

7 Best Practices for Life Leaders

These best practices provide a core strategy for preparing and taking action 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 and passion.
2. **PLAN for Life.** PLAN (Pray. Listen. Act. Now.) Ask and answer life's important questions, including: mission, vision, values, 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 and legacy.
3. **Have an IMPACT.** Identify and focus on IMPortant ACTions to fulfill your mission and vision through your important roles and goals in the seven areas of life. For significant priorities to contribute or change, write resolutions with accountability to self and others.
4. **Balance your life.** Choose time priorities for your 168 hours per week to fulfill your roles, goals, and resolutions. Plan to invest needed *quantity* T.I.M.E. (time, inspiration, money, and energy) to create *quality* results and 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 to prepare your instincts and guide you even under stress when you may adjust.
6. **Act and adjust.** 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 planned stewardship of callings, gifts, and talents so the other 80-95% can succeed. Invest in learning, improvement, and transformation of attitude and ability needed to fulfill your significant priorities.

The 7 Areas of Life

This list of activities within the seven areas of life covers most major things we do:

1. **Physical:** breathe, eat, sleep, bathe, groom, and exercise to survive and care for physiological needs, providing a platform of energy.
2. **Financial:** budget, purchase, and invest to satisfy needs for survival, security, hope, and freedom to pursue callings.
3. **Professional:** learn, train, work, plan and prepare for distinctive, ethical service to society while earning to meet financial needs and enjoying personal success.
4. **Personal:** plan for life, develop yourself for mental and emotional health, esteem, 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 through time for service and resources for communities, schools, charities and causes that match your mission 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.

