

# Three Questions To Help You Live A Life Of Excellence

By Lee Wise

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How would you answer this question: "Are there any patterns of thinking or acting you have noticed over the years that seem to be a part of what it means to live a quality life?"

Your answer might include things such as...

- \*Thinking positive
- \*Maintaining a level of high integrity
- \*Networking with people
- \*Learning from mentors
- \*Following your heart

And all of these would be true!

ONE WAY I MIGHT REPLY IS...

"If you are going to live a quality life, you will find yourself returning again and again to determine answers to these three questions:

1. What is true?
2. What do I value the most?
3. What price am I willing to pay?"

WHAT IS TRUE?

By way of example...

How many hurt feelings and fights could be avoided if the truth was out in the open from the beginning?

I heard a story in church this last week that illustrates

this need. It was said that a mom was correcting her child. She had said, "I want you to know that if you come home early from school today again for getting in trouble you are \*really\* going to get it."

The child did return early and was disciplined immediately. \*After\* the discipline the question came: "So, what did you do this time? "

Then through tears the answer was given: "Nothing, mom. School was dismissed early."

Taking time to discern what is true is important! It is important in our relationships, business dealings, and in the art of self-evaluation just to name a few.

Making the commitment to answer this question on a regular basis will help us continually refine our lives according to the highest standards of living:

"What is true here?"

And that leads us to the next question...

WHAT DO I VALUE THE MOST?

Determining what I value the most in any given situation or environment will help me make decisions, give me insights regarding what plans I will make, and it may even help me set a policy or two!

Let me share with you an example. One of my highest values is "family." I am deeply committed to my wife and children. In an effort to reflect this to my secretaries, I have shared my policy regarding how they are to deal with \*any\* one of my family members when they try to get in touch with me.

My instruction has been simple: "Every one of my family members are top priority to me. When they call, they may \*always\* talk to me. If I am doing something or in a meeting, just inform them about what is going on and let \*them\* decide if they would still like to speak with me."

And how have my children related to this? In one way or another each one has said: "That meant a great deal to me. I always felt I was important to you."

Now on to the third question...

WHAT PRICE AM I WILLING TO PAY?

Once the facts are realized and accepted...

\*And\* the degree of importance is acknowledged...

A good question to ask is:

"What will I commit myself to do --

\*At this time,  
\*In view of what I know to be true and valuable,  
\*In this particular setting?"

In other words, based on my assessment of the situation, what am I willing to \*do\* now? What price am I willing to pay?

Generally speaking, the depth of my \*felt\* value will determine my level of commitment to whatever I decide to do.

Two more examples...

One of my brothers decided to fulfill a desire of his: to have his own business. He "counted the cost," made the decision and began the business!

My other brother will receive his PhD degree this December. He made the commitment years ago to pursue the degree, paid the price of time and effort, and will graduate soon!

QUICK! CAN YOU REPEAT THE QUESTIONS?

Don't look.

Try to remember them right now!

In the pursuit of a quality life, you will find yourself returning again and again to determine the answers to three questions. Write them down or repeat them :)

Number one is \_\_\_\_\_ ?

Number two is \_\_\_\_\_ ?

Number three is \_\_\_\_\_ ?

HAVE A SUPER LIFE!

May your days be filled with many beautiful moments in time,

Lee

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at home, and writes his own motivational mailing entitled "A Beautiful Moment In Time." Permission is given to distribute article. This entire paragraph must be included. You may contact him at [lfwise@aol.com](mailto:lfwise@aol.com) or by visiting -- <http://www.retirequickly.com/89863>

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