

# THE BALANCED LIFE

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## APPLICATION GUIDE

### INTRODUCTION

“...it is the people with the best family lives and the best friendships who eventually make the best mark in their careers.”

### PART ONE    **Commitment**

#### Chapter 1    **Tapping Your Inner Fire**

1. What part does commitment play in our romantic love?
2. What advice did Abraham Lincoln give to a young man who asked about studying law?
3. Why do some people accomplish so much in a lifetime and others do not?

#### Chapter 2    **Focus: Doing a Few Things Well**

1. Of the 4 steps to attaining focus and high level of competency found in this chapter, which step do you find most difficult?
2. What does James Dobson say about helping our children become as good as they possibly can be in at least one area?
3. How easy is it for you to say **no** to one thing so that you can say **yes** to something else?

#### Chapter 3    **The Art of Self-Motivation: Eight Ways To Increase Your Energy**

1. Name some energetic, motivated people that you spend time with regularly. How does their attitude influence you?
2. Do you continually see yourself as a victim? How does this attitude affect those who do?
3. Energy comes from replenishing your spiritual reserves. How do you accomplish this and how often?

## **PART TWO    Discipline**

### **Chapter 4    The Rich Rewards of Self-Discipline**

1. What is your own philosophy of the benefits of Self-Discipline?
2. Which category describes you and why?  
The “Master”                      The “Obsessive”  
The “Dabbler”                    The “Hacker”
3. Define Freud’s Pleasure Principle.

### **Chapter 5    Six Strategies For Improving Your Self-Discipline**

1. If you will focus on strengthening your good habits and adding positive ones, what will happen to your bad habits.
2. What was the “price” for Gary Player’s achievement in Golf?
3. The work-now-play-later philosophy is basically sound, but how does it become distorted?
4. What are the dangers of luxury?

## **PART THREE Collaboration**

### **Chapter 6 Eliciting Help From Other People**

1. Explain the enormous benefits from having someone who believes in you.
2. Why do we so often hesitate to ask for help?
3. Andrew Carnegie said, “The easiest way to get rich is by enriching others.” How will *Leading Ladies* help you to get “rich”?

## **Chapter 7 The Characteristics of High-Morale Teams**

1. How would “the affiliative motive” work in the body of Christ?
2. When presidents of corporations were asked what personal characteristics they thought to be most important to their career, what was their answer? Do you agree?
3. What characteristic listed in the section on High-Morale Teams do you feel is missing in the development of group spirit within the church of today?

## **Chapter 8 Ten Ways To Criticize While Keeping The Atmosphere Positive**

1. How effective is mutual, constructive criticism?
2. How do you interpret the statement, “The higher you climb up the ladder the more your backside is exposed to others, so be prepared for the rocks that will be hurled up at you.”
3. How do you feel about constructive criticism?

## **PART FOUR Adaptability**

### **Chapter 9 Finding the Opportunities In Change**

1. One of the “fatal flaws” that cropped up many times in the failed executives was “the failure to adapt.” How well do you adapt to change?
2. Do you tend to defend the status quo or do you embrace change?
3. What is the danger of the status quo?

## **Chapter 10 The Art Of The Comeback**

1. What is the difference between failing and being a failure?
2. Does pride and arrogance keep you from facing your mistakes? How do you handle your mistakes?
3. Are you one who holds on too long, or one who gives up too easily? Give an example.

## **Chapter 11 The Perpetual Learner**

1. What part will education play in the twenty-first century? What part does it play in the life of a Christian?

2. Is there a correlation between intelligence and success?
  
3. What about how the Bible is concerned?
  
4. If a leader is a reader, and a reader is a leader, what kind of a leader are you?

**CONCLUSION:**

The balanced life is all about understanding commitment, walking in discipline, utilizing the assistance of others, and mastering the opportunities in change. But mostly it is understanding where the most important relationship in life fits into the equation and keeping the “main thing” the main thing!