

SYSTEMS FOR SUCCESS

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Stewarding Success

WHEN WE STUDY SUCCESS, WE NEED TO UNDERSTAND THAT THERE ARE TWO TYPES OF SUCCESS – ACHIEVEMENT-BASED SUCCESS AND LIFESTYLE-BASED SUCCESS.

1) ACHIEVEMENT-BASED SUCCESS

Achievement-based success is focused on your specific accomplishments, such as: winning a title or reaching a goal. An achievement-based success mindset is great for getting things done, hitting targets, accomplishing goals and maintaining a precision focus on what you want, why you want it and how you are going to get it. Champions require an achievement-based success mindset.

An achievement-based success mindset will cause you to develop great work ethic and motivation and sharpen your focus. It will cause you to master tools like strategy, a precision to do list, a not to do list, to develop precision action plans and a structured review process. An achievement-based success mindset is a great ally that will make you a champion – until it gets out of balance.

An achievement-based success mindset definitely makes champions, but it does not guarantee you a great life or even a pretty good life for that matter. Achievement-based success can be temporary. For example, Rich Froning won the title of “Fittest on Earth”, by winning the Cross Fit Games in 2011, 2012, 2013 and 2014. But the title, “Fittest on Earth”, now belongs to Matt Fraser. If Rich Froning’s definition of success was the title that he had held for four years running, he would now feel like a failure.

Michael Phelps, Olympic swimming Gold Medallist, went into severe depression after the 2012 Olympics where he won four gold medals and 2 silver medals. The depression was so severe that he contemplated suicide. Michael Phelps was one of the greatest pictures of achievement-based success in the world. His face and accomplishments were all over the world media – TV news, newspapers and magazines all over the globe were holding Michael Phelps high as a picture of extraordinary success. However, after his Olympic success, crippling depression left him bound to his own bedroom unable to sleep or eat and considering suicide.

Achievement-based success is an important and significant part of life and it has both similarities and differences when contrasted with lifestyle-based success.

2) LIFESTYLE-BASED SUCCESS

Lifestyle-Based Success is focused more on your day to day quality of life, rather than your specific achievements. Lifestyle-based success is focused more on your overall state of being than your one-off accomplishments or isolated goals. Lifestyle-based success is more focused on maintaining healthy balance in your life than it is on attaining success in one specific area. Lifestyle-based success is still very focused on success, but the focus is on thriving in every area of your life at the same time, rather than sacrificing one area of your life for the benefit of another. True lifestyle-based success masters the art of balance. The end result of a lifestyle-based success mindset is thriving in every area of your life!

Lifestyle-based success aims to eliminate chaos and disorder from each area of your life by systematically identifying the priority needs in each area of your life and investing time, energy and resources into eliminating anything that causes chaos or imbalance in your life and replacing chaos and imbalance with shalom.

The Hebrew word shalom communicates some very powerful concepts. When it is translated into English it is most often translated as the word “peace”. But it means far more than that. Shalom communicates the peace that comes when everything functions in perfect alignment with divine design. Shalom communicates the peace that comes when every area of our lives is in perfect balance and perfectly thriving the way God designed it to thrive.

The ancient Hebrew pictogram used to write Shalom was made up of four pictures. A picture of sharp teeth, meaning to destroy. A picture of a shepherd's rod, meaning authority. A picture of a tent peg, meaning to attach. Finally, a picture of the sea, representing chaos. The literal translation of the Hebrew pictogram for Shalom means: to destroy the authority attached to chaos.

Once the authority attached to chaos is destroyed, everything in our lives functions according to divine design and we experience a perfect divine state of being. Shalom communicates the ultimate picture of lifestyle-based success. When we focus on and invest our lives into lifestyle-based success we

bring balance into our lives and we begin to thrive in every area of our lives.

The nature of lifestyle-based success is progressive. If a plant is healthy, it grows. There is expansion. The same is true of the concept of shalom and lifestyle-based success. Once again, the literal meaning of the word shalom, is to destroy the authority attached to chaos. This is a progressive dynamic.

The more your life comes into alignment with divine design, the more you will thrive. Mia Hamm once said, “Success breeds success.” This is true, the more you destroy the roots of chaos in your life and bring your world into divine alignment – the more momentum you will build.

For example, if you have destroyed the roots of chaos in your life, your example will be able to help others thrive too. As you succeed, there will be a positive chain reaction.

In the case of Michael Phelps, he was a great success through the lens of achievement-based success, however in the eyes of lifestyle-based success his world was dramatically out of balance. He became a great champion, but it nearly cost him his life. Lifestyle-based success fully endorses paying the price of becoming a champion, but not at the expense of ruining your own life in the process.

After the 2012 Olympic Games Michael Phelps retired and said: *“I’m done. I’m finished. I’m retired. I’m done. No more,”* and also *“I just wanted to be done with swimming and didn’t want anything to do with the sport anymore.”*

Michael Phelps openly acknowledges that he still struggles with depression, however he has made huge progress after investing a large amount of time, energy and resources into improving his mental health, including a 45-day treatment program and regular therapy. After overcoming a huge wave of depression following the 2012 Olympics, Michael Phelps made a comeback and won 5 Gold Medals and 2 Silver Medals at the 2016 Rio Olympic Games. Now Michael Phelps has retired from his swimming career and is actively involved in raising awareness of and helping support people with mental health and depression issues. He is

regarded as the greatest swimmer in history with a total of 28 Olympic Medals.

The world media also had a fascination with Princess Diana, she was portrayed over and over again as a picture of success. In the eyes of achievement-based success, perhaps this was true, she was a genuine Princess. Married to the heir of the British Monarchy. She had wealth, fame and status. But she was depressed, battling bulimia, engaged in self harm and extremely unhappy in her marriage. In the eyes of lifestyle-based success, her world was dramatically out of balance. Yes, she was a Princess, but she hated her own life.

Jesus understood something very important about success. True success requires balance in every area of your life.

What good is it for someone to gain the whole world, yet forfeit their soul?

MARK 8:36

The great commission that Jesus gave was to make disciples of all nations, so He wasn't opposed to the concept of gaining the whole world. The point is balance! We can thrive in every area of our lives and that is what lifestyle-based success looks like – thriving in every area of your life.

Sometimes, this looks like cutting back the level of investment of time, energy and resources into a particular area of life in order to maintain balance. That is exactly what Rich Froning, the CrossFit champion did. Even though he was the world champion he chose not to compete in the CrossFit Games individual category after he won his fourth consecutive title in 2014. The reason that he chose not to compete was to invest more time with his wife and family. Rich Froning still competes in the CrossFit team event and has led his team to victory in 2015, 2016 and 2018. Rich Froning is a champion who understands the value of both achievement-based success and lifestyle-based success. The Systems For Success Templates are designed to help you master both achievement-based success and lifestyle-based success at the same time – just like Rich Froning.

Rich Froning understood that the level of investment required of him to continue training

and competing for the title of “Fittest on Earth” again, was going to put his world out of balance and cause his relationship with his wife and family to suffer. Because Rich Froning understood the value of lifestyle-based success, he made a healthy compromise.

Unlike Rich Froning, who chose to make his marriage and family his priority, Tiger Woods a former world champion golfer lost his marriage, his family and his golfing edge after his wife divorced him for being unfaithful. Tiger Woods admitted to having sex with 120 other women during their 5-year marriage. Apart from a short period from September 2004 – June 2005, Tiger Woods was the World Number 1 Golfer from 1999 – 2010. But because he did not master balance and lifestyle-based success, he ruined his marriage, his family, his reputation and his own career.

Robert and Sheila Johnson were the first African American billionaires. They were married for 33 years. But after a string of affairs Sheila divorced Robert because of his unfaithfulness. The settlement amount paid out to Sheila was \$US400 million. Money does not guarantee lifestyle-based success. The most expensive divorce ever was between Rupert and Anna Murdoch – Anna received a settlement of \$US1.7 Billion. They were married for 32 years, they had three kids, but within 17 days after the divorce was finalized Rupert married Wendi Deng. Wendi was 37 years younger than Rupert. This marriage lasted 14 years. At 84, Rupert married his fourth wife Jerry Hall. Despite having a fortune of \$US13.1 billion Rupert Murdoch has struggled to attain lifestyle-based success in the areas of relationships and family.

Although he faces constant requests to return and contest for the title of “Fittest on Earth”, Rich Froning refuses, because he is dedicated to lifestyle-based success more than achievement-based success. He has chosen to prioritise his relationship with his wife and children.

On February 1, 2010 Suzanne Hinn filed for divorce from her husband Benny Hinn. Benny Hinn is one of the most famous Christian ministers in the world, yet his life began to fall to pieces. Two key

areas in the lives of Benny and Suzanne were out of balance. The first, Benny had prioritised ministry over his marriage. The second, Suzanne had been falsely diagnosed years before hand, which led to a dependency on prescription drugs, which impacted her emotionally.

On March 3, 2013 they remarried. Benny says that the 2-and-a-half-year separation was the most agonizing season of his life. In the eyes of achievement-based success in the Christian world, Benny Hinn was at the top! But it all meant nothing to him when his marriage ended. Benny and Suzanne both put a significant investment of time, energy and resources into identifying and dealing with their own issues. They were then both able to bring balance back into their lives and their marriage, it is now thriving, and they are excited for their future together.

In 2009, a documentary called “650 Pound Virgin”, showed on American TV. It featured David Smith, who at his heaviest weighed 650 lbs/295 kgs. Remarkably David lost 400 lbs/181 kgs. Since then, David has shared that his core identity issues were never resolved in the process of losing weight. David turned to alcohol and drugs for a time before reverting back to food as a comfort. As a result, he regained 300 lbs/136 kgs. This is another example of the value of lifestyle-based success, rather than just achievement-based success. If David had mastered balance and simultaneously worked on his identity issues, while he worked on losing weight, he could have experienced lasting lifestyle-based success. Without balance, success is fleeting.

Rob Cooper is also known as “The Former Fat Guy”, he once weighed in at 475 lbs/215 kgs. Now he doesn’t – Rob lost 300 lbs/136 kgs. Not only has he kept the weight off, he now leads a healthy and adventurous lifestyle. He has climbed Mount Kilimanjaro, trekked in the Himalayas and walked the West Coast trail among many other adventurous pass times, which would not have been possible in Rob’s previous condition. Rob now advises others on how they can lose weight and get fit and healthy.

True success in life, is lifestyle-based success. It is possible for you to thrive and succeed in every area of your life: Faith, Family, Fitness, Finances,

Fellowship, Fun and Future. It is possible for you to master the balance of lifestyle-based success. It is possible for you to launch yourself into Heaven’s finest for your life and step into the realm of limitless potential that you were created for.

The Systems for Success Templates are designed to empower you to master the vital principals of both achievement-based success and also lifestyle-based success at the same time. Ultimately, The Systems For Success Templates will empower you to begin living your best life. A life that looks like you thriving in every area of life as you succeed in the exhilarating process of living your wildest dreams!

By completing and utilising The Systems For Success Templates, you will sharpen your focus and discover the most strategic and precise tasks and disciplines that you need to engage in on a daily basis to systematically establish shalom in your world and to begin living your best life!

This process begins with asking yourself what your definition of success really looks like? Success looks different to everyone, based on our individual values, dreams and desires.

SO, HERE’S THE BIG QUESTION... WHAT DO YOU WANT? WHAT DOES SUCCESS LOOK LIKE TO YOU?

The number one reason that most people don’t get what they want in life is because they don’t know what they want. The Systems For Success Templates, will help you to start answering this life changing question with precision – what do you want?

Use the questions below, relating to each of the 7 High Value Areas of Life, as prompts and catalysts to help you to begin asking the question, “What do you want?” and also to help you articulate your personal definition of success in each area of your life.

These are not exhaustive lists. Please feel free to add your own thoughts, questions and ideas.

WHAT DO YOU WANT IN THE AREA OF YOUR FAITH?

Do you want more intimacy, identity, spiritual gifts, revelation or spiritual understanding? Do you want a more divine state of being? Do you want more of the fruits of the Spirit? Do you want to see more people blessed by your faith? Do you want to launch a ministry, improve a ministry or expand a ministry? Do you want to pray more, read more or do any more spiritual activities? Do you want to go to a conference? Do you want to study your faith more? Is there something else specific in regard to faith that has captured your attention? Do you need personal freedom? Do you want to be free from inadequacy, shame, self-hatred, condemnation, self-harm, anxiety, sin, fear, trauma or abuse?

WHAT DO YOU WANT IN THE AREA OF YOUR FAMILY?

What type of son, daughter, brother, sister, husband, wife, father, mother, aunty, uncle, grandmother, grandfather or cousin do you want to be? Is there a specific relationship or relationships that you want to see grow? Do you want to get married? Do you want a better marriage relationship? Do you want more intimacy in your marriage? Do you want more fun in your marriage? Do you want more adventure in your marriage? If you're not married and you want to be – what do you want your future marriage to be like? Do you want children? Do you want restoration? Do you want to improve your communication skills? Do you want to improve the culture in your family or in one of your relationships? Do you want the same experience of family for your children that you experienced? Do you want to use the same parenting style that your parents used? Do you want to adopt?

WHAT DO YOU WANT IN THE AREA OF YOUR FINANCES?

Do you want more money or less money? Do you want to spend more, give more, invest more or save more? What do you want to spend money on? Who do you want to give money to? Where do you want to invest? What do you want to save for? What financial legacy do you want? What type of inheritance do you want to leave? Do you want more financial freedom? Do you want to earn money by working for wages, running a business, investing or creating? How many hours do you want to work? How many business's do you want to run? What returns do you want from your investments? What do you want to create? What type of work do you want to do? What type of business do you want to be involved in? What type of investing do you want to do? How often do you want to create?

WHAT DO YOU WANT IN THE AREA OF YOUR FITNESS?

What do you want your personal health to be like? How healthy do you want to be? What do you want your nutrition to look like? How long do you want to live? How fit do you want to be when you are old? How fit do you want to be right now? How heavy, light, fit, unfit, fast, slow, strong, weak, toned, out of shape, muscly, flabby, sexy or not sexy do you want to be? How nutritious do you want your diet to be or not to be? What do you want to eat? How often do you want to eat? How often do you want to exercise? What type of exercise do you want to do? Do you want to do cardio training, strength training, weights training, endurance training, speed training or weight loss exercise? Do you want to do something else? What are your favourite sports? Do you want to run a marathon? Do you want to play more sport? Do you want to be better at your pursuit? Do you want to stay the same? Do you want to change?

WHAT DO YOU WANT IN THE AREA OF YOUR FUTURE?

What legacy do you want to leave? What do you want to do, what do you want to create, who do you want to be? What do you want to drive? What type of house do you want to live in? How much free time do you want to do the things that you love? What do you want to wear? Where do you want to go? Who do you want to go with? What type of career do you want? What type of lifestyle do you want? What training do you want to do? What is on your bucket list? Where do you want to live?

WHAT DO YOU WANT IN THE AREA OF FUN?

What do you love to do? Who do you love to be with? What refreshes you, relaxes you, stimulates you, entertains you? What adventures do you want to have? What places do you want to go? What is exhilarating for you? What does your perfect day look like? What does your perfect weekend look like? What does your perfect holiday look like? What type of movies do you like? What type of music do you like? What hobbies do you love? What books do you want to read? What books do you want to write? What do you want to wear? What do you like to create? What mountains do you want to climb? What slopes do you want to ski or board? Where do you want to dive, surf, explore, build, fish, race, compete or play? What toys do you want?

WHAT DO YOU WANT IN THE AREA OF FELLOWSHIP?

Fellowship here relates to the people that you are connecting with as your key community and relationships and it especially relates to the people that you are working with intentionally to bring Heaven to Earth and to leave a legacy of blessing for generations to come.

Do you want to connect with more people? Do you want to connect with new people? Do you want deeper connections? Do you want better quality relationships? Do you want to work with more people to accomplish significant things with your life? Do you want to work with less people? Do you want to accomplish more things, different things, new things, old things, impossible things or simple things? What new relationships do you want to develop? What old relationships do you want to develop? What existing relationships do you want to enrich? What area of influence do you want to be involved in: Religion, Family, Business, Government, Media, Education or Entertainment and the Arts? Who do you want to reach? What message do you want to bring? What need do you want to meet? How do you want to meet it? What do you want to build, establish, invent, prevent, enhance, reduce, multiply, eradicate, influence, change, sustain, restore, replace, pioneer?

Please share your definition of Success in each of the following seven High Value Areas of your life:

FAITH

FAMILY

FITNESS

FINANCE

FELLOWSHIP

FUN

FUTURE

In the area of achievement-based success, what are three of your greatest achievements?

1.

2.

3.

In the area of achievement-based success, what are three of your greatest goals?

1.

2.

3.

On a scale of 1-10, one being the lowest and ten being the highest, please rate how successful you feel you are currently in each of the high value areas of life mentioned below:

Your rating between 1-10

FAITH	
FAMILY	
FITNESS	
FINANCE	
FELLOWSHIP	
FUTURE	
FUN	

On a scale of 1-10, one being the lowest and ten being the highest, please rate how much joy you would feel if you fulfilled your dream and your life became a living example of your own definition of success in each of the seven areas of your life mentioned below. Before you give your rating... please spend one minute for each of the 7 areas of your life, imagining yourself living in the fulfilment of your wildest dreams. Imagine yourself living the fulfilment of your wildest dreams in each area of your life and allow yourself to feel the emotions attached to the perfect fulfilment of your wildest dreams.

Your rating between 1-10

FAITH	
FAMILY	
FITNESS	
FINANCE	
FELLOWSHIP	
FUTURE	
FUN	

On a scale of 1-10, one being the lowest and ten being the highest, please rate how much pain you would feel if you never fulfilled your dream and you never experienced your own definition of success in any of the areas of life mentioned below. Before you give your rating please take a short moment to imagine the emotions attached to failing to live your dreams or experience your own definition of success in each of the areas of life mentioned below. Please don't spend long in this and do not make it a regular practice. I only encourage people to do this for a short moment to help people see how much they truly value their dreams.

Your rating between 1-10

FAITH	
FAMILY	
FITNESS	
FINANCE	
FELLOWSHIP	
FUTURE	
FUN	

What positive change would you like to see take place in each of these areas of your life?	
FAITH	
FAMILY	
FITNESS	
FINANCE	
FELLOWSHIP	
FUN	
FUTURE	

Congratulations, once you have completed answering these questions you have completed the Stewarding Success Template!

PERSONAL COMMITMENT

<i>If you are ready to take actions that will orient your life towards your own definition of success then please sign the following declaration and please get a witness to sign the declaration too.</i>	
<i>I am 100% committed to living out my wildest dreams! I am motivated and ready to take the necessary steps to position myself for success in each area of my life! I choose to be intentional about setting myself up for success immediately! I will not procrastinate, unprecedented success in my life begins right now!</i>	
NAME	DATE
SIGNATURE	WITNESS SIGNATURE

The Balance Sheet

You are motivated and ready to begin orienting your life towards unprecedented success. You can start to do that by putting daily disciplines in place. I encourage you to start really small if there's an area that you want to grow in. Five minutes a week at minimum. By doing this you will be able to rewire your brain to love hard work. The secret to reprogramming your brain is – results!

You may not love hard work but you will definitely love the fruit of hard work. By embracing the power of discipline you set yourself up for results. The more results you see, the more your brain associates hard work with success. Ultimately this will cause your brain to fall in love with hard work!

“Do what is easy and your life will become hard. Do what is hard and your life will become easy.” **LES BROWN**

In each area of your life identify the three most important disciplines that you need to master in order to become a living example of your own definition of success. Specify how long you will invest into each discipline, whether or not that discipline will be a daily or weekly discipline and what time of the day you will schedule for that discipline.

HIGH VALUE AREA OF YOUR LIFE		
DISCIPLINE 1: your time commitment and when you will schedule time for it .	DISCIPLINE 2: your time commitment and when you will schedule time for it.	DISCIPLINE 3: your time commitment and when you will schedule time for it.
Daily or weekly?	Daily or weekly?	Daily or weekly?
FAITH		
FAMILY		

FITNESS		
FINANCE		
FUN		
FELLOWSHIP		
FUTURE		