



COACHING BY CORNERSTONE

THE SIX DISCIPLINES OF PERSONAL SUSTAINABILITY©

“Framing My Life for the Finish Line”

dr. stephen r. graves

And in the end it's not the years in your life that count. It's the life in your years.
- Abraham Lincoln

Strategic Clarity - *“A life that operates with 20/20 vision in areas that matter most.”*

1. Have I lost my footing with regards to the priorities of life and slipped into simply going through the motions?
2. Is there an issue or past experience that has handcuffed, bushwhacked or paralyzed my passion and clarity for life?
3. Does the speed, complexity and myriad options of life feel like a furious European Roundabout spinning me around in a circle creating confusion, frustration and fear?
4. Am I anchored to a promising future and a compelling vision?
5. Do I see and sense the mission critical elements of life?

Business Contribution - *“A life that is engaged in meaningful, productive and fulfilling work.”*

1. Am I fully engaged in my work or is it a half-hearted ritual and lifeless treadmill?
2. Am I operating in my sweet spot with good familiarity of my best skills and areas of unconscious competence?
3. Do burnout and/or boredom define my recent work life?
4. Would the internal and external customers of my work give me strong, consistent scores?
5. Do I see the work of my hands as valuable, productive and fulfilling?
6. Am I taking the initiative to sharpen my skill-set and maintain excellence?

LifeBalance - *“A life that successfully juggles the multiple opportunities and assignments circling one's personal and professional world.”*

1. Is my life in rhythm with Days of Work, Days of Rest and Days of Play?
2. Am I sleeping well?
3. Does one of my children particularly need me in this season of life?
4. How is the romance in my marriage?
5. Do I need a Day Away to realign life?
6. Am I living a driven life or called life?
7. Can I ever lay down my work?

Relational Quality - *“A life that is not being lived alone and is constructing a handful of heart level relationships that can last a life time.”*

1. Am I role playing with other people for most of life?
2. Do I need to repair or refresh any relationships?
3. Am I being totally transparent with those closest to me or am I 'stuffing' secrets and feelings away?
4. Do I have a band of brothers to help advance my life and work?
5. Am I investing into the concept of personal community and relationship?

Spiritual Vitality - *“A life that pursues with dogged determination a vibrant relationship with God.”*

1. Am I authentically engaging the arena of the spiritual or have I declared it a high risk/don't touch zone?
2. What is the condition of my heart and how am I doing with regards to the unique temptations that leaders face?
3. Have I discovered Jesus to be a personal friend or just a propositional truth?
4. Are Prayer and Scripture Reading a regular pattern of life?
5. Am I integrating my faith into the details of my work?
6. When is the last transformational encounter I had with God?

Financial Fulfillment - *“A life that shrewdly earns, stewards and invests resources for maximum return and impact.”*

1. What is the last gift I made that caused my heart to spring with uncontrollable joy?
2. Am I earning income from my core skill set?
3. Is my personal contentment increasing or decreasing?
4. Do I need to create a Personal Wealth Pathway to guide my finances?