Reggie McNeal, author of *Get A Life!*, explains:

“Until we come to grips with ourselves we are not likely to be able to move past ourselves. Paying attention to our development, including our relationship with the God who made us, provides us with the ultimate capacity to build bridges that let us off the island of self into the world beyond us. That’s why I tell you that it’s all about you. You have no other starting point. Pretending otherwise is just another form of denial that keeps you from dealing with the most challenging person in your life--yourself.”

To get a life, popular church culture author, Reggie McNeal, stresses the importance of always coming back to these five questions:

1. Why am I here?
2. What is really important to me?
3. What is my scorecard?
4. What am I really good at?
5. What do I need to learn?

These are the five questions that will help you have a conversation with the most important person in your life--you!

This free study guide is designed to help you process what you are reading in *Get a Life!* It will also help you as you process this information with a group of colleagues or leaders you are training. Each page corresponds with the main question dealt with in each chapter of *Get a Life!*
Question 1: Why Am I Here?

“You are not here accidentally. Accidents would have no reason to search for a reason for being. You are here by design. And because you are, you ask for meaning. When we ask ourselves “why?” we assert meaning over randomness. Meaning implies intentionality. Intentionality implies design. Design begs for a designer. . . . The nagging question of your life’s purpose points you beyond yourself to your designer. To God. The quest is a homing beacon he has put in your spirit.” Get a Life!, pp. 7-8

Clues to life mission

- **Passion**—what makes your heart beat faster?
- **Talent**—what do others say you are good at?
- **Experiences**—who can help you “connect the dots” of your life experience?

Permissions of mission

- To **commit** to something—what are you passionately committed to? Why?
- To have **meaning**—what activities/aspects of your life give you the greatest sense of meaning?
- To pursue **excellence**—where does excellence show up in your life? What is your motivation?
- To be **intentional**—what have you said “yes” to that keeps you from living intentionally?

Challenges to intentional living

- **Distractions**—is anything distracting you from pursuing your life mission?
- **Temptations**—when do you seem most vulnerable?
- **Inadequate life exposure**—do you need to grow your exposure to life possibilities?
- **Inadequate feedback**—who’s giving you good feedback on your life?
- **The smile of God**—when do you feel the smile of God?

“Since we are intentional creations of God, we do not invent our life mission; we discover it. When you adopt this perspective, life becomes a journey of discovery, an adventure into the meaning and mission of your life.” Get a Life!, p. 9
Question 2: What Is Really Important to Me?

“You may be able to give an answer to the first question: ‘why am I here?’ You may have developed a personal vision that captures the dreams for the life you want. However, unless you have values to support this vision, it will remain an illusory dream.” Get a Life!, p. 39

• Take a minute to reflect on your values. What would you say they are?

• Ask a significant person in your life who knows you well (spouse, family member, friend, coworker) what they think your values are.

• Think about how you have lived the last two weeks. What does the way you’ve spent the last two weeks say about what is most important to you?

• What was your last big decision? What values were in play?

• What values show up
  At home?
  At work?
  At school?
  At church?
  In the neighborhood or community?

• Who are you willing to be accountable to for your values assessment?

“People who enjoy life not only know what they want to do, they know why they want to do it. They have figured out what is really important to them. They know their core values and they are living them out. If you put this insight together with a firm sense of why you are here, then you are well on your way to getting a life!” Get a Life!, pp. 67-68
Question 3: What Is My Scorecard?

“How do you know when you’re winning at life? How do you know if you are going forward, backing up, or sitting still when it comes to making progress toward living the life you want? If you know why you are on the planet and what is really important to you, then you need to set up ways to benchmark your progress in living. . . . These benchmarks . . . are your life scorecard.” Get a Life!, p. 69-70

Some coaching tips

- Let your vision and values inform your scorecard
- What gets rewarded gets done
- Play to win; don’t play not to lose

What coaching tip(s) do you need to pay attention to in order to be more intentional in achieving the life results you want?

A development path

Pick a category of life where you want to work on your scorecard (family life, spiritual development, etc.). Work through the following template.

Category:

Key results:

Indicator:

Time line:

People I need to talk with:

Resources I need:

My first two steps:

“Everyone has dreams and ambitions. But having dreams and ambitions doesn’t make you special. What separates you from the rest of the pack is your ability to translate these aspirations into some specific accomplishments, some concrete results, to make sure you order your life to get what you want.” Get a Life!, pp. 70-71
Question 4: What Am I Good At?

“Your best shot at making your best contribution to the world is for you to get better at what you are already good at.” *Get a Life!, p. 95*

**Strength awareness**

What interests you? Why?

What brings you fulfillment?

What do you do well?

What do other people affirm that you do well?

What comes quick and easy to you?

What do you naturally want to do?

How will you lower your rent to get to do more of what you are good at?

**Practice! Practice! Practice!**

“Take new assignments that show off your talent. Explore possible strengths that you’ve not had the time or energy to even courage to look at before. Become more sophisticated at employing your strengths... Get people to give you feedback on your performance. Hang out and learn from other people who have similar strengths. And don’t forget to celebrate your achievements and improvements.” *Get a Life!, p. 130*
Question 5: What Do I Need to Learn?

“If you want to get a life, the learning needs to be intentional, guided by what you want to accomplish. “What do I need to learn?” becomes the question that ties together the different components we’ve talked about so far. Specifically, this learning quest will help you make your next move, knowing how to get to where you want to go in life.” Get a Life!, pp. 131-132

The unlearning curve
What do you need to unlearn in terms of:

- Attitudes
- Behaviors
- Perspective
- Habits
- Responses

Learning arenas
What do you need to learn in the areas of:

- Self-awareness
- Skill development
- Resource management
- Personal development

Learning approach
How do you learn best?
Who are you learning from?

“All we have talked about so far converges in learning. Your learning quest is fueled by the vision of what you want to accomplish with your life. It is also informed by the values of your life. . . . Your learnings will no doubt help you achieve your scorecard. Your strengths development will certainly be part of your learning development. What you learn will help you get a life! - Get A Life! p. 164
Pulling It All Together

My life mission is . . . .

My core values are . . . .

My life scorecard is . . . .

• Key result 1
• Key result 2
• Key result 3
• Key result 4

My strengths are . . . .

My learning path includes . . . .