like winning players.

335

Day 334 of the Values Journey **—** Core Action Value

#12 Leadership

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 334

Real leaders are committed for the long-haul; they don’t quit when faced with the obstacles and setbacks that are inevitable in any endeavor that is worth achieving.

336

Day 335 of the Values Journey **—** Core Action Value

#12 Leadership

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 335

As James A. Autry says in his book *Love and Profit*, leadership is largely a matter of love and caring – a commitment to creating a community of people committed to each other and to the achievement of common goals.

337

Day 336 of the Values Journey **—** Core Action Value

#12 Leadership

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 336

Being a leader is the reward, and the responsibility, that comes from having lived the first eleven core action values.

338

Day 337 of the Values Journey **—** Core Action Value

#12 Leadership **—** Expectation

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 337

Effective leaders expect a lot from themselves and from others. They create optimism that those expectations can be achieved, and give people the training, the tools, and the support they need to achieve them.

339

Day 338 of the Values Journey **—** Core Action Value

#12 Leadership **—** Expectations

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 338

The acid test of leadership is imbuing people with a transcendent sense a purpose and meaning in the work itself. People didn’t march with Martin Luther King because they wanted to take a walk.

340

Day 339 of the Values Journey **—** Core Action Value

#12 Leadership **—** Expectations

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 339

Leaders are clear in communicating their performance expectations, and quick to let people know when those expectations are not being met, but they also appreciate that the most important expectations are not dictated, but rather created through dialog.

341

Day 340 of the Values Journey **—** Core Action Value

#12 Leadership **—** Expectations

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 340

Deal with the uncertainty that creates resistance to change by equipping people with the skills they need to cope with anxiety, and by creating the expectation of a successful outcome for every change initiative.

342

Day 341 of the Values Journey **—** Core Action Value

#12 Leadership **—** Expectations

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 341

Expect the best, prepare for the worst. The more prepared you are for the worst to happen, the more likely it is that the best will happen instead.

343

Day 342 of the Values Journey **—** Core Action Value

#12 Leadership **—** Expectations

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 342

Be reasonable — expect miracles!

344

Day 343 of the Values Journey **—** Core Action Value

#12 Leadership **—** Example

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 343

More than anything, real leadership is about living your values; in this regard, *The Twelve Core Action Values* provide a trustworthy roadmap for becoming the best type of leader — one who leads by example.

345

Day 344 of the Values Journey **—** Core Action Value

#12 Leadership **—** Example

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 344

Leadership begins with a state of mind. Anyone can be a leader if they pay attention to opportunities to make a contribution and to make a difference – and then take the initiative to do something about it. Do that and people will follow your lead.

346

Day 345 of the Values Journey **—** Core Action Value

#12 Leadership **—** Example

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 345

To assume a position of leadership means giving up many freedoms: the freedom to criticize, complain, and gossip; the freedom to point fingers; the freedom to be a pessimist; the freedom to say it’s not my job.

347

Day 346 of the Values Journey **—** Core Action Value

#12 Leadership **—** Example

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 346

One of the most important, and difficult, duties of leadership is to invite critical feedback and then to listen openly; the leader’s willingness to do this sets the tone for everyone else in the organization.

348

Day 347 of the Values Journey **—** Core Action Value

#12 Leadership **—** Example

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 347

Through his or her own example, the values-based leader establishes an ironclad expectation that everyone in your organization will treat others with respect, humility and dignity.

349

Day 348 of the Values Journey **—** Core Action Value

#12 Leadership **—** Example

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 348

The most important example anyone can set is the one that they set for the next generation.

350

Day 349 of the Values Journey **—** Core Action Value

#12 Leadership **—** Encouragement

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 349

Values-based leaders know that the ability to effectively communicate their values and their expectations is crucial to their effectiveness, so the work hard at developing these skills, including the essential talent of story-telling.

351

Day 350 of the Values Journey **—** Core Action Value

#12 Leadership **—** Encouragement

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 350

An important duty of leadership is to create an environment where people work together with a spirit of pride, collegiality, and friendship; you cannot effectively encourage people who are working in a toxic emotional environment.

352

Day 351 of the Values Journey **—** Core Action Value

#12 Leadership **—** Encouragement

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 351

The best leaders help people believe in themselves and in their dreams; they encourage people to bring their best to work with them, and to share their gifts and their passions with others.

353

Day 352 of the Values Journey **—** Core Action Value

#12 Leadership **—** Encouragement

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 352

When things go right, leaders give credit; when things go wrong, they take the blame.

354

Day 353 of the Values Journey **—** Core Action Value

#12 Leadership **—** Encouragement

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 353

Transforming leadership is ultimately and at its foundation spiritual leadership, encouraging people to connect with the higher purpose and greater meaning in their work.

355

Day 354 of the Values Journey **—** Core Action Value

#12 Leadership **—** Encouragement

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 354

As James O’Toole says in his book *Leadership A-to-Z*, the best leaders know that they need to be cheerleaders.

356

Day 355 of the Values Journey **—** Core Action Value

#12 Leadership **—** Celebration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 355

Leaders foster teamwork, community, and a spirit of fellowship by celebrating personal and group achievements – and good faith failures.

357

Day 356 of the Values Journey **—** Core Action Value

#12 Leadership **—** Celebration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 356

According to the Gallup Organization, one of the most important determinants of whether employees are fully engaged in their work is if they have friends on the job. Effective leaders go out of their way to cultivate an empowering corporate culture and a positive and productive workplace environment.

358

Day 357 of the Values Journey **—** Core Action Value

#12 Leadership **—** Celebration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 357

Leaders take the time to celebrate both successes and good faith failures. If people are afraid of being punished for failure, you will eventually lose your most creative and talented people. On the other hand, when you have a reputation for standing behind the people even if they have failed spectacularly (and yes, for celebrating those good faith failures), you will attract more creative and daring people, and keep the ones you have.

359

Day 358 of the Values Journey **—** Core Action Value

#12 Leadership **—** Celebration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 358

Rituals have always been an important way for humans to bring a sense of structure and purpose to their work, yet in today’s workplace we’re too busy for rituals (we’ve replaced them with meetings). What can you do to restore the spirit and practice of rituals in your organization?

360

Day 359 of the Values Journey **—** Core Action Value

#12 Leadership **—** Celebration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 359

Drive fear out of the workplace is one of the 14 points for total quality management developed by TQM guru W. Edwards Deming; real leaders don’t drive people with fear, they inspire, the encourage, they guide, and they celebrate.

361

Day 360 of the Values Journey **—** Core Action Value

#12 Leadership **—** Celebration

Morning Reminders:

This is my most important goal for today:

This is my personal affirmation for today:

Evening Reflections:

This was my most important accomplishment today:

This is the most important thing I learned today:

This is my most important priority for tomorrow:

Rules for the Journey**—**Day 360

Capitalize on every opportunity to congratulate a coworker, celebrate a success (or a good attempt), and to astonish a customer. Spontaneity is not impulsivity – it is responding with joy to the surprises and delights of life, not thoughtlessly reacting to inner emotional conditions.

362