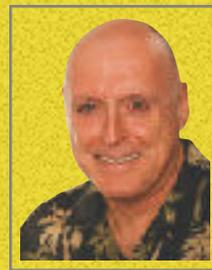


# THE EXTRA POINT

BY JERRY ROBERTS



## # 928 How to Make Every Day a Masterpiece

What if I said you could make today a masterpiece? Tomorrow, too? How about every day? I'm Jerry Roberts, and I'll have a lesson today that was taught to one of the world's experts in leadership, by probably the greatest coach of all time. That's next, on The Extra Point.

The annual Live2Lead Guam Conference is coming soon, and it will again be a powerful program for everybody in the organization, with John C. Maxwell leading a team of world-class speakers who will deliver great value in many areas of leadership.

Maxwell was fortunate to develop a mentoring relationship with famed UCLA basketball coach John Wooden, in the late stages of Wooden's life. Wooden was the mentor, and Maxwell the mentee. Maxwell would travel to Los Angeles to visit the coach, and ask him questions about leadership and life.

One day, Wooden said to Maxwell that he would always encourage his players to "Make each day your masterpiece." The masterpiece idea was one of the seven things Coach Wooden's father taught him from a very early age.

Those seven things are:

- Be true to yourself
- Help others
- Make each day your masterpiece
- Drink deeply from good books (especially the Bible)
- Make friendship a fine art
- Build a shelter against a rainy day
- Pray for guidance, count and give thanks for your blessings every day.

Wooden left the following gem of wisdom with Maxwell, and it describes the whole masterpiece concept. It's simple, but you have to pay close attention or you'll miss it.

Coach Wooden would tell his UCLA players that they could not give an 80% effort today, and make up for it tomorrow with a 120% effort. The most you can give on any given day is 100%. Obviously, most people never achieve that, or it's certainly every blue moon, if you get my point.

Here is a list of Wooden's 10 Tips for Making Every Day a Masterpiece.

1. Start the night before – What are the 1-3 things you absolutely must accomplish? Make a plan for the day ahead.
2. Get your rest – Determine a preset bedtime and stick to it.
3. Get out of bed at 30-60-minutes earlier than others in your home. Give yourself much-needed quiet time to read, write, think and exercise. Your morning routine is your launching pad for the day.
4. Work your plan. Start with your most important tasks, and follow them to completion.
5. Prioritize – Go big on major things; while going small on minor things. Better yet, delegate those if you can.
6. Focus – Never mind multitasking. Most of us have a Ph.D. in multitasking, but research shows that most of us do it poorly. Really focus on one thing at a time.
7. Rejuvenate – You need regular breaks to recharge. This re-energizing is a great way to maintain that focus.

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8. Be prepared and stay engaged – Be Here Now. Stay present. Do your homework. Come prepared. Add value to others and the organization by being prepared and engaged.
9. Minimize distractions – Do everything possible to eliminate the things that we don't need to do, but which scream for our attention.
10. Evaluate your day – This is where we determine what worked and what didn't, and make changes accordingly. We gain knowledge, and that's good. To gain wisdom, however, requires that we reflect on that knowledge. This is real learning.

10 steps toward making every day a masterpiece, from Coach John Wooden, as told to John C. Maxwell

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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For information on training and consulting services with Jerry Roberts, please click this link: [guamtraining.com](http://guamtraining.com)

