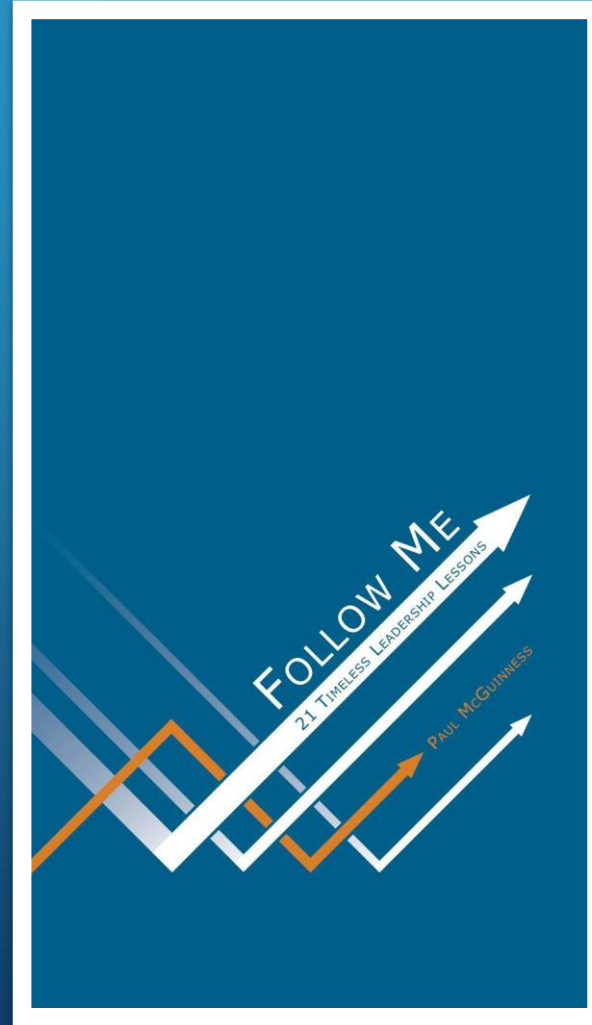




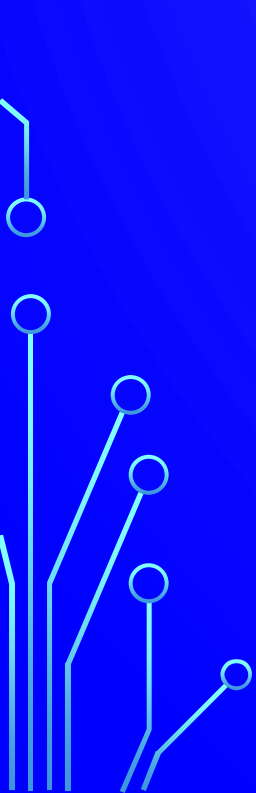
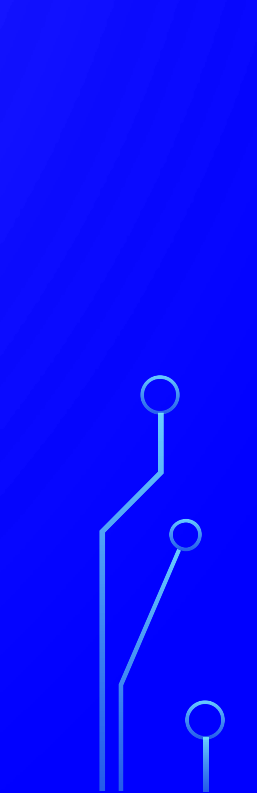
# FOLLOW ME

## 21 TIMELESS LEADERSHIP LESSONS





# MOVE


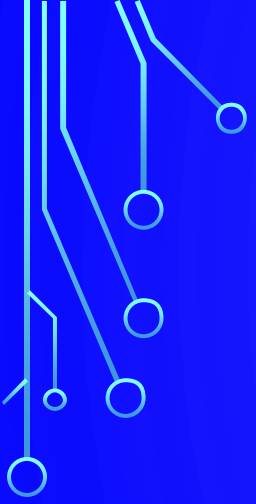
1. Know Where You're Going
  2. Give it All You've Got
  3. Make *Today the Day*
- 
- 



Los  
Angeles  
Times

**HUFFPOST**

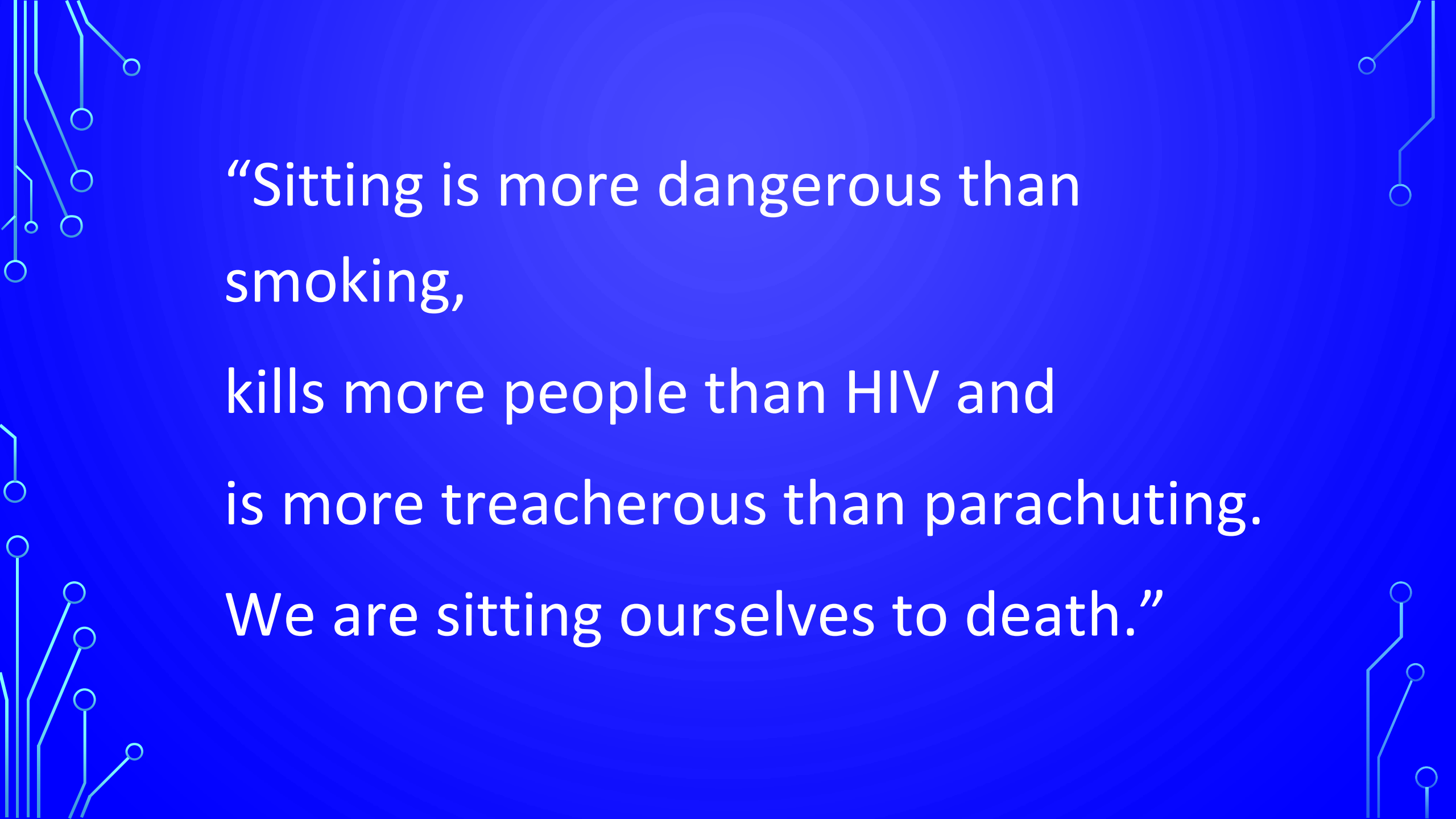
SITTING IS  
THE NEW  
SMOKING



“From the driver’s seat to the office chair and then the couch at home, Americans are spending more time seated than ever, and researchers say it’s wreaking havoc on our bodies.”

– Dr. James Levine



The image features a solid blue background. In the corners, there are decorative white line art elements resembling electronic circuit boards or neural networks, with lines and small circles connecting them.

“Sitting is more dangerous than  
smoking,  
kills more people than HIV and  
is more treacherous than parachuting.  
We are sitting ourselves to death.”



# TREADMILL DESK



“We have uphill  
goals but downhill  
habits.”

– John Maxwell





# 1. KNOW WHERE YOU'RE GOING

“I find the great thing in this world is not so much where we stand, as in what direction we are moving: To reach the port of heaven, we must sail sometimes with the wind and sometimes against it, but we must sail, and not drift, nor lie at anchor.”

– Oliver Wendell Holmes



You may not  
have to  
**DETERMINE** it  
as much as  
you have to  
**DISCOVER** it.



# 1. KNOW WHERE YOU'RE GOING

- What makes you feel alive?
- What breaks your heart?
- When do your efforts seem to be multiplied or expanded?
- What are five characteristics that you admire in other people?
- What are five statements you want to be true of your life?





# MOVE

1. Know Where You're Going
  2. Give it All You've Got
- 
- 



## 2. GIVE IT ALL YOU'VE GOT

“Don’t wait for passion to lead you  
somewhere you’re not.

Start by bringing passion  
to the place where you are.”

– John Ortberg





# HUSTLE

doing the little things that make a big difference



## 2. GIVE IT ALL YOU'VE GOT

- You're not diving after loose balls or contesting jump shots, but you can still hustle. What would that look like?
- List five or six practices specific to your line of work that would increase someone's "hustle stats."

## 2. GIVE IT ALL YOU'VE GOT

- Sales
- Customer Service
- Education
- Snow Removal

# MOVE

1. Know Where You're Going
2. Give it All You've Got
3. Make Today the Day



### 3. MAKE TODAY THE DAY

“When you arise in the morning  
think of what a privilege it is to  
be alive, to think, to enjoy, to  
love.”

– Marcus Aurelius





# PROCRASTINATION

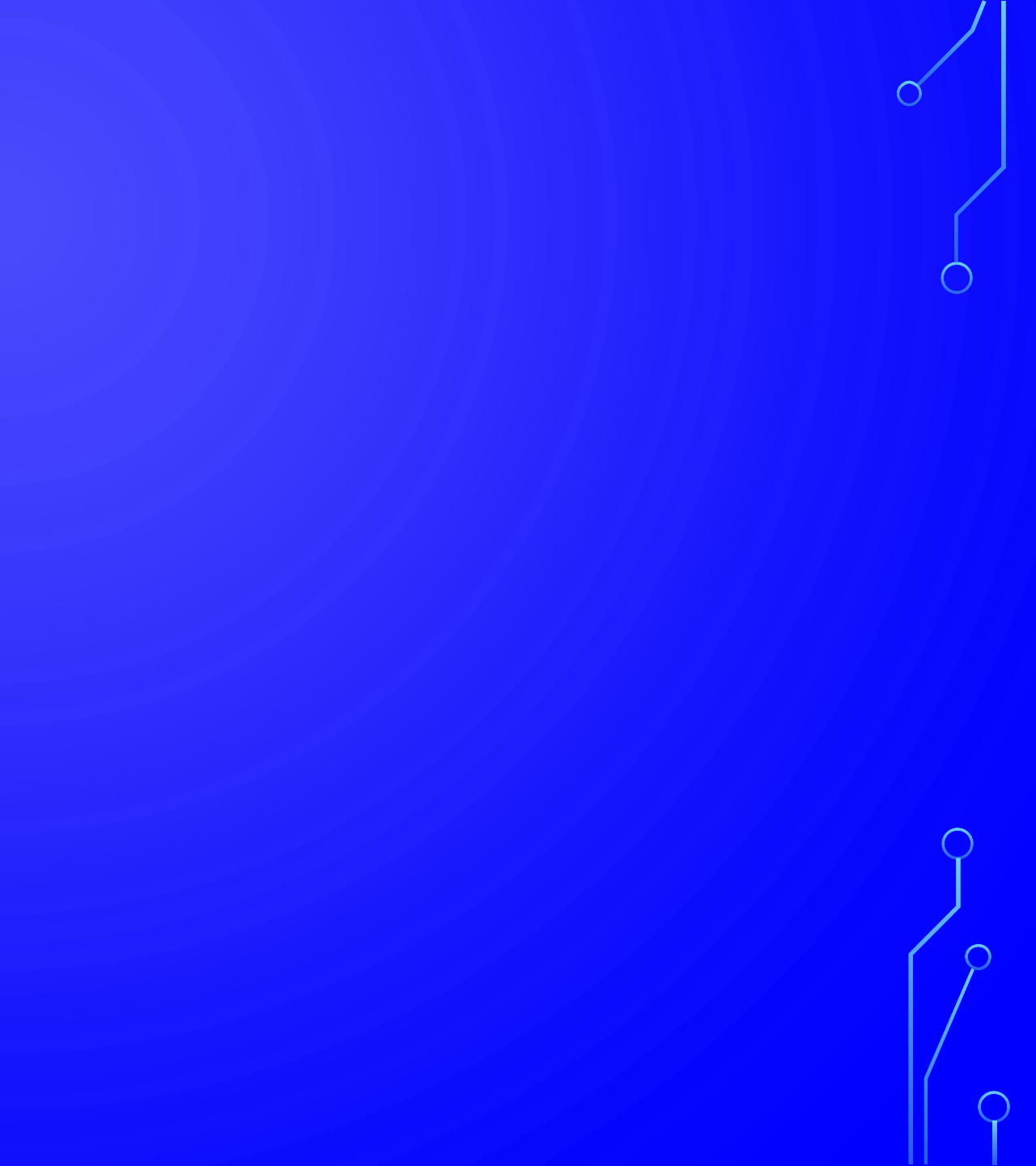
# PROCRASTINATION

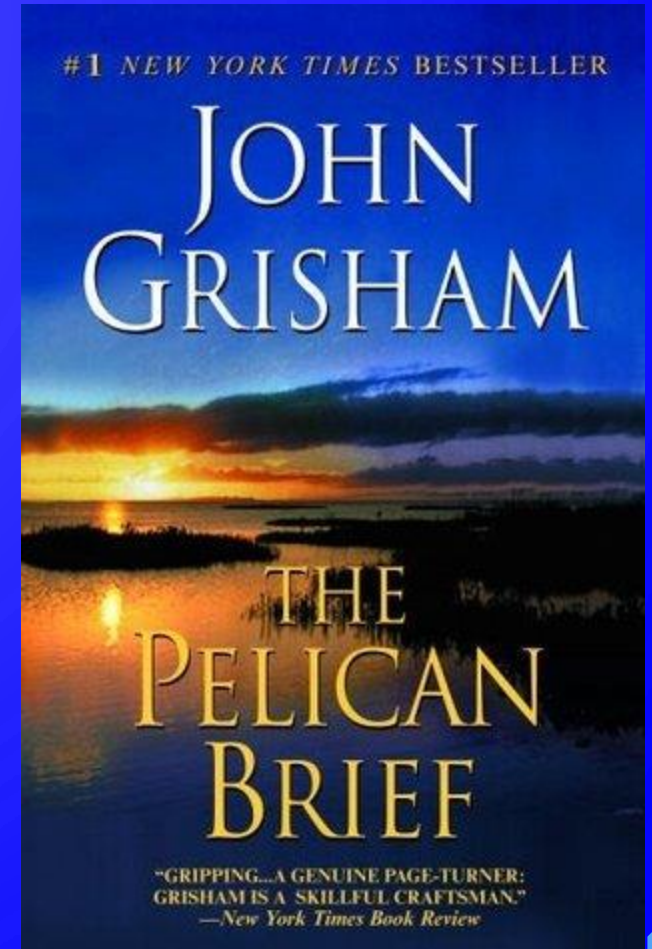
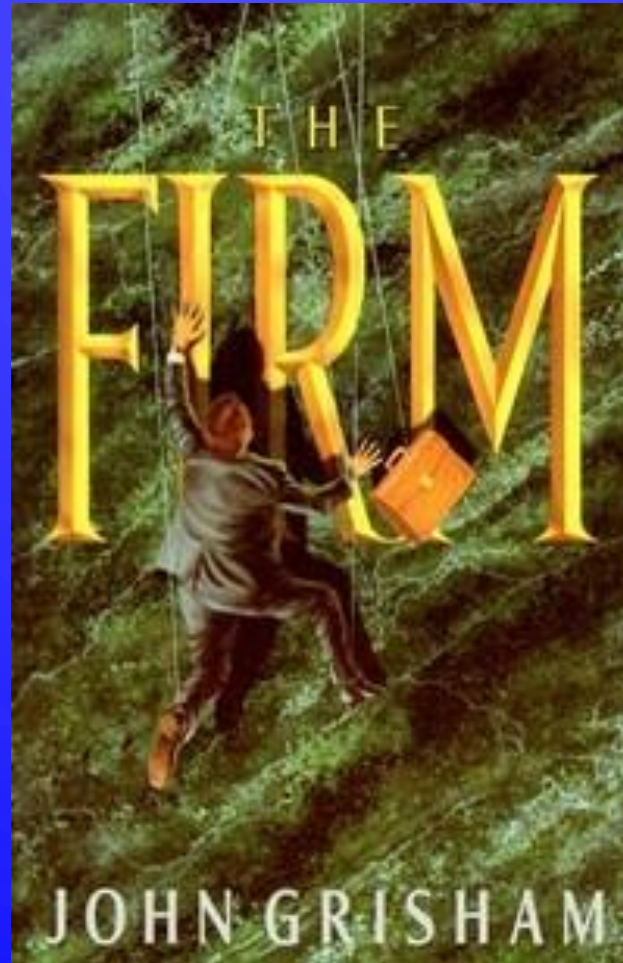
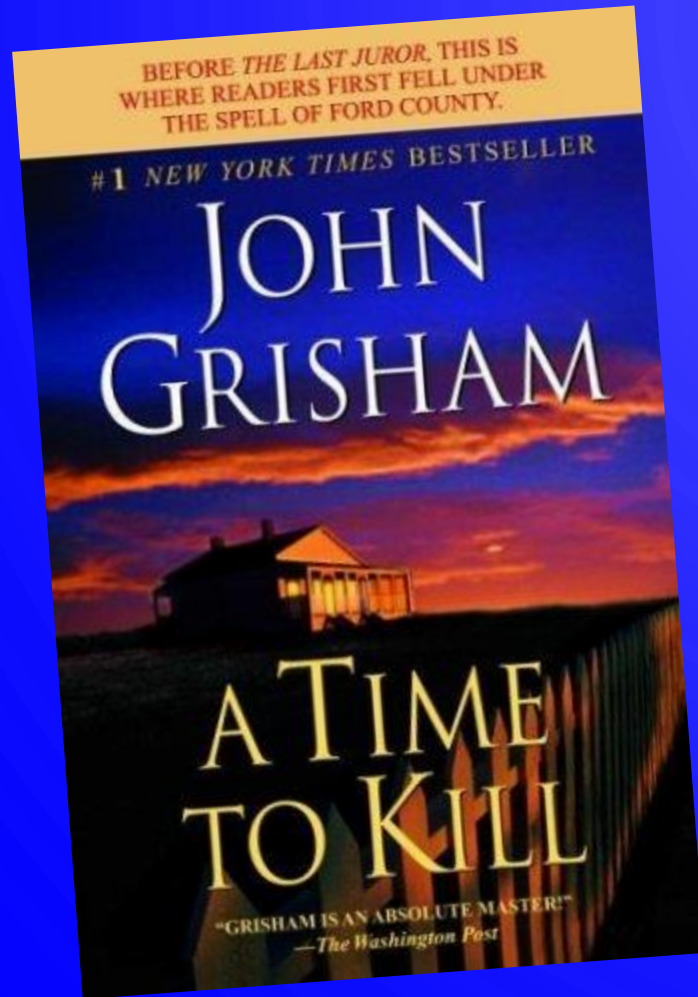
## DOING

- less important
- more enjoyable

## IGNORING

- more important
- less enjoyable










# JOHN GRISHAM

- 300 million copies
- 49 consecutive  
#1 best sellers
- 50 languages

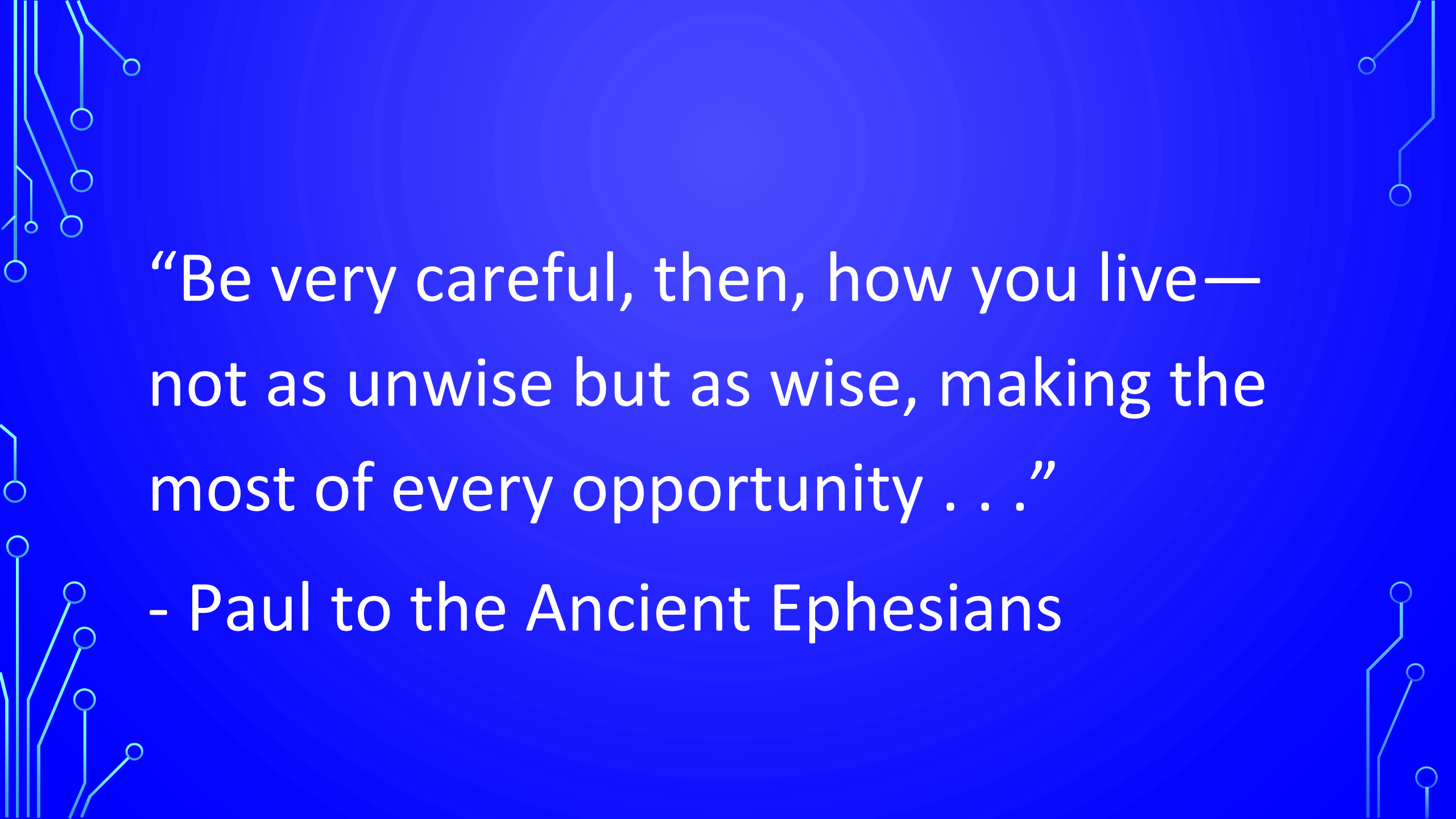




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Write	Write	Write	Write	Write	Write	Write
Write	Write	Write	Write	Write	Write	Write
Write	Write	Write	Write	Write	Write	Write
Write	Write	Write	Write	Write	Write	Write

The image features a solid blue background. In the corners, there are decorative white line art elements resembling electronic circuit boards or neural network connections. These elements consist of thin white lines that branch out and terminate in small white circles. They are located in the top-left, top-right, bottom-left, and bottom-right corners, framing the central text.

“Be very careful, then, how you live—  
not as unwise but as wise, making the  
most of every opportunity . . .”

- Paul to the Ancient Ephesians

MOVE

1. KNOW WHERE YOU'RE GOING

2. GIVE IT ALL YOU'VE GOT

3. MAKE TODAY THE DAY

[www.DrPaulMcGuinness.com](http://www.DrPaulMcGuinness.com)

