

DO WHAT MATTERS MOST

A person with a backpack is seen from behind, looking out over a misty, mountainous landscape. The person is wearing a brown jacket and a blue backpack. The background is a soft, hazy view of mountains and trees, suggesting a sunrise or sunset.

11 GUIDEPOSTS FOR FOCUSING ON WHAT MATTERS...

Own your life. Your destiny lies in your hands — grab hold of it rather than relinquishing responsibility to others.

Stand for something. You have an opportunity to define your values and your life as you see fit, or you can go with the flow and let them be defined for you.

Make a difference. Find your purpose and live for something greater than yourself.

Make relationships a priority. Do right by people. Give more than you take. Put others' needs ahead of your own. Meet in the middle. Keep your promises. And never win at the expense of a relationship.

Bring out the best in people. Make people feel special and appreciated. Inspire them to *do* their best and to *be* their best.

Put family first. Be available, not just present. Celebrate traditions. Eat at least one meal as a family every day. And never stop courting your spouse.

Create magical moments. Moments, rather than possessions, are the true treasures of life. Material possessions get old and wear out. Memories last forever.

Be grateful. If you're grateful for what you have, you'll never want for more.

Nourish your mind, body, and soul. You're careful about how you feed your body. Be equally prudent about how you nourish your mental, physical, and emotional/spiritual health.

Be an exemplary role model. Virtue isn't demanding more of others; it's expecting more of yourself. Lead by example.

Leave a legacy. Live the way you want to be remembered. You may not have the control to lengthen your life, but you can do much to deepen it.

Excerpted from *BECOME: Unleash the Power of Moral Character and Be Proud of the Life You Choose*



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