

# **Burn Brightly without Burning Out**

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## **Application Guide**

*He has shown you, O man, what is good; And what does the Lord require of you But to do justly, To love mercy, And to walk humbly with your God. **Micah 6:8***

### **Chapter One** **Image vs. Integrity**

1. How is it possible to be so concerned with your image that you give away your integrity?
2. What does it mean to be “true to yourself?”
3. How will choosing integrity guarantee you a positive image?

### **Chapter Two** **Mission vs. Purpose**

1. Search the Word asking God to give you a scripture as your guiding scripture for life.
2. Use that scripture to build a “mission statement” for your life. Write it here, and produce a “fancy” copy to hang in your office where you can see it on a regular basis. Be prepared to share it with the group.

### **Chapter Three** **Managing Time vs. Managing Dominant Interests**

1. What is a “dominant interest”?
2. List your dominant interests in order of your time emphasis on them.

### **Chapter Four** **Role Modeling vs. Mentoring**

1. What use are “creeds without deeds?”

2. What can you do to take your personal growth and professional development to new heights?

## **Chapter Five**

### **General Information vs. Specialized Knowledge**

1. Dick says, “A doer without knowledge is a fool.” What are you doing to further educate yourself?
2. If it’s not what you know, but how you use what you know that makes learning so rewarding, then how well “rewarded” are you?

## **Chapter Six**

### **Ability vs. Attitude**

1. How can life’s attitude busters get in the way of your ability?
2. Which is more important attitude or ability? Why?

## **Chapter Seven**

### **Facts vs. Focus**

1. What is the benefit of using a “Master Plan Funnel”?
2. Focus means being on-purpose with a clearly defined statement of why you exist? How clear is your life focus?

## **Chapter Eight**

### **Vision vs. Goals**

1. List your short-term and long-term goals within each of your dominant interest.
2. Can you see how more balance will enable you to burn brightly?

## **Chapter Nine**

### **Plans vs. Priorities**

1. What are the five Ds? Which is easiest for you, and which is the most difficult?
2. How important is daily prioritization in your pursuit of balance?

## **Chapter Ten**

### **Motivation vs. Inspiration**

1. Choose one of the six ways suggested to promote better inspiration and greater self-motivation?
2. How can you begin to implement it in your life?

## **Chapter Eleven**

### **Procrastination vs. Decisiveness**

1. Why is procrastination listed as “public enemy number one of achievement?”
2. How guilty are you of procrastination? What did you learn from this chapter?

## **Chapter Twelve**

### **Burnout vs. Enthusiasm**

1. How enthusiastic are you about life? Do you need a boost spiritually, mentally, physically, or emotionally?
2. Is there currently any unhealthy lifestyle that is robbing you of your precious time on this earth? Will you pray that God will give you the courage to confront this?

**Chapter Thirteen**  
**Hard Work vs. Good Habits**

1. Do you have some bad habits that need to be converted into good ones?
2. How can your bad habits sabotage your hard work?

**Chapter Fourteen**  
**Time Strategies vs. Time Tactics**

1. Do you need to reevaluate your time strategies?
2. In which of these ten time tactics are you weakest?

**Chapter Fifteen**  
**Desisting vs. Persisting**

1. Did you list the “turning points” of your life? What impact did this have on you?
2. How are these different from the mundane moments of life?

**Chapter Sixteen**  
**Mastered by Change vs. Mastering Change**

1. What changes are holding you back from reaching your full potential?
2. Do you need to step outside of your comfort zone and dare to be better than you are?

**Chapter Seventeen**  
**Stress vs. Serenity**

1. Are you out of balance spiritually, mentally, physically, or emotionally? Which?

2. Do you experience more stress or serenity in your life? Can you do anything about this?

## **Chapter Eighteen**

### **Urgent vs. Important**

1. Have “urgent” matters taken control of your life?
2. Do pressing matters of work and everyday living sap your energy for the few significant times that will mark your legacy?

## **Chapter Nineteen**

### **Professional Success vs. Personal Happiness**

1. Has your professional success ever interfered with personal happiness? How about your husband’s or your children’s happiness?
2. How are you doing with your faith, freedom, family, friends, fraternalism and forgiveness?

## **Chapter Twenty**

### **Making Money vs. Making a Difference**

1. Do you use money greedily or generously?
2. Do the demands of life often leave you feeling empty and unfulfilled?