

HABIT⁺OLOGY[®]

LIFE BALANCED GOD'S WAY

*God's Timeless Principles For Creating, Sustaining, & Enjoying
An Abundant Life Of Balance & Significance.*



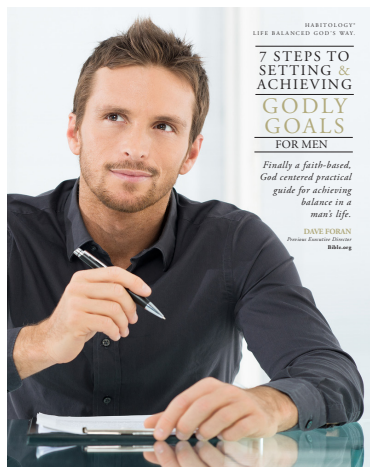
*“Finally a faith-based, God centered practical guide for
achieving balance in a man’s life.”*

Dr. Frank A. Corbo

U N E D I T E D V E R S I O N

HABIT⁺OLOGY[®]

LIFE BALANCED GOD'S WAY



ADVISORY BOARD MEMBERS

Wynanda A. Corbo

Senior Advisory Board Member

Paul Blease

Dave Foran

Boyd Yarbrough

Mark Murdock

David Blease

Mikayla Blease

Chris Griffin

COPY EDITOR

Victoria H. Corbo

COMMUNICATION

If you have any questions, comments, or please feel free to contact our office.

HABITOLOGY[®]

5942 Van Horn Lane

Frisco, TX 75034

info@Habitology.org

(888) 999-6609

EDUCARE PUBLISHING, LLC

Habitology[®] copyright © 2007-2017 all rights reserved. No material contained herein is to be reproduced without the prior written permission from the publisher.

United States of America

United States Patent and Trademark Office

HABITOLOGY

Reg. No. 3,906,744

Registered Jan. 18, 2011

Int. Cl.: 41

SERVICE MARK
PRINCIPAL REGISTER

CORBO, FRANK (UNITED STATES INDIVIDUAL) DBA THE CORBO COMPANY

5942 VAN HORN LANE
FRISCO, TX 75034

FOR: PERSONAL AND PROFESSIONAL LIFE COACHING SERVICES IN THE FIELD OF FINANCIAL, SPIRITUAL, AND RELATIONSHIP MANAGEMENT, IN CLASS 41 (US.CLS. 100, 101 AND 107)

FIRST USE ONLY 12-0-2007; IN COMMERCE 8-0-2009.

THE MARK CONSISTS OF STANDARD CHARACTERS WITHOUT CLAIM TO ANY PARTICULAR FONT, STYLE, SIZE OR COLOR.

SER. NO. 77-951,824 FILED 3-5-2010.

ZACHARY BELLO, EXAMINING ATTORNEY



David J. Kappas

Director of the United States Patent and Trademark Office

TABLE OF CONTENTS

| | |
|-------------------------|----|
| I. Reversing Regrets | 4 |
| II. End of the Road | 14 |
| III. Eternity Backwards | 22 |



AS THE FATHER of three daughters and the brother of three older sisters, Frank has been surrounded by women his whole life.

“Growing up with his three older sisters five years apart was certainly an adventure.” From being the original Make-Up Barbie Doll®, to the nightmare of the dreaded price check on feminine hygiene, Frank has been through it all.

Frank and his wife and best friend Wynnie met while working Milan, Italy, and have been married for over 25 years. They have three beautiful daughters, Mikayla, Tori, and Nicole.

When he’s not fighting for his corner of the bathroom vanity, through curling irons, blow dryers, make-up, and hair spray, Frank develops strategic growth plans for healthcare businesses.





I

REVERSING REGRETS

“

If my father was able to speak to us today, I can imagine that near the top of his “Regret List” if not the actual top of the list, would be that he never had a chance to meet his granddaughter Nicole.

He died two years before she was born.

”

*“We are free up to the point of choice;
then the choice controls the chooser.”*

Mary Crowley

1,182,600.

CURIOUS AS TO WHAT THAT NUMBER REFLECTS? Although I'd love it to reflect something wonderful, like the number of times I've kissed my beautiful wife Wynnie (that would be about 91,000 if you were wondering), sadly however, 1,182,600 reflects the total number of cigarettes my father smoked over the course of his fifty-four year, three pack a day habit.

So it should come as no surprise that at the young age of 68, my father died of lung cancer.

Although I smoked a cigarette once with my neighbor (and got caught by the way by my sister Dona – who promptly told my mom – who then made me smoke a carton of Parliament 100s – which made me throw up profusely), I was never a smoker and therefore it is difficult for me to understand the extreme battle a smoker faces when trying to quit.

*“You can pay me now,
or you can pay me later,
but remember later is
always more expensive.
Always.”*

NOTES

That fact always perplexed me. Why did it take my dad learning that he had lung cancer for him to quit smoking?

In fact studies show that breaking the habit of smoking, in many cases can be as difficult, or even more difficult than breaking a hard-core drug or alcohol habit. The reason I share this is because after smoking 1,182,600 cigarettes over a fifty-four year habit something happened that baffled me, my dad quit smoking cold turkey the day he was diagnosed with lung cancer.

He never picked up another cigarette again for the remaining 11 months of his life.

That fact always perplexed me. Why did it take my dad learning that he had lung cancer for him to quit smoking? For most of the over half century that he smoked, it was well known that smoking increased the likelihood of developing lung cancer. Why did he finally quit, and how in the world did he quite cold turkey?

SURGEON GENERAL’S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, and May Complicate Pregnancy.

Think about it for a moment. Not only did he smoke 1,182,600 cigarettes. But think about how many times he brought that cigarette to his lips, how many puffs he took. A conservative number would be over ten million times. To me, his quitting cold turkey was nothing less than astonishing.

EXERCISE: MY SURGEON GENERAL’S WARNING LIST

Ask yourself, “What’s my “Surgeon General’s Warning”? What habit do I have that carries a “warning” that I am ignoring? Can’t think of one... ask someone that loves you for some help.



MY SURGEON GENERAL’S WARNING:

Fast-forward twenty years after loosing my father in December 1999. During this time I’ve had the privilege of working with hundreds of men, and here’s a partial answer that I found to that perplexing question of why.

Many of us (men), not all of us, but perhaps a majority of us (myself included) have to experience pain in order to make the changes in life we know we need to make. It’s that simple, yet hard to understand truth – pain preceding change - that leads many men to make necessary “adjustments” in their lives.

NOTES

“Not me,” you say? Well than consider yourself one of the fortunate ones if you are not found in this group. Most men are. Need proof? Sure, that’s easy enough.

Let’s start with our “friend” that knows he should take better care of himself, eat healthier and start working out. I mean it’s no secret to him or to anyone for that matter that there are a few extra, ok, more than a few extra pounds hanging around his mid section since his All-County High School football glory days.

So let’s ask the rhetorical question together shall we? “What does he do after the heart attack?” What does he do? By the way that’s if he’s fortunate enough to live through it, which is at best a 50/50 chance. What does he do? You guessed it. No sooner than he exits the hospital – in fact perhaps while he’s still in the hospital – he eats a healthier diet, and begins an exercise program.

Why on earth does it take a heart attack for our friend to do what he knew he should do beforehand? It’s that four-letter word again. *Pain*.

Not convinced? Need more examples of the “pain preceding change” concept? Unfortunately I could go on for days.

Here’s a painful one that may resonate with some of you:

Why does our spouse have to say she wants a divorce or have to put your bags on the front porch before we make investing in our marriages a priority? “Ouch, cutting it a bit close aren’t you?” Yeah, perhaps I am. Would you permit me a few moments to explain why I’m impinging a little?

“A wound from a friend can be trusted, but an
enemy multiplies kisses.”

Proverbs 27:6

I know we haven’t had the pleasure of knowing each other too long, just few pages or so, but soon enough you’ll come to learn just how much I love you, and how long I have been praying for you. As brothers in arms, we need to hold each other accountable (me included), and on occasion, it can feel like a wound. May I assure you that my intentions are to help, not to harm.

So why does it take the agony of these types of outcomes for us to pay attention. Pain. I searched high and low, but could not find a better answer.

“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.”

Hebrews 12:11

NOTES

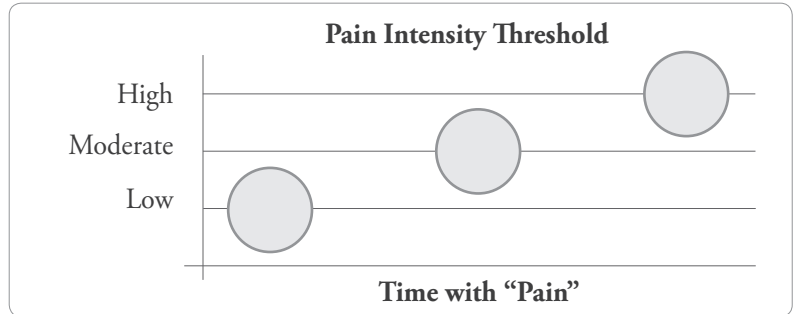
If my father was able to speak to us today, I can imagine that near the top of his “Regret List” if not the actual top of the list, would be that he never had a chance to meet his granddaughter Nicole. He died two years before she was born.

NOTES

When the pain (lets use a small “p”) is “under control,” we keep on moving forward. However, the moment the level of Pain (capital “P”) moves outside our walls of containment, or our ability to fully influence it or control it – the alarm bells sound and we are at full attention - ready to take whatever action necessary.

EXERCISE: MY PAIN THRESHOLD LIST

“What’s my typical ‘pain threshold’ level?” In other words “how much “pain or Pain” do you typically need to experience before making the preemptive, necessary changes in your life?”



For those of you old enough like me to remember the Fram Oil Filter commercial, the writers knew the audience well, men. The script was simple – again – it was targeted at men, no further explanation needed. The scene starts out with the mechanic’s feet under the car. He then slides out from underneath – you know on that cool dolly. He proceeds to stand up in his blue overalls. He has grease on his hands and face, a half crooked smile, dirty teeth and cigarette in the corner of his mouth.

Here’s what he says (and if you have a pen anywhere close – grab it and underline this next sentence, because it has applications in every area of your life, I promise you):

“You can pay me now, or you can pay me later.” It’s just that simple. You can pay me now, and change the oil filter (to Fram’s of course), or you can pay me later by replacing your transmission. The choice of when you pay is yours, but make no mistake, either way, you’re paying.

The key point to remember is never stated, but rather it’s implied in the script – “You can pay me now or you can pay me later,” the essential thing is that later always more expensive. Always.

Ignoring the areas of our lives that we know we need to make changes in is like an ostrich putting their head in the ground. If I don’t acknowledge it, it doesn’t exist. Sidestep, circumvent or avoid doing what we know we should do, when we should do it is a recipe that leads to the pain/Pain of regrets.

EXERCISE: MY PAY ME LATER LIST

List a couple of “Pay Me Later” items that you’ve perhaps been overlooking:



YOUR REGRET LIST

“Hmm? Regret list? I’ve heard of a Bucket List, but a Regret List, he’s getting a bit pushy again,” I hear you saying under your breath. Probably so, and I apologize for that, but it did get your attention, didn’t it? [Please take a moment to fill out the regret list at the end of this chapter.]

Thank you for allowing me the opportunity to “wound” you. I know it’s not pleasant. I’ve been “wounded” myself. You see all discipline seems painful when we go through it, but it serves a protective purpose.

“No discipline seems pleasant at the time, but painful.

Later on, however, it produces a harvest of righteousness
and peace for those who have been trained by it.”

Hebrews 12:11

By filling out your “Regret List,” you taken the first step, a wonderful and joyous step in pulling out from the baggage – the baggage we all carry, taking out the pain, the disappointments, and yes the regrets, and by pulling them one by one into out into plain sight, you are allowing the Light to shine upon them. And where there is Light, there is no darkness! Hallelujah! Can I get an Amen!

You see one of the greatest weapons our adversary uses is shame. Shame is a form deception. The lie of shame causes us to keep hidden some of our disappointments and failures.

“I am the light of the world. Whoever follows me will never
walk in darkness [shame], but will have the light of life.”

John 8:12

*You see one of the
greatest weapons
our adversary uses is
shame. Shame is a
form deception. The
lie of shame causes us
to keep hidden some of
our disappointments
and failures.*

NOTES

And that's when it happened. The continuum was complete. On one side was and End of the Road with filled with regret, disappointment and sorrow, and on the other end it was filled with the joy and satisfaction of living a life of significance, one immersed in the lives of others.

NOTES

Here's my rationale in having you fill out the Regret List. If my father was able to speak to us today, I can imagine that near the top of his "Regret List" if not the actual top of the list, would be that he never had a chance to meet his granddaughter Nicole. He died two years before she was born.

That's a regret that I'm certain he had, and there would be others I sure.

The beautiful thing is, however, most of us reading this book, myself included, have the time necessary to reverse regrets and start to build our life of significance – and we can scratch out just about everything of importance off our Regret List.

~~Regrets, disappointments, and sorrows.~~

FINISHING STRONG

A few years back, my wife and I had the honor of attending Zig Ziglar's 80th birthday party. It was a day I will never forget. A day that has shaped my life in many ways, and a day that was part of the journey to writing this book.

November 6, 2006 was the day that I witnessed the End of the Road story that I would like to have. We were enjoying desert and coffee when they dimmed the lights and lowered the large screens. Soft music began to play, and then one by one, individuals and groups of people from across the country and around the world began to share their personal message with Zig on his birthday.

"I wouldn't be where I am today if it wasn't for you Zig." "Your encouragement, inspiration and motivation changed my life Zig." On and on the well wishes continued for what seems like 15 minutes or more. As the video was playing, I searched for Zig and found him. He had one arm around his beautiful red head, and the other whipping away tears from his eyes.

And that's when it happened. The continuum was complete. On one side was and End of the Road with filled with regret, disappointment and sorrow, and on the other end it was filled with the joy and satisfaction of living a life of significance, one immersed in the lives of others.

It was at that very moment that I knew some things in my life had to change. I was given the gift of seeing the End of the Road that I knew I desperately desired. I felt as though God extended to me His hand of grace, and allowed me to see the back of His garment in this wonderful tribute to a man I have long admired.

It wasn't long after that when God pulled back the veil covering my eyes and revealed His vision to me for my life, *a vision that interestingly enough included you.*

Reversing regrets begins with looking ahead to what we know without a doubt is coming, and saying to ourselves if I were to continue doing what I'm doing now, would I end up where I want to end up?

There's a simple to complete, but very powerful exercise that will help you answer that question and ensure that you reverse your regrets and in the process build a life of balance and significance. Put an asterisk * by the ones that are really painful. I've added one of my real-life examples from about 10 years ago.

The good news is that you only have to fill this out once, because from today forward we begin to build the end of the road of our dreams!

EXERCISE:

What came to mind as it relates to regrets? Perhaps there are a few legacy regrets as well (like divorce in my family) that you refuse to come to the end of your road holding on to?

I refuse to allow my life to end with the following regrets. I will do whatever it takes to ensure I finish strong, with a life of balance and significance - bearing fruit, fruit that lasts!



THE REGRET LIST

I refuse to allow my life to end with the following regrets. I will do whatever it takes to ensure I finish strong, with a life of balance and significance - bearing fruit, fruit that lasts!

Living a life of business in a vacuum. Consumed with work. If I don't change this soon, I will live with the regret of missing out on my children's lives.

My Signature:

Today's Date:

NOTES



II

THE END OF THE ROAD

“

The End of the Road is in fact in plain sight for some, and for others it looms as a distant mirage. One thing is for sure however, The End of the Road is certain to come calling for all men.

”



*“Faith is taking the first step even when you
don’t see the whole staircase.”*
Martin Luther King, Jr.

OUR CULTURE HAS UNKNOWINGLY AND INSIDIOUSLY transformed today's man into a modern-day pack mule, one tasked with the affliction of carrying the burdens of life up and down his mountain for yet another day. He's seen the same dusty road for months, years, even decades perhaps. All the while knowing that The Day is approaching.

"What day?" you ask rhetorically. For we both know that The Day is the one holding all of our anxieties and fears. The Day is the one leading to The End of the Road.

The End of the Road is in fact in plan sight for some, and for others it looms as a distant mirage. One thing is for sure however, The End of the Road is certain to come calling for all men.

The Day arrives for many men in America, carrying a heart filled with regrets, and tear-stained "if onlys." We know them all too well.

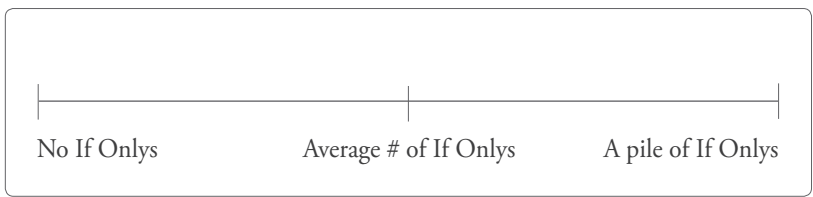
- "If only I would have spent more time with my family."
- "If only I would have said I'm sorry."
- "If only I could have said good-bye."

The fears are real, the burdens are heavy, and the regret is sincere.

The truth is however, that no man I know fails on purpose. No man I have ever met desires The Day to arrive in this manner.

EXERCISE: THE IF ONLY SCALE

Where are you on the "If Only" scale?



“As men we fail, yes this is true, however, no man I know fails on purpose.”

NOTES

“There is nothing more certain than the End of the Road.”

I mean we don't wake up each day saying, “How can I ruin my life today? How can I ensure that when I come to the End of my Road that I arrive with regret, disappointment and sorrow.” That's not what we think of as men. In fact, quite the opposite is true.

You see, most men face their mountain each and every morning and carry their daily burden without complaint (or without complaining too much), doing so to provide for the needs of their families. Those are our real intentions, and our real desires.

So if that's the case, here's a critical thought we must consider as men.

There is nothing more certain than the End of the Road. And although we don't know The Day in which we will close our eyes for the last time this side of eternity, we do know it is closer today than yesterday, and will be closer tomorrow than it is today.

If we know this to be true, then here's a simple, practical, and down-to-earth follow up question, “How can we ensure that when The Day comes, it doesn't come carrying the burden of regret, disappointment and sorrow, but rather it brings with it the joy and satisfaction of living a life of significance and balance filled with a proud legacy?”

Great question, thank you for asking. Although I'd like to give you a profound, and perhaps “enlightened” strategy or possibly a 21-day plan to achieve the End of the Road outcome of your dreams; one causing you to gasp, “oh my gosh,” that could be the smartest thing I've ever heard. True-be-told, the answer is pretty straight forward.

Here it is. Victory (the End of the Road outcome of your dreams) is certain when you know the following:

1. When you know - The enemy, his weapons and strategies.
2. When you know - The battle is spiritual and requires spiritual weapons.
3. When you know - The outcome has already been determined. We Win!

Pretty meek, huh? Achieving The End of the Road you desire, with all the bells and whistles, is based on one modest concept.

NOTES

WHEN YOU KNOW

| | | |
|--|--|---|
| <p>①</p> <p>The Enemy</p> <p><i>The Father of Lies that Seeks to Steal, Kill & Destroy.</i></p> | <p>②</p> <p>The Battle</p> <p><i>A Spiritual Battle Requires Spiritual Weapons.</i></p> | <p>③</p> <p>The Outcome</p> <p><i>The Outcome Has Already Been Determined. We Win!</i></p> |
|--|--|---|

“Death has been swallowed up in Victory.”

“Where, O death, is your victory? Where, O death, is your sting?”

1 Corinthians 15:54-55

Any guesses as to what that concept might be? Need a hint? Look above for the 3-word phrase. I circled it just in case. "When you know."

Yup, that's it. It's that simple. Nothing magical. Nothing earth shattering.

You see when you know that the plan for your life is one to prosper you and not to harm you; When you know that the Maker of your days, actually numbered your days, and the hairs on your head - as a bonus (well bonus for some-for others not so much); When you know that He has created and equipped you with the specific DNA that no one else ever had or will ever have; When you know that nothing is impossible for the One that created the heavens and the earth; When you know that He is for you; When you know that you can do all things through Him. When you know that He loves you as much right his moment as He ever has or will. When you know that there is nothing you can do that will ever change that. When you know that He doesn't love you more on your best day, and less on your worst. When you know that He loves you so much that He gave His life for you.

When you not only know it, but when you possess it, when you own it, When you know it like you know nothing else it all the world, everything changes. Everything. I must confess to you, however that I didn't always - When you know - you know. I didn't. In fact my When you know moment came when I ran out of myself. When

"When you not only know it, but when you possess it, when you own it, When you know it like you know nothing else it all the world, everything changes. Everything."

EXERCISE: WHEN YOU KNOW CHECK LIST



| WHEN I KNOW CHECK LIST | I Kinda Know It | I Own It! |
|--|-----------------------|-----------------------|
| 1. His plans are to prosper me and not to harm me <i>Jeremiah 29:11</i> | <input type="radio"/> | <input type="radio"/> |
| 2. He created me with a unique DNA <i>Psalms 139:13</i> | <input type="radio"/> | <input type="radio"/> |
| 3. He's thoroughly equipped me to do His will <i>2 Timothy 3:17</i> | <input type="radio"/> | <input type="radio"/> |
| 3. Nothing for me is impossible for Him <i>Matthew 19:26</i> | <input type="radio"/> | <input type="radio"/> |
| 4. He is for me <i>Romans 8:31</i> | <input type="radio"/> | <input type="radio"/> |
| 5. I can do all things through Him <i>Philippians 4:13</i> | <input type="radio"/> | <input type="radio"/> |
| 7. He loves me, and gave His life for me <i>John 3:16</i> | <input type="radio"/> | <input type="radio"/> |

NOTES

One day, I realized that with all my pushing – while it did open doors, the doors that opened didn't lead me to the places I was hoping they would.

I realized that my best efforts weren't enough. Oh I could push though. I could push hard. I could push hard and muscle my way through with the best of them. I mean I'm a man. As men we're built to push, right? If the door is closed, it's only because the scrawny men that came before me just didn't push hard enough. They gave up. Quitters! Didn't they know that real men push doors open?

ALLOWING GOD TO OPEN THE RIGHT DOOR

Well I did. And I pushed, and pushed, and pushed. And one day, I realized that with all my pushing – while it did open doors, the doors that opened didn't lead me to the places I was hoping they would. So on that day, a day I'll never forget, on January 4, 1991, I stopped pushing. I stopped pushing and muscling through the closed doors of my life, and I allowed the One that held not only the keys of the door, but the very keys of my life in His hands – I allowed Him to choose the door He intended for me to walk through, and to open it for up for me. *And from that moment on I knew that He wanted me to live my life from Eternity Backwards.*

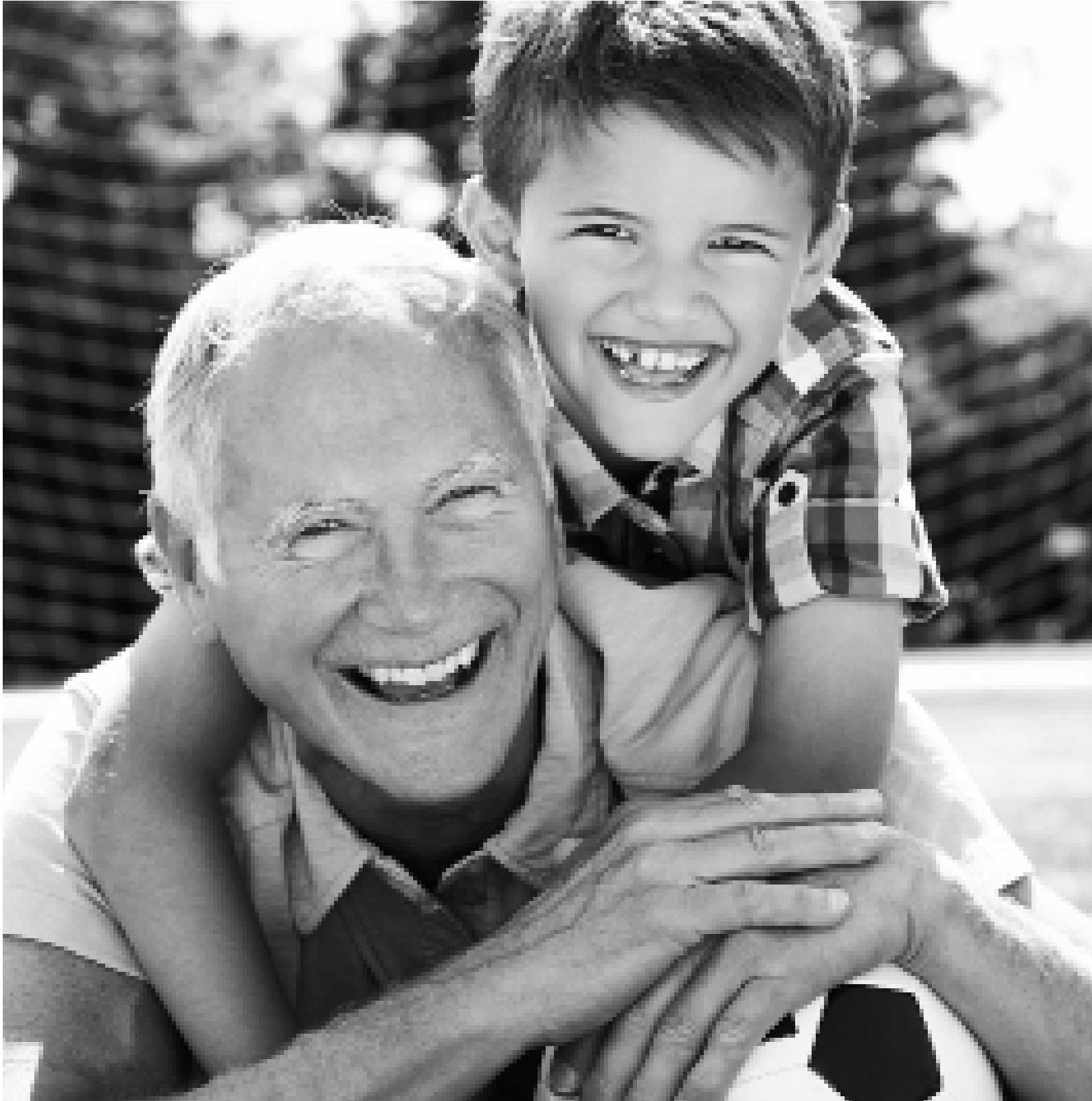
EXERCISE: WHEN THE DOOR IS STUCK, I PUSH SCALE:

Where are you on the "If The Door Is Stuck" scale?



| | | |
|------------------------------|--------------------------------|--|
| I Don't Push The Door At All | I Kinda Push The Door A Little | I Made A Living At Pushing The Door Open |
|------------------------------|--------------------------------|--|

NOTES



III

ETERNITY BACKWARDS

“

*“When you do the things you need
to do when you need to do them
the day will come when you can
do the things you want to do when
you want to do them.”*

Zig Ziglar

”

*“How wonderful it is that nobody need wait
a single moment before starting to
improve the world.”*

Anne Frank

HABITOLOGY® BEGINS WHERE THE LIFE of most men in America today ends. And sadly for many men, their journey on this side of eternity ends with regrets, disappointments and sorrow. Although this is not their intent, it does occur, almost insidiously, like erosion on a beach, one grain of sand at a time.

The concept of “Habitology” was born out of my experience working with many men, mostly in the business sector as a business consultant and growth coach. Over the years, God revealed to me that there were 5 areas of a man’s life that needed individual and unremitting attention (personal, business, financial, relational, and spiritual), although most men were focusing on one or two. And although each man I worked with desperately desired balance in their lives, few had achieved that elusive goal.

One of the main reasons that I have found for why there is such incongruence between our desires as men for balance, and balance being the outcome that we achieve is because few men start the day with balance being the goal they are seeking to achieve.

BEGIN WITH THE END IN MIND

I’ve asked this question to thousands of men, “Did you begin today with balance being the goal you are trying to achieve?” Less than 5% said they start the day with balance as their desired goal. So that begs the question, “If balance is not the goal that you begin the day with, how do we expect to achieve it?” In today’s society, not only is it difficult to end your day with balance, it’s near impossible if you don’t have a plan to get there. Habitology is that plan, and more.

“See I set before you Life and Prosperity, Death and Destruction.”

Deuteronomy 30:15

NOTES

*None would argue
that their end of
the road is closer
today than yesterday,
and will be closer
tomorrow than it is
today.*

NOTES

HABITOLOGY® FOR MEN - LIVING FROM ETERNITY BACKWARDS

Habitology reverse engineers the path forward all the way back from the Eternity Backwards, from our End of the Road, all the way back to today. Then within the CAT5 Framework (5 areas or categories of our lives - Personal, Business, Financial, Relational, and Spiritual) balance is designed and supported throughout every part of our daily.

Habitology® for Men – The Pathway to The End of the Road (ETR) of Your Dreams Therefore to end in style, to finish strong, and to achieve the end of the road that you truly desire, one without the regrets, sorrows and disappointments that often come with that destination, there are several steps along the way. (see Figure 5.2 to help with the journey)

1. ACKNOWLEDGE & EMBRACE THE END OF THE ROAD

None would argue that their end of the road is closer today than yesterday, and will be closer tomorrow than it is today. Begin each day with the awareness of this simple yet profound fact of life. That is truly beginning each day with the ultimate end (end of the road) in mind. Embrace it and envision how you would like to finish your race. What kind of legacy do you want to leave?

A very helpful exercise is what I call, “My Tombstone.” Here’s how mine Epitaph will read,


“He loved and served God with all his heart, mind, soul and strength. His endless love for his wife is what legends are made out of; he simply cherished her. He loved and adored his beautiful daughters, and their children. He never met a stranger, and gave to anyone in need. He never forgot how forgiven he was, and the pit of hell from which he was Redeemed.”

Frank A. Corbo
Faithful Husband, Father, Brother, Friend, Son
November 9, 1963 -

Let me provide you with fair warning; you may want to be alone when you write yours. You won’t want to have to explain the tears to those next to you at Starbucks.

EXERCISE: MY TOMBSTONE

Take a few moments to think about what you would like your tombstone to say. I promise you, it will be time well spent.



MY TOMBSTONE

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God. Ephesians 6:12

#2. REMEMBER YOUR WHY – BEAR FRUIT

Now that we have come to grips with the fact that we will indeed come to the end of the road, now let’s commit to how we are going to get there, and more importantly, who will we take with us. Finishing strong and bearing fruit, fruit that lasts is our ultimate why. Remembering your “why” each day will keep you on course to finishing your race well.

#3. MAKE NO MISTAKE, YOU ARE IN A BATTLE

In the hustle and bustle of our daily lives, It’s easy to forget who the real enemy, and whom we are truly doing battle against. Living each day with an Eternal Perspective, will keep our eyes on our true adversary.

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”

Ephesians 6:12

NOTES

*“See I set before
you Life and
Prosperity, Death and
Destruction.”*
Deuteronomy 30:15

NOTES

SKIRMISHES. BATTLE. WAR.

Although today’s culture camouflages the enemy quite well, he can be uncovered when wearing spiritual goggles. However, seen or unseen, the enemy wants to prevent two things from happening:

- Your Eternal Salvation – I refer to this is on the diagram as “The Battle”

This battle is for our own eternal salvation.

- You Bearing Fruit - I refer to this is on the diagram as “The War”

This is for our influence in eternity. So once we come to Christ, the enemy wants to destroy our influence, first with our families, our wives and children, and then perhaps with your work or career.

Each and every day, he will launch Skirmishes to those ends. To effectively fight this enemy, we need to be prepared. And to win a spiritual battle, we must fight with spiritual weapons.

Expanding on Ephesians 6:12 verse above, we read about the Armor of God.

“Finally, be strong in the Lord and in his mighty power[1]. Put on [2a] the full armor of God [2b], so that you can take your stand [3] against the devil’s [4] schemes. For our struggle is not against flesh and blood [5], but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that [6] when the day of evil comes, you may be able to stand your ground [7], and after you have done everything, to stand. Stand firm then, with the [8] belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God [9].”

Ephesians 6:10-17

Key Points from Ephesians 6 (my points are numbered in the [brackets])

1. Be strong in the Lord and in His mighty power (fight the battle with His Strength)
2. Put on the Full Armor of God (a. Put on – active participation, remember our part
b. Full Armor – need all the armor, otherwise we are vulnerable)
3. Take Our Stand - We are required to do our part and fight the battle
4. True Enemy Revealed - The Devil
5. The Proper Perspective – Spiritual battle
6. Preemptive – When the day of evil comes, not if
7. Stand Firm – Three times stand is stated. We must stand and be accounted for, but protected by God’s armor.
8. Belt, Breastplate, Footwear, Shield, Helmet and Sword – the Full Armor
9. Word of God – the Sword of the Spirit is the only offensive weapon.

4. VISION. MISSION. PURPOSE.

Now that we have the proper Eternal Perspective, our Vision, Mission and Purpose come into play. Ask God to reveal to you His Vision, as well as the Mission (the role) He created you to play, and then live out your Mission with Purpose and Passion, giving it everything you’ve got.

As we discussed, the key to achieving balance at the end of the day is to begin the day with balance as the Goal we are focused on achieving. This is where we use the CAT5 Framework of Habitology. All of our productivity planning and Goal setting processes have CAT5 woven in to ensure accountability to your commitment for balance.

5. THE HABITOLOGY PATHWAY OF HABIT DEVELOPMENT

The Habitology approach to habit development underscores the eternal aspect (our “why” and our fruit bearing), and the result of the habit or routine that we are developing.

The foundation of our habit development stands upon our belief of “whose” we are, and our “value” of how much we are worth. Understanding our position in Christ, we believe that we are children of God, forgiven and redeemed by the blood of the lamb, and that we will spend eternity with Him. Praise God and Hallelujah! Our value is what we believe we are worth. Knowing that Christ paid the ultimate price for our entrance into heaven means that we are extraordinarily valuable. This sets the stage for our thinking.

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

1 John 1:9

NOTES

The fact that God loves us, requires Him to provide us with our own free will to make choices. Love requires a choice.

Our thoughts then lead to our actions, which if we do regularly (depending on the research) will lead to habits or routines. If we apply these habits or routines over 6-12 months (again depending on the research) you will achieve a behavior or outcome.

What's important to remember is that each element; belief, value, thoughts, actions and habit or routines are ingredients. They are not the result (R) or outcome, but rather the ingredients (I) that when combined result in the outcome.

$$I + I + I = R$$

In other words, let's look at a recipe for Chocolate Cookies.
 Flour + Eggs + Sugar + Chocolate Chips = Chocolate Chip Cookies
 Bake at 425° for 20 minutes

(Belief + Worth + Value) + (Thoughts + Actions + Habits) = Result

$$(B + W + V) + (T + A + H) = R$$

6. OUR CHOICE.

Now comes the tangible aspect of the process, our choices. The fact that God loves us, requires Him to provide us with our own free will to make choices. Love requires a choice. If we didn't have to choose to love God, if He forced us to it wouldn't be love, it would be a dictatorship. Make sense?

So if we have a free will to choose, we can make good choices, and perhaps not so good choices. Here's what Deuteronomy tells us:

“See I set before you Life and Prosperity, Death and Destruction.”

DEUTERONOMY 30:15

When we take every thought captive (as described above in #5), what we are doing is asking God for His will with our choice, because we want to choose life. Of course the enemy who wants to steal, kill and destroy wants the exact opposite. That is the real battle we face. The battle for the choice. Each choice comes with its own battle. It's important to note the more potential influence for eternity, or for bearing fruit, the more heat the enemy applies. I call this is the Red Zone. So, if you're felling the heat, please know that there are eternal consequences at stake.

NOTES

It's also important to note two things.

1. Once we have come to Christ, we are sealed by the Holy Spirit and will spend eternity with God in heaven. Nothing can ever change that – we are signed, sealed and delivered.

2. When we do fall short, the enemy uses guilt and shame, along with lies and deceit to further demoralize us. If you should find yourself in that place, please remember the words of Paul the apostle and writer of 13 books in the New Testament, when he says this:

“Therefore, there is now no condemnation for those who are in
Christ Jesus.”

Romans 8:1

Just let God know that you acknowledge that you fell short, you accept responsibility for it, and genuinely ask for His forgiveness. Once we do that we experience forgiveness and grace.

“If we confess our sins, he is faithful and just and will forgive us
our sins and purify us from all unrighteousness.”

1 JOHN 1:9

7. BORN AGAIN.

When we come to Christ and are saved, we have access to our Spiritual Gifts in addition to our physical talents. It is a wonderful combination, sort of like carrying both genes from our mom and dad. There are a few excellent tools to help you define these gifts and talents.

If you have yet to experience the joy of salvation and you would like to know His plan, and your Mission in His Vision, and if you would like to live each day with Purpose and Passion to do His will; may I recommend you just let Him know that? He'll take it from there, I promise.

“For God so loved the world that he gave his one and only Son,
that whoever believes in him shall not perish but have eternal life.”

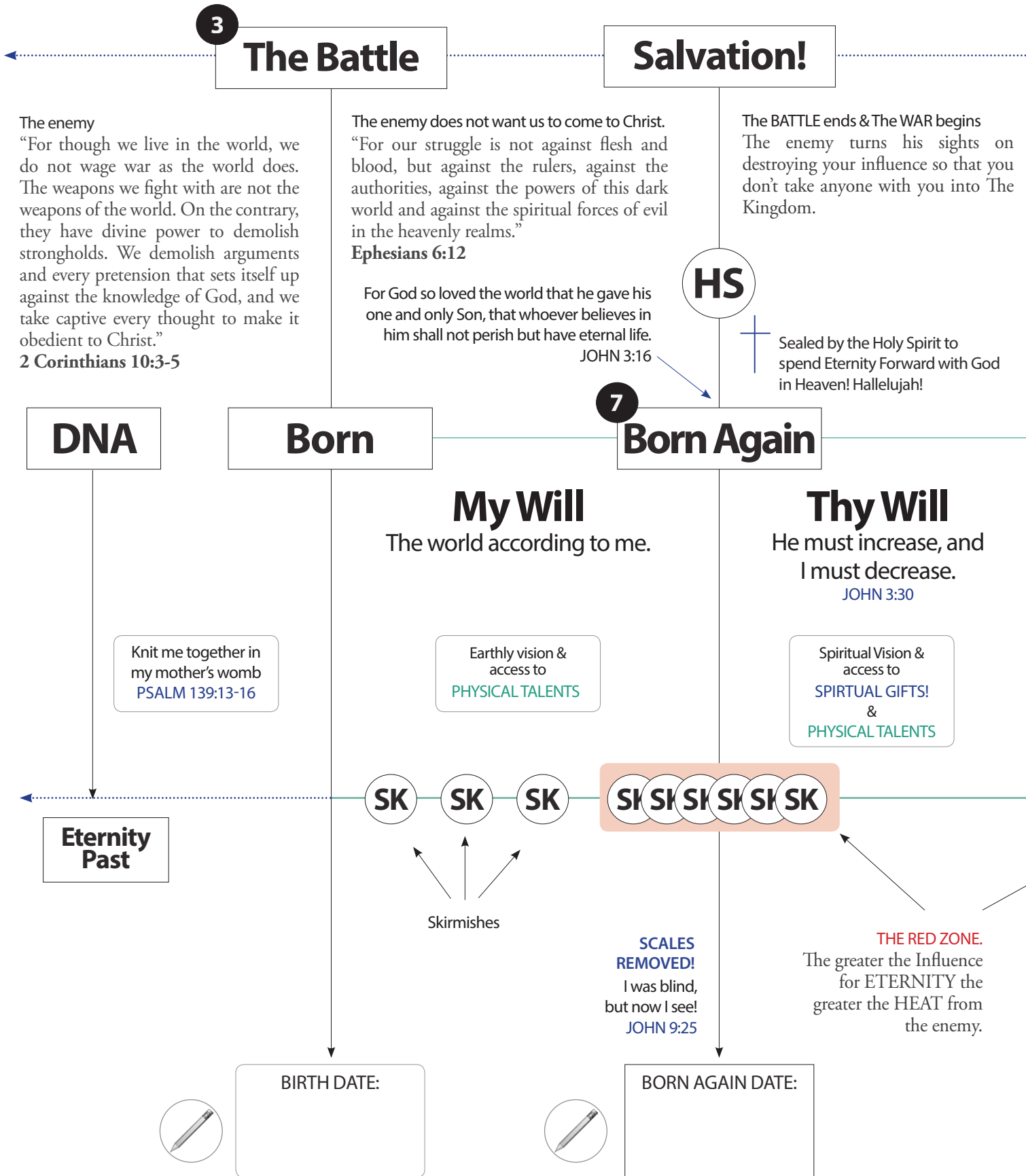
JOHN 3:16

If you forget what to do, don't worry, turn on a football game, I'm sure someone in the back of the end zone will hold up a sign just for you.

*When we come to
Christ and are saved,
we have access to
our Spiritual Gifts
in addition to our
physical talents.
It is a wonderful
combination, sort of
like carrying both
genes from our mom
and dad.*

NOTES

ETERNITY BACKWARDS



Today's Challenge

The Challenge is to:

- Fight FROM Victory not FOR Victory
- Resist the Tryanny of the Urgent
- Remember your Why
- Live from Eternity Back to Today with Vision, Mission & Purpose

The War

“Death has been swallowed up in victory.
Where, O death, is your victory?
Where, O death, is your sting?”
1 Corinthians 15:54-55

ETERNITY BACKWARDS
Reverse Engineering Your End of The Road (ETR)
to be a Life of Balance & Significance.

Today

4 Vision
Reveal Your Vision to me O'God!

Purpose
Live out with Passion & Significance

Mission
I am willing to accept mine!

Eternity (End of The Road)

5

P PERSONAL **B** BUSINESS **F** FINANCIAL **R** RELATIONAL **S** SPIRITUAL

“See I set before you Life and Prosperity, Death and Destruction.”
DEUTERONOMY 30:15

Now Choose Life.
DEUT. 30:15

LIFE

Pride goes before destruction, a haughty spirit before a fall.
PROVERBS 16:18

6

DEATH

Steal, Kill & Destroy.
JOHN 10:10

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
1 JOHN 1:9

GUILT & SHAME

FORGIVENESS & GRACE

Therefore, there is now no condemnation for those who are in Christ Jesus.
ROMANS 8:1

SK SK SK

TODAY'S DATE:



Tombstone

November 9, 1963 -

2 Bear Fruit

A Life of Significance.
JOHN 15:1-8



Eternity Forward

DATE:

HABIT^TOLOGY[®]

LIFE BALANCED GOD'S WAY

EduCare Publishing, LLC

5942 Van Horn Lane

Frisco, TX 75034

(972) 835-7495