

## The Basics

### **Reality / Nature / Life / Environment / Conditions / Surroundings / Landscape**

- In one sense, life is a struggle for power and survival; it's harsh, brutal, and unforgiving
- In another sense, life is also perfectly free and equal; it's joyful, sublime, and beautiful
- And in still another sense, life is one big collaboration with others
- Ultimately, life is not a work of art...and...the moment cannot last (*A River Runs Through It*)

### **Attitude / Spirit / Outlook / Disposition / Approach**

- Curious, inquisitive, and aware
- Grateful, gracious, and affectionate
- Humble, kind, and helpful to others
- Carefree, enthusiastic, and self-assured
- Rational, competitive, and resilient

### **Understanding / Knowledge / Wisdom**

- Observe, question, reason
- Fill yourself with ideas and emotion
- Go outside and get fresh air
- Engage in a constant cycle of study, thought, and writing

### **Thinking Ahead / Forethought / Planning / Preparation / Homework / Readiness**

- First identify the problem you're trying to solve
- Learn from the past, think ahead, and cooperate with others
- Work hard and things will come easier later
- Delay gratification and be happy, not satisfied
- Embrace change and learn from it
- Run in such a way that you may win (Saint Paul)

### **Direction / Goal / Purpose / End / Mission / Vision / Cause / Calling**

- *Health*: healthy mind, body, spirit
- *Relationships*: positive and loving relationships with family and friends
- *Purpose*: positive contribution to worthwhile endeavor
- Seek simplicity, clarity, and efficiency of purpose
- Aim high, dream big
- Seek excellence, not perfection
- Seek to improve the lot of humankind, advance society and the human experience – not merely for some advantage, but for the betterment of all
- Far and away the greatest gift life has to offer is hard work at work worth doing. (TR)

### **Service / Sacrifice / Helping Others**

- For everyone who has been given much, much will be demanded (Luke 12:48 NIV)
- No problem can be viewed in isolation (“No man is an island” –John Donne)
- Life's most persistent question is “What am I doing for others?” (MLK)

### **Action / Initiative / Start / Motion / Impulse / Spark / Acceleration / Motivation**

- Begin, start somewhere
- Be aggressive: you can't push a rope
- Genius is initiative on fire (Holbrook Jackson)

### **Rhythm / Routine / Pace / Habit / Character / Process**

- Pick up speed, gain momentum, and gradually improve
- Live like a clock (Jumbo Elliot, Villanova coach on the running lifestyle)
- Go to bed early, get up to the first alarm; the rest takes care of itself
- Align short-term incentives with long-term objectives (e.g. schedule a run with someone)
- Victory = the ability to do the task again and again (Sisyphus)

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### **Joy / Duty / Industry / Work / Effort / Momentum / Accomplishment**

- Earnest effort over time brings results (e.g. hard work pays off)
- Ask yourself, "Can I give more?" The answer is usually "Yes." (Paul Tergat)
- To do a thing which ought to be done, when it ought to be done, and as it ought to be done, whether I felt like doing it or not. (George Kennan, advice from his father)

### **Balance / Perspective**

- This too shall pass
- The number one duty between life and death is to enjoy the moment (Mark Twain)
- Often the best way to get rich is to discard possessions and distractions