

Personal Daily Assessment

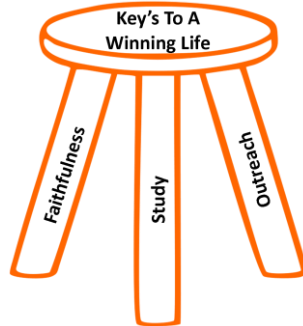


***"Today well-lived,
makes every yesterday a dream of happiness,
and tomorrow a vision of hope."***



ASSESSMENT

Daily Personal Reflection *"Nothing Changes, if Nothing Changes!"*



OVERVIEW

This is where the rubber meets the road. **A true champion must subscribe to a method of living that includes a sustainable training regimen in both their sport and life. A champion knows that for them to function at peak performance be it in sport or life, things around them need to be in balance.** Apart from injury, NOTHING brings down a professional be it in sport or life more than a life that has become unmanageable.

Following is a daily training regimen that will keep life balanced and consistent while providing the much-needed serenity a champion needs to achieve excellence and live a life of purpose. Pay close attention to the three-legged stool above realizing, should one of the legs break off, the stool CANNOT balance. The same holds for life.

1. Master the Basics

GRIP: "A man's grip on his club just like a man's grip on his world..." - Bagger Vance.

Ironically, our "Grip" on life develops in direct relation to our condition. If we're on the easygoing side of things we will probably grip life on the soft side. However, if we play life with intensity and possess the compulsion to control people and things around us or we are living with unsettled issues, we will grip life tightly which causes loss of feeling - usually to those we are closest to and should mean the most to us.

In life, as in golf we must give up control to have control and we must develop a feel in both games, however, in both games, lightening up feels like anything but control and feel. Those who stick with it discover they begin playing both games with power, and control and feel they never thought possible.

The proper grip in both games is the foundation. When asked how important Sam Snead thought the grip was, he answered, *"It's Everything"*.

Since the proper grip in both games produces power, control and feel, the proper grip in life expresses itself in wisdom and can have a powerful effect on influencing others. On the other hand, a tight grip on life usually expresses itself through unresolved flaws from life's errant choices

or *bad breaks* which if not dug out of the dirt only form opinions and have an effect on few.

STANCE: “WHOSE” Are You? What Do You Believe? Why Do You Believe It?

Our “*Stance*” in life is going to form out of the three questions above. Our “*Stance*” develops from these “*core*” beliefs.

Champions in both games are extremely meticulous with their stance. Our stance in both games shapes our direction and prevents us from straying.

A champion in both games develops a stance that forms a solid base making them immovable to potential flaws that find their competitors struggling in life as they seem to always be landing in life’s hazards. This solid base is developed out of immovably knowing “*Whose*” we are, having precisely examined “*What*” we believe and “*Why*” we believe what we do. Our stance in life begins shaping our “*Purpose*” in life and usefulness to others.

POSTURE: “WHO” Are You?

“*Posture*” in golf is critical in allowing for proper hip and shoulder turns along with providing freedom through impact leading to a finish that produces maximum distance.

Posture in life is achieved by learning from our experience which produces a freedom that motivates us to get the most out of life - and to go the distance no matter what hazards we may face.

Posture in life is defined as a particular way of dealing with or considering something; an approach or attitude. Our posture in life comes out of knowing both “*Whose*” and “*Who*” we are - and accepting it.

Posture in life produces the freedom “*To Be*” since we have examined why we believe what we do which is critical in gaining the wisdom that produces the depth in spreading that wisdom for the benefit of others. Posture without knowing both “*Whose*” and “*Who*” we are is nothing more than opinion which will have no real effect on anyone.

2. Keeping Life in Balance

F.O.R.E. – “Fellowship Offers Refuge & Encouragement”

The word “*Fore*” means “*to go ahead.*” A “*Fore Caddie*” goes out ahead of their player to watch their ball usually on a blind shot or when there's trouble ahead. When “*Fore!*” echoes throughout a golf course and we are standing next to someone, instinctively we will shield that other person. So, that rests the case made by Rick Warren in his best-seller [The Purpose Driven Life] that we were made for fellowship.

To play well on this demanding course of life, we **must** be in a fellowship where we will find the valuable local knowledge only the seasoned members have gained. The Bible tells us that as the Master Caddie, “*God*” goes ahead of us in life and watches those blind and troubled spots for us as we put our faith in Him through the refuge and encouragement we get from fellowship. With Him, our path in life will be made straight.

D.I.V.O.T. – “Discipleship Illuminates Valiant Obedience & Trust”

“*Disciple*” comes from the word “*Discipline*”. Whether in life or golf, a disciple is a “*learner*” and

they possess two champion qualities; they are teachable and they are disciplined and these two qualities lead to wisdom which a disciple uses to benefit others both in their sport and life. A disciple is not afraid to dig into the depth of their being where they will hear God reveal His purpose for them so they can deepen their obedience and trust in Him in order that they can earn the obedience and trust of others.

In both life and golf we must dig it out of the dirt to play both games with accuracy and credibility. It's a result of being disciplined and learning more about God and ourselves that enhances our faith and confidence and will empower us to bear fruit in both games leading us to the mission of the Great Commission.¹

E.A.G.L.E. – “Evangelism Assures God's Loving Embrace”

Once again let's go to Bagger. *“Ain't a soul on this entire earth ain't got a burden to carry he don't understand, you ain't alone in that... But you been carryin' this one long enough... Time to go on... lay it down”...*

What Bagger is saying is that it's time to dig the dirt out of life so that we can be free and gain the wisdom that will benefit and impact others. What Jesus asked *“The Invalid”* at the pool in Bethesda was, *“Do you ‘really’ want to get well?”* Then he simply said to the invalid, *“Pick up your mat and walk.”*

For our evangelism to be real and effective, we had to *“choose to come out of the shadows.”* Only until we walk through *“the shadows of the valley of death”* which were once our hiding places can we be effective in *“assuring”* God's loving embrace which shapes us through Fellowship and Discipleship.²

3. Was Today Well-Lived?

Did I do the right thing at the right time today?

☐ Yes ☐ No ☐ Somewhat

Did I do what had to be done so I would be righted with God?

☐ Yes ☐ No ☐ Somewhat

Did I look upon myself as performing God's errands and then come back to Him to tell Him in quiet communion that His will has been done?

☐ Yes ☐ No ☐ Somewhat

Was I "Busy" or "Productive"?

☐ Busy ☐ Productive ☐ Some of Both

¹ **What is the Great Commission in the Bible?** And Jesus came and said to them, *“All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you.”*

² A symbolic description of the world, meaning darkness and death are (symbolic) valleys on earth one must walk through, that is, part of the human experience. *“Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me...”*

Was I "Efficient" or "Effective"?

☐ **Efficient** ☐ **Effective** ☐ **Some of Both**

Did I "Procrastinate" or was I "Decisive"?

☐ **Procrastinate** ☐ **Decisive** ☐ **Some of Both**

Did I move "Backward", "Forward" or was I "Stagnant"?

☐ **Backward** ☐ **Forward** ☐ **Stagnant**

Was I "Joy-Filled" and "Hopeful"?

☐ **Yes** ☐ **No** ☐ **Some of Both**

Was I "Accepting" of my current circumstances?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Did I exercise Physically and Mentally and eat properly?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Did I strengthen my Mind today?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Was I Pleasant to be around today?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Was I able to stay Present and Focused today?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Did I spend time with God today?

☐ **Yes** ☐ **No** ☐ **Not Enough**

Was I "Unafraid", "Joy-Filled" and filled with "Love" today?

☐ **Yes** ☐ **No** ☐ **Not Enough**

4. Daily Inventory

• Who was I accountable to today? _____

- How much time did I spend outside myself today?

- Who did I reach out to today? _____
- Who did I encourage today? _____
- What kind of compliments did I spread today?

- Did I give my best?

What did I do for those I came in contact with?

HOW WAS I SELFISH (i.e., thinking only of myself, or not putting myself in someone else's position)? **DID I INCONVENIENCE MYSELF TODAY?**

HOW WAS I RESENTFUL (and what was the basis of this resentment)?

HOW WAS I AFRAID (How does this demonstrate a lack of faith, misplaced faith, or faith in a negative outcome)?

HOW WAS I DISHONEST (by commission or omission)?

HOW DID I DEMAND TO CONTROL?

HOW DID I DEMAND TO BE RIGHT?

HOW DID I DEMAND TO BE A VICTIM?

HOW WAS I DEFIANT?

HOW WAS I IN DENIAL?

WHO DID I HURT AND HOW DID I HURT THEM (i.e., who was affected as a result of my action or inaction)?

HOW CAN I REPAIR THE DAMAGE (i.e., how can I put right what I've put wrong)?

WHAT COULD I HAVE DONE BETTER (i.e., what actions could I have taken to improve the situation)?

5. Meditation, (Psalm 91)

1. Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.
2. I will say of the Lord, *"He is my refuge and my fortress, my God, in whom I trust."*
3. Surely He will save you from the fowler's snare and from the deadly pestilence.
4. He will cover you with His feathers, and under His wings you will find refuge; His faithfulness will be your shield and rampart.
5. You will not fear the terror of night, nor the arrow that flies by day,
6. nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.
7. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.
8. You will only observe with your eyes and see the punishment of the wicked.
9. If you say, *"The Lord is my refuge,"* and you make the Most High your dwelling,
10. no harm will overtake you, no disaster will come near your tent.
11. For He will command His angels concerning you to guard you in all your ways:
12. They will lift you up in their hands, so that you will not strike your foot against a stone.
13. You will tread on the lion and the cobra; you will trample the great lion and the serpent.
14. *"Because he loves me,"* says the Lord, "I will rescue him; I will protect him, for he acknowledges my name.
15. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.
16. With long life I will satisfy him and show him my salvation."

CLOSING

O God, I thank you for the trials and blessings of the day that is past since both bring me closer to you. I humbly ask for your protection through the coming night. Bring us in safety to the morning hours; through Him who died and rose again for us, your Son our Savior Jesus Christ. Amen.

**NO MATTER WHAT YOU FACE IN EITHER GAME
MAINTAIN A GRACIOUS PERSPECTIVE**

Notes: