

## 7 Best Practices for a Life Leader

These actions provide a core strategy for thinking, planning, preparing, and persisting as your *best-self*:

1. **LEAD your LIFE.** Choose to identify and fulfill your callings, gifts, and talents as your *best-self*—increasingly prepared, strong, resilient, and focused on areas of purpose, passion, and value to other people.
2. **PLAN for LIFE.** *Pray. Listen. Act. Now.* (PLAN). Ask and answer life's important questions: mission and vision, values and beliefs, and strategies for your *best-self*. Discern your callings and write your choices for the life you feel called to lead in your constitution, legacy, and lifestyle.
3. **Have an IMPACT.** Identify and focus on IMPortant ACTions to fulfill your mission and vision through your priority roles and goals in the *seven areas of life*. Write resolutions to contribute or change for critical priorities—with accountability to self and others.
4. **Balance your Life.** Choose time priorities for your 168 hours per week to fulfill your goals for the 7 areas of life. Plan to invest needed *quantity* T.I.M.E. (time, inspiration, money, and energy) to create *quality* results with balance.
5. **Live your Priorities.** Make your calendar and checkbook reflect your priorities. Target blocks of time for whom and what matters most, maximizing your *prime times*, to create habits and instincts to guide you, even under stress.
6. **Act and Adjust.** As you take action, compare desired and actual *Plans, Actions, and Results* (PAR) to adapt thinking and behavior in the flow of action, persisting positively and making the best of circumstances.
7. **Renew and Improve.** Spend a foundation of 5-20% of time planning and developing *mind, body, and spirit*, plus *service capacity* and *stewardship of callings, gifts, and talents* so the other 80-95% can succeed with significance. Invest in learning, assessing, improving, and transforming of attitude and ability needed to fulfill your callings with commitment, courage, and confidence.

## The 7 Areas of Life

Everything we do falls into one or more of the 7 Areas of Life. Activities listed within *the 7 Areas* cover most things we do:

1. **Physical:** breathe, eat, sleep, bathe, groom, and exercise to survive and care for physiological needs, providing a platform of health and energy.
2. **Financial:** budget, purchase, and invest to satisfy needs for survival, security, hope, and freedom to pursue callings.
3. **Professional:** plan, prepare, learn, and work for distinctive, ethical service to meet financial needs, enjoy personal success, and provide value to society.
4. **Personal:** plan for life, develop yourself for mental and emotional health, intellectual development, and independence; maintain your home, read, play, listen to music, enjoy hobbies, other activities primarily for you.
5. **Social:** share and do, with and for others—through recreation and responsibility, for fun and fulfillment—to belong, care for, love and serve interdependently.
6. **Philanthropical:** contribute time for service and resources for communities, charities and causes that match your mission synergistically and improve society.
7. **Spiritual:** pray, study, worship, serve, and give to fulfill your callings, gifts and talents—to live a spiritual journey faithfully, love and serve others meaningfully, and do your best joyously.

