

What I profess sounds simple (that's by design because there's genius in simplicity)

- But do not confuse simple with easy
- In reality, takes a lot of clarity, strength, discipline, determination & faith to pull it off

Approach in business was well developed (same principles would help in achieving my life goals)

- *Start with what you are trying to accomplish (vision, mission, goals)*
- *Assess your situation (team, environment, capabilities, resources)*
- *Build your plan to execute on it*

5 key takeaways on what I did right in managing my career:

1. Thought long-term ("It's a life & a career, not a job... and a life can last a long time")
2. Took appropriate risk and made the investments
3. Pushed against the grain & didn't let others "should" on me
4. Paid attention to the signs (not just head and heart, but my senses)
5. Made personal decisions before I made professional ones

Some simple Qs:

- What are your lifetime goals?
- How you define success? (Hint: define success broadly)
- What do you want to be known for?

5 key concepts that enabled my personal success:

1. Apply yourself: where would life have taken me if I wasn't at that MS dinner?
2. Marriage is a serious undertaking. Take your time, make sure you are BOTH ready & select well (and like a good strategist apply vision & values)
3. Don't fall for "the myth of tomorrow"
4. Place some boundaries around your work
5. Forget the compartments: 24 x 7 for work & family

Morals and Ethics:

- a. Remember, you always have a choice, so control your own destiny
- b. Avoid the temptations (in business and in life)
- c. Don't let yourself be put in a bad or awkward situation (leave or walk away)
- d. In marriage, don't just commit to the person, commit to being married
- e. A quick test: can you stand on a table and say it out loud? If you can't, then don't do it!

From Mass Journal to Spiritual Journal:

- Pick up at least one key message from each mass, meeting or lecture. The AHA moment comes from reviewing all the entries and seeing the consistencies and common themes

In closing:

- Slow down and use all your senses to read all the signs
- Life is not meant to be easy; it takes strength, courage, commitment & discipline
- Wisdom isn't about what you know or have, it's about how you live!