

congregation provides the family of God with the resources to subsidize the local school, evangelize the community and help the poor. As a global church, our regular contributions to the world budget are a tangible response to our Lord's commission to spread the love of Jesus beyond our shores. Finally, our generosity may perhaps extend to our neighborhoods when we purchase the \$2 chocolate bar from a nervous teenager who asks us to support her school's band.

### WISE COACH

Life seems to be divided into three major divisions — the first 25 years are given to education, the next 40 years to experience and the last 25-30 years should be the result of the combination of the first two; instructive wisdom. Coaching, unlike mentoring, which usually has set times and lessons, is simply having lunch with an individual who asks challenging questions they are wrestling with. The benefit of life's experiences, both the good and the bad, will guide us in the right direction. Personally, I have found

*"Life consists of what a man is thinking about all day." — Ralph Waldo Emerson*

### Reference:

1. *The Bucket List* from the film's webpage.
2. *Guide Post* magazine, March 2011, page 57.
3. Maximum Impact Club Notes, Volume 15, Number 4, page 1.
4. John C. Maxwell, *Today Matters*, Warner Books, 2004, page 227.

these lunchtime chats to be beneficial to both the questioning younger leader and me, a lifestyle coach.

### FINAL THOUGHTS

Dr. John Maxwell, the leadership guru, has these Life List observations:

1. Your Life List should consist of just a few things.
2. Your Life List should consist of just the important things.
3. Your Life List should be lived daily.
4. Your Life List should reflect your values.
5. Your Life List should be your Life List.
6. Your Life List should become your legacy.<sup>3</sup>

### MAKE YOUR LIFE LIST

What would your own Life List consist of? Make one and discover your life-long dreams.

# The Stewpot

A potpourri of practical ideas to help you become a better steward

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## WHAT'S ON YOUR LIFE LIST?

By Gordon Botting, DrPH, CHES, CFC



In the 2007 film, *The Bucket List*, a corporate billionaire Edward Cole (Jack Nicholson) and a blue-collar mechanic Carter Chambers (Morgan Freeman) are forced to share a hospital room together. The only thing they have in common is their terminal illnesses. Over time they become friends. When Edward finds Carter's bucket list cataloging all of the things he wants to do before he

dies, Edward adds a few of items of his own and invites Carter on a journey to complete their combined list. This encouraging film ends with each learning from the other and making life-changes as they begin the final stage of their journey, culminating in discovery and redemption.<sup>1</sup>

Creating a bucket list is one way to discover what you really want to experience in life. Your bucket list might include athletic goals like running a marathon in all 50 states or sailing around the world. It could be adventuresome like riding in a hot air balloon over an African wild animal park; bungee jumping in New Zealand; skydiving on your 80<sup>th</sup> birthday like our former president, George H. W. Bush; or swimming in the world's largest

pool off the coast of Chile. Some of you might include a visit to the wonders of the modern world such as Victoria Falls in South Africa, the Great Barrier Reef in Australia or the Fjords of Norway. If you are a history buff, you may want to visit great monuments of history such as the Acropolis in Greece, the pyramids of Egypt, the Kremlin in Russia or the ancient city of Petra in Jordan. If you are an animal lover you might want to swim with a

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**Stewardship; a total lifestyle that involves our health, time, talents, environment, relationships, spirituality and finances.**

school of dolphins, ride a camel in the Sahara desert, pet a koala bear or say, "I've milked a cow." If you have always wanted to be a missionary, your bucket list might include six months at an English-as-a-second-language school in China or building a one day church or school in Africa.

Bucket Lists are often dreams you would like to accomplish in the future, but there is a far more important list you should do everyday — your Life List.

Fortunate is the young person whose parent gave them a Life List at a young age.



**John Wooden**, the legendary coach of the UCLA men's basketball

team who lead the Bruins to ten national championships, had such a father. When John was twelve-years-old his father gave him a Life List. During the ninety-nine years he lived, John read that list every day and more importantly, he did his level best to achieve the life-principles on his father's list. Here is that Life List:

- Making the most of one's self.
- Be true to yourself.
- Make everyday a masterpiece.
- Help others.
- Drink deeply from good books.
- Make friendship a fine art.
- Build shelter against a rainy day.
- Pray for guidance and give thanks for your blessings every day.<sup>3</sup>

To assist you as you develop your Life List, here are six examples of what I have found to be important:

### SETTLED QUESTIONS

As an Adventist I believe there are seven core "S's" that define my faith: A **Savior**, who is the beginning and ending of my faith; **Salvation**, the continuing heartbeat of eternal good news; the **Second Coming**, the focal point of the believer's future; the **State of the dead**, the fundamental hope of life eternal; the **Sacrament**, the reminder of our salvation; the **Sabbath**, the eternal promised rest, and when lived out in weekly 24-hour days, a time-out as a memento of creation; and **Stewardship**, my responsibility to earth, family, time, health and financial resources.

### MAKE MEMORIES

Several years ago I was struck by the fact that many of the people I knew, both church and non-church friends, planned to fulfill dreams of visiting a special place or returning to their

roots after they had retired. Yet, just after they retired they were struck down with a debilitating disease or passed away suddenly without ever realizing their dreams. Consequently, my wife and I decided that since we loved to travel we would not wait until retirement, when we would have more time and resources to fulfil our nostalgia cup, but that we would begin our memory journeys immediately. We set two goals. One was to annually visit our favorite family vacation spot and the second was that every other year we'd have an extended vacation on another continent. A decade and a half later we have visited dozens of countries and have thousands of digital pictures as proof.

### VALUE PEOPLE

Ken Blanchard, the author of the best seller, *One Minute Manager*, jokes that the Department of Motor Vehicles seeks out and hires people who hate people. When we wait in line for two hours to renew our vehicle license, we might secretly agree. However, it should be our daily goal to continually bridge the relational gap as we associate with people. These few lines can assist us in laying

the groundwork for good relationships:

- *People are insecure . . . Give them confidence*
- *People want to feel special . . . Compliment them sincerely*
- *People desire a better tomorrow . . . Show them hope*
- *People need to be understood . . . Listen to them*
- *People are selfish . . . Speak first to their needs*
- *People get emotionally low . . . Encourage them*
- *People want to associate with success . . . Help them win<sup>4</sup>*

### GENEROUS GIVER

Unfortunately, we live in a world where the non-Christian is more charitable than the Christian. Because we believe in Christian values, we must rededicate ourselves to being generous. Faithfully returning our tithes is the best way to thank our generous Heavenly Father for the promise of eternal life. Giving consistently to our local

