

Live Like You Were Dying

MY LIST OF RECENT CHANGES

October 16, 2024

These are the areas I desire to grow in, be different and hope to see transformation in, sooner rather than later.

MY RELATIONSHIP WITH MY WIFE KATHY

1. Affirm each other daily, building each other up, look for and see the good in each other, and verbalize it daily.
2. Spend one day a week (minimum 3 times a month) with Kathy doing something fun, create a list of options and let Kathy choose, track for accountability, and make it a priority.
3. Spend time dreaming together with Kathy.
4. Develops skills to reduce the amount of arguing between Kathy and I, learn more about God's view of marriage and pray for His help daily. Freely cease from arguing with Kathy when I feel wrongfully challenged; it will require self-denial (see *Deep Dive: Paul and Kathy Desire a More Enjoyable Marriage*).
5. Encourage walking, biking, hiking with Kathy at least once or twice a week to get outdoors more, get some exercise, and be together with less interruptions.
6. Always have one trip on the calendar with just Kathy, even if it is 2 years out so we have something to look forward.
7. Execute my plan to prepare Kathy for my passing: how to manage our world, what to change, where to rely on our support team.
8. At least once a week connect and spend time with close friends.

PERSONAL GROWTH

1. Actively praise others, enter their world with delight, and verbally acknowledge the good you see in them.
2. Verbalize appreciation for what others have done, write thank you notes, texts, look out for their good deeds and acknowledge them.
3. Grow in the grace of humility and increase humility by exercising it.
4. Confess my mistakes more plainly and regularly. Add confessions to my morning journaling. Be less critical and more supportive of others' choices. Embrace that grace is more important than truth. (See Deep Dive: *Right and Wrong/ Ethical and Moral*)
5. Develop skills to be more passive.
6. Better understand my feelings, share what I feel versus what I think. (See Deep Dive: *Being Versus Doing*)
7. Lead with compassion and empathy by developing a better understanding of both and incorporating practical ways I can move in that direction. Review the detailed work I have done on this monthly. (See Deep Dive: *Being Versus Doing*)
8. De-emphasize my desire to accomplish by learning and emphasizing the importance and benefits of being. Review the detailed work I have done on this monthly. (See Deep Dive: *Being Versus Doing*)
9. Better understand the challenges that are obstacles facing my children thus, making it difficult to reconcile. (See Deep Dive: *The Challenges of Reconciliation*)

PRACTICES TO ADOPT

1. Listen to and sing praise and worship songs at least weekly.
2. Work harder at not parenting adult children.
3. Have more one on one conversations with my children, without a list. Create opportunities for time to connect.

4. Review my past journals more regularly; learning from the past, be more encouraged, reminded of what God has brought me through, and challenged further. Always have one of my journals on my desk at all times and review one at least monthly. Share relevant entries with others.
5. Look for and invest in unique opportunities to share with family and close friends regularly- be even more generous with others and not bothered by what they do in return.
6. Spend more time in nature, being outside at the ranch was often when I felt closest to God. Create these opportunities regularly and track them to see that I am moving in that direction.
7. My energy will decline each year- choose wisely where to spend the energy I have now. Create a list of what zaps my energy, what gives me energy, where the costs outweigh the benefits, where does expending energy give me the best return, be mindful and track how my energy is declining. Continuing to work out in order to stay in shape and help maintain energy.
8. Do something fun at least annually with each child and include at least one night away.
9. Connect at least one time per week with a friend I would not normally see.
10. Finish my grandchildren's Legacy Bibles by 2025.
11. Reduce my working hours to 20 hours per week by the first quarter of 2025. Identify what is work and what is not and seek out Kathy's perspective. (See Deep Dive: *Paul and Kathy Desire a More Enjoyable Marriage*)

CARRY-OVERS FROM MY 'LIVE LIKE YOU WERE DYING' 35 CHANGES LIST (written in 2013)

(#1) Quality Time – my wife Kathy and I have enjoyed a very full life, and we have been blessed with the opportunity to spend a great deal of time together. She is my favorite person to be with and my best friend. She makes me a better person! However, I realize most of that time has been “on agenda.” We have so much to discuss, decide and process, whether it is ministry, family, business, etc. Business we discuss often includes Servant's Heart which is our family foundation; Genesee Home – a home where pastor's retreat; our family Ranch and Loving

Hearts Babies Home – a ministry we run in Uganda. We are together a great deal, but our time is filled with the “stuff of life.” I want to spend more time with Kathy with no agenda, no lists of things to go over, no time constraints, just exclusive quality time as husband and wife.

(#2) Marriage – To always be investing in my marriage in key and significant ways. Don’t ever be satisfied by status quo, our marriage deserves to be excellent and work to that end.

(#3) Relational Time – I have always been a highly productive individual with a strong work ethic and get most of my self-worth from what I produce. I am happiest when I have put in a good day, gotten all of my work done, and delivered above expectations. Typically, I only go to breakfast, lunch, or enjoy coffee with a friend maybe twice a month, eat almost every lunch at my desk, keep two assistants busy full-time, and produce a great deal. Although I consider myself reasonably good at relationships and have many close friends, I now have a clearer picture of the value of time with friends and I desire to be more available. Now, if a friend wants to walk, have coffee, or share a meal, even though my day is already fully planned, the answer is “yes.” It is okay that some things just won’t get done. I may not produce as much, but deeper relationships are more important.

(#8) “Need to be right” – Sadly, I have had this internal desire to be right. I now realize being right is just not that important (or valuable), even when you know you are right. I choose to spend less time in the “courtroom” arguing my point, especially with Kathy.

(#12) Legacy – My parents passed away before my children were born and I realize I have not talked much about them over the years. I now take time to regularly share stories about my parents so my children will have a better understanding and relationship with their grandparents, even if they have already passed.

(#18) Music – Listen to music more frequently. Make it readily available so it is easy to access. Plan ahead to listen to live music at least once a month.

(#31) Laugh More – Look for opportunities to laugh more. Look for comedians, comedy shows, comedy TV/movies, play games that make you laugh. Basically, find ways to laugh more each day.

DEEP DIVE

These are areas that I need to take a deeper look into and apply to my daily life:

Being vs Doing – prioritize ‘being’ over constant ‘doing’ and be more present with each moment.

Becoming More Vulnerable – thus fostering stronger relationships and creating opportunities for genuine growth.

Developing Empathy and Compassion – build trust, resolve conflicts and deepen connections with others.

Live a Less Calculated Life – release rigid calculations and embrace joy, spontaneity and unexpected opportunities more.

Minimize Anger - enjoy healthier relationships, improved mental health, and clearer decision-making.

Desire a More Enjoyable Marriage - prioritize joy and connection, strengthen our partnership, and build on harmony.

Right and Wrong/Moral and Ethical – focus on building credibility, trust, and a legacy of integrity.

Embrace Reconciliation – seek to pave the way for healing, restored trust, and deeper unity.

Work – reduce my working hours and spend more time investing in relationships.