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# ONESHOT. ONELIFE.®

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*The Ultimate Success Formula to  
Help You Win at Anything in Life*

DOUG FITZGERALD

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Help You Win At Anything in Life*

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## *Introduction*

# The Wake-up Call

It happened on a perfect summer night around 2:00 am.

One of those rare times in our city, when you could look up into the night sky and see every star piercing through the dull haze of the city lights.

But the atmosphere was far from perfect inside our home.

You see, for a couple of years the relationship between my wife, Tammie, and me had become strained, to say the least. Each day it seemed to be getting worse, not better. The sarcasm, eye rolls, and sighs of disgust aimed at each other had spiraled out of control. It had gotten to the point where we had a hard time just being in the same room together. Our words were short, cold, and barbed. On top of all that, our pent-up frustrations and resentments toward each other consumed our thoughts nearly every minute of every day. And even when we weren't

together, we still argued with each other in our minds, telling the other what we really wanted to say to set them straight.

That particular night, if you'd walked by our home and looked in, you would have witnessed the worst fight of our twenty-year marriage.

You know the kind: where you are trying to yell under your breath (so you don't wake up the kids) but every fifth word comes out loud, anyway. Where you simply want to scream at the top of your lungs, but manage, just barely, to hold it in.

So, at 2:00 a.m., I stormed out of the house.

I needed to take a walk to cool off.

If you had watched me go, you'd have thought I'd gone mad. All along the two-mile path that circles a seventy-acre park and high school football stadium, I was talking to myself, clenching my fists, yelling at my wife under my breath, and demanding to know why God put us in this situation. Every emotion inside was building up. I just wanted to scream and let out all of my pent-up rage.

About halfway down the path I got to a place where I felt I could let it all out and no one would hear me. With an empty football stadium on one side of me and no houses on the other, I raised my head and fists to the sky and yelled at the top of my lungs, "GOD, WHY ARE YOU DOING THIS TO ME?"

Instantly, I felt like I was standing alone on the fifty-yard line of the football field, hearing the *thump-thump* of stadium lights coming on like spotlights, and God's voice booming through the massive loud speakers.

"I'm not doing this to you," He said clearly and forcefully. "YOU are doing this to you!"

I felt like I had been punched in the stomach. My anger turned to an aching in my heart—a remorse that was literally gripping my soul deep inside me. My entire body trembled. Tears dripped off my cheeks. Mentally, emotionally, physically and spiritually, I was shaken to the core.

At that moment, I came face-to-face with the truth: I was putting my own needs first. I was ignoring Tammie's needs. I was the one causing the pain in our relationship. And I was the one who needed to initiate the healing.

This was the wake-up call that would radically transform our lives.



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## Chapter One

### *The Ultimate Success Formula* Roadmap

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“G od, why are you doing this to me?”  
Have you asked this question at some point in your life? Maybe for you, it sounded more like, “Why is this happening to me?”

Perhaps you asked it when a relationship was falling apart or slipping away.

Or when the bills kept piling up and you didn’t know how you were going to pay them all.

Or when you got overlooked for a job promotion, laid off, or fired.

Or when you felt all your hopes and dreams were passing you by.

Or even when life seemed so overwhelming and meaningless that you considered throwing in the towel.

Life is not easy! Sometimes we get so overwhelmed that we seriously wonder why we were put on this earth in the first place. But there is hope—hope for a truly fulfilling life that will allow you to live out your life’s purpose with great success.

It's been over six years since my 2:00 a.m. wake-up call from God. Tammie and I recognized that we'd drifted away from the biblical principles of success that we'd used early on in our marriage. So we began intently re-applying these principles and repairing our relationship.

The principles that helped us rebuild our marriage are the same proven principles that have been around for thousands of years. When we actively apply them, they bring success in every area of our lives, over and over.

I have personally used these principles to:

- Get out of tens of thousands of dollars of debt.
- Grow a savings and investment portfolio to take care of my family's needs.
- Develop a deep and loving relationship with my kids.
- Build a highly successful business and career.
- Lose over thirty-five pounds and maintain a healthy lifestyle for over fifteen years.
- Run two full marathons.
- Experience a growing faith in God.
- And so much more . . .

They can do the same for you.

For over twenty years, I have taught these principles to my family, friends, and thousands of people around the country with amazing results, and I can't wait to share them with you. I call this *The Ultimate Success Formula*.

In this book, I'll show you how to use five powerful principles to help you win at anything in life by:

1. Establishing clear priorities in each vital area of your life:  
Money, People (Relationships), Faith, Work, and Health.

2. Using a simple process to find a proven plan to help you achieve each of your priorities.
3. Applying critical secrets needed to master persistence in implementing your proven plans to completion.
4. Multiplying your success through effective evaluation.
5. Tapping into the life-changing power of having a success partner.

Whatever goals or dreams you have for your life, *The Ultimate Success Formula* is a proven roadmap to help you achieve them.

Here's how I'm going to help you implement *The Ultimate Success Formula* in the pages ahead:

- Each chapter covers one of the five principles.
- Throughout each chapter I give you ideas, tips, and exercises that relate to that chapter's principle.
- At the end of each chapter there are specific action steps to help you apply the ideas, tips, and exercises provided.
- You will then use *The Ultimate Success Formula Worksheets*, found in the back of the book, to complete each of the action steps.

Once you have completed every chapter, you will have a clear and detailed plan that will help you achieve success with each of your life's priorities.

Are you ready to get started?

Let's jump in!



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## Chapter Two

# The Foundation Of *The Ultimate Success Formula*

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*The Lord directs the steps of the godly.  
He delights in every detail of their lives.  
Though they stumble, they will never fall,  
for the Lord holds them by the hand.*

Psalm 37:23–24 NLT

**W**e're about to dig into the five powerful principles of *The Ultimate Success Formula*—five biblical principles that have been proven to work for thousands of years. Principles established by God to benefit our lives and the lives of those around us.

Before we get started it's important to understand that God is for us! Period! He loves us and wants us to succeed at life. Too many times we allow ourselves to believe He is against us—just like I did that night when I yelled at Him.

By giving us these principles, God shows us that He cares intimately about the purpose and details of our lives. And not only

does He care, He also promises to walk right beside us, helping us along the way.

This is why it's critical to understand the deep foundation that these five principles are based upon. A foundation that helps us determine our true intent for applying them in our lives. A foundation that can help us live a life of true contentment, satisfaction, fulfillment, purpose, joy, and happiness. A foundation that is the ultimate purpose of our lives.

This foundation is love.

Specifically, love for God and love for people.

When Jesus was asked about the most important commandment of God, he replied, "The most important commandment is this: 'Listen, O Israel! The Lord our God is the one and only Lord. And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.' The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these." (Mark 12:29–31 NLT)

In other words, all that we set out to do needs to be intentionally focused on growing deeper in love with God and each person who crosses our path. Focusing on this allows us to see how we can best impact the lives of others. That's why it's so vitally important to understand this foundation as you begin implementing these principles.

Thinking back to when Tammie and I were struggling in our marriage, deep down in our hearts we both wanted to have the best relationship possible. On the day we got married, we didn't look into each other's eyes and say, "I promise to be your enemy." We were best friends! We loved being together! We promised to stay together "‘til death do us part"! Our focus was on making each other happy by meeting each other's needs; we each put the other first. Over time, however, we slowly began focusing on our own needs and stopped meeting each other's. This is when our relationship got way out of control, and we lost the joy and fulfillment of it in our lives.

I believe love is the most powerful force in the world because it can motivate us to do far more than we ever think is possible for others. True joy and fulfillment are found when we give of ourselves to benefit others. That's love. And I want to encourage you to remember this foundation as we dig into the five powerful principles of *The Ultimate Success Formula*.

**TIP**

Here's a tip to keep this foundation at the center of *The Ultimate Success Formula* process. Periodically stop and ask, "Is what I'm doing, or planning to do, allowing me to love God and others more?" This will keep your priorities grounded in the only thing that truly matters in life.



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## Chapter Three

### Principle #1: Set Clear Priorities

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*Trust in the Lord with all your heart;  
do not depend on your own understanding.  
Seek his will in all you do,  
and he will show you which path to take.*  
Proverbs 3:5–6 NLT

**T**he first principle of *The Ultimate Success Formula* is this: **Set Clear Priorities.**

Priorities are the life choices you make that are crucial to your own success and the success of those whose lives you influence. Setting clearly defined priorities and taking regular steps to accomplish them allows you to take full advantage of every day of your life, giving you a true sense of purpose, accomplishment, and fulfillment.

Without clear priorities, it is easy to feel like your life is out of control, without purpose, in a rut, or—worst of all—that it really doesn't matter in the larger scheme of things.

That's why it's critical that we start with this principle first.

As we begin you might be thinking, "Oh, he's just talking about 'setting goals.'" But I want to widen your perspective by calling this process "*setting clear priorities*." Here's why: the word *priority*, in and of itself, creates a sense of urgency. The definition of *priority* is "something that is more important than other things and that needs to be done or dealt with first."<sup>1</sup>

*The Ultimate Success Formula* is designed to help you achieve each priority that you identify as "vital" in your life. This will enable you to look back at the end of your life and say that you've done all you could to become the best you were designed to be. By doing so, you'll live a fulfilled life and leave behind a legacy that truly impacts the people in your world. A legacy where each person you touched will remember the difference you made in their life, whether big or small, and know that you truly cared about them.

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The best thing you can do as you implement *The Ultimate Success Formula* is to ask God to help you discover your priorities and successfully live them out. Why? Because when we fully depend upon Him in all aspects of our lives, He promises to show us the direction to take and walk with us along the way. I have found that when I ask and trust God to lead me, He always does. Now, His leading doesn't always happen the way I envision or in my time frame. But, I always look back with a grateful heart, seeing that it was the best way. As you start this process, ask God to help you every step of the way.

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1 Merriam-Webster, s.v. "priority," accessed December 11, 2017, <https://www.merriam-webster.com/dictionary/priority>.

Let's look at three critical areas that will help you set clear priorities. Once we have gone over these areas, I will give you specific action steps to follow that will guide you through to a final list of clear priorities for your life.

### Identifying Your Priorities

I have found that one of the easiest places to get started to help you identify your priorities is to ask, "What am I currently worrying about?" The answer to this question will help you pinpoint some of your priority areas right away. I spent some time digging further into the area of worry to see how we can best use it to our advantage throughout *The Ultimate Success Formula* process.

## CASE STORY: Worry

### What Do You Worry About?

In the fall of 2016 I asked ninety-two people I know, trust, and admire—a pretty even mix of both men and women—this question:

*"What do you worry about that often keeps you up at night (e.g., money, job, job security, relationships, health, faith, children, world issues)?"*

Initially, I didn't know what to expect, but I was deeply impacted by the responses. Nearly everyone gave thoughtful, honest, and in-depth answers.

As I compiled and categorized all the answers, six primary concerns rose to the top: Money, People (Relationships), Faith, Work, Health, and Sex.



How about you? What do you worry about late at night? Which of these specific issues shared by these men and women can you relate to? Check any that apply to you.

***Money***

- Having enough money to pay our bills each month.
- We have so much debt that it's killing us.
- Are we making wise financial decisions with our money?
- Am I saving enough for retirement?
- Will we be able to help pay for our kids' college education, wedding, etc.?

***People***

- My wife and I are having problems with our marriage; I fear losing her.
- Am I spending enough quality time with my kids? I want to be more involved with them and teach them how to make good choices.
- I have no control over the life choices my kids are making (e.g., dating, driving, peer pressure, friend choices, social media, college decisions).
- The physical safety of my wife and teens.
- The effects of my divorce and all the insecurities that come with it.

***Faith***

- Am I being the spiritual leader my family needs? I feel like I've been the "Spiritual Leader" in our home in name only, not by my actions.
- The spiritual growth of my kids and their faith.

- My personal faith. I feel stuck and really want to grow but don't know what to do. I feel lukewarm.
- Discerning God's will for my life and my purpose as I make decisions that affect me and my family.
- I don't really have a faith, but lately I've been asking myself "Is there a God?" And if so, I've been asking, "What am I missing?" and "What am I afraid of letting go of?"

### ***Work***

- My job isn't fulfilling to me, but I don't know what to do.
- I don't feel my job is secure; I could get laid off.
- My job isn't bringing in the income that I really want and need.
- I'd like to make a career change, but I don't know where to start.
- I like my job but I am feeling overwhelmed and overworked. It's taking time away from me that I want to spend with my family.

### ***Health***

- My physical health and the health of my spouse as we get older. We want to be physically active as we age.
- I need to lose weight and live a healthier lifestyle to help with my diabetes, high blood pressure, and heart issues.
- Being a good example to my kids. Am I teaching them enough about making good health decisions?
- The declining health of my aging parents. Will I be able to fully help them like I want to?
- The emotional health of my spouse and kids.

### ***Sex***

- I want to be more sexually intimate with my spouse and have sex more often.

- My body image holds me back sexually because I don't feel attractive.
- Retaining my wife's physical attraction and desire for me.
- There are issues in my past that are holding me back from being fully sexually intimate with my husband.
- Whether or not my kids are having sex and how our culture is impacting how they view sex.

We all worry. Some of us more than others.

Worry is a broad human emotion with deep impact.

Worrying holds many people back from achieving the amazing things they were specifically designed to accomplish. Ultimately, it keeps them from becoming the person they desire to become.

Worrying can hold you back from achieving the big goals you have in your heart—the dreams you desperately want for your life and the lives of those around you.

Worrying can also destroy your health and cause you to make poor choices with negative results.

Worrying can cause you to:

- Feel exhausted
- Lose sleep
- Blow up at others
- Blow things out of proportion
- Lose your sex drive or hair or appetite
- Gain weight by stress eating
- Drink too much
- Feel sick to your stomach
- Become sick
- Suffer backaches

- Forget things
- Have panic attacks

And on and on and on.

Which of these effects of worrying have you experienced lately? (Trust me, when my wife and I were in the middle of our marital mess, we both experienced many of those effects.)

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### **Worry**

So, what is worry? In short, worry is feeling uneasy or concerned about something that's either currently happening or might happen to you or those you love. There are two main kinds of worry: worry over things you have control over and worry over things you don't have control over. And for most of us, WE WANT CONTROL!

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Here's the great news: you can eliminate worry from your life and begin enjoying peace. It's not always easy, but you can start taking control of it rather than it taking control of you. If you want to start living worry-free, I have found that identifying the situations you *can* control is a great place to start as you begin to establish clear priorities for your life.

Are your finances in shambles? Is your marriage struggling? Does your job stink? Do you need to shed some pounds? Is your sex life unsatisfying?

You have the power to change each of these type of situations; as you do, you will worry less and begin enjoying peace more.

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### **Worry You Can't Control**

Of course, there are some things we do not have the power to change. A loved one might get in a car accident, get sick, make bad decisions, or treat you unfairly. When you worry about such things, they control you. Eliminating worry about things you can't control is difficult, but possible. Seeking help and support from God through prayer is a great place to start. In 1 Peter 5:7 NLT you are encouraged to "Give all your worries and cares to God, for he cares about you." In doing so He will give you the strength to turn your worry into a trusting hope and peace. Also, opening up and sharing with a good friend and/or a counselor can be a great help as well. **Just remember, what you can control is learning how to keep worry from controlling you.**

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### **Three Critical Areas: Needs, Shoulds, and Wants**

As you begin identifying your specific priorities, it is important to start by looking at these three critical areas of your life: Your Needs, Your Shoulds, and Your Wants. You will find most, if not all, of your priorities in these three areas.

#### **1. Needs**

Needs are things you have to take care of that are negatively impacting your life. As you just read, one great way to identify your true needs is by looking at what you worry about. Specifically, those things you know you have control over but haven't taken the necessary steps to control. Much of your worry is due to your inaction. If you want to eliminate your worry over things you can control, then you need to identify this as



a priority, put together a plan to take care of it, and implement the plan. Doing this will help you stop worrying and start winning!

Ask yourself these questions to help you identify your Needs:

- What do I worry about that I *can* control? (Refer back to the Case Story about Worry and review the issues that applied to you, plus take note of any other issues not on the list.)
- What is a pressing issue in my life that will hurt me and those around me if I don't take care of it soon?
- Is there anything that I am holding back from doing that, if I did, would help me take an area of my life to the next level (i.e., something you're not doing because someone said you couldn't or that you weren't good enough or that you're afraid of)?

## 2. Shoulds

Shoulds are things you know are really important to do, but since you haven't placed any urgency on them, it's easy to put them off. The longer you wait to make them a priority, the more negative the impact will be on you and those you care about. We humans are really good at putting things off until the last minute but, ultimately, we know we will pay a price for our inaction one way or another. And if we wait too long, some of our Shoulds will eventually turn into our Needs.

I can't tell you how many times, during conversations about priorities, someone says, "You know, I really should do that." And that's when I say, "Don't *should* on yourself! Don't look back on your life and say, 'I *should* have done this or I *should* have done that.' Go do it!"

For example, many parents want to save money to help pay for their kid's college education someday. Say your daughter or son is two years old. The practical part of your mind says, "*If I simply save little by little*

*over a long period of time, I'll be able to have enough to make a difference when the time comes.*" But the impulsive part of your mind says, *"I'll never be able to save all that I'll need to, so why worry about it now. Plus, I've got more important things to spend my money on right now. I'll worry about it later."* For the next sixteen years you'll worry bit by bit and every time you think about it you'll tell yourself, *"I really should do that."* Then, when your child is a senior in high school, you'll regret that you failed to start saving back when they were two years old.

It is important to note here that there may be some overlap between your Needs and your Shoulds. And you may have identified some of your Shoulds as you read through the Case Story about "Worry." Keep this in mind as you begin identifying the Shoulds in your life.

Ask yourself these questions to help you identify your Shoulds:

- What things make me think to myself, *"I really should \_\_\_\_\_?"*
- Looking into the next five, ten, fifteen years or so, what things would I like to achieve that are important to me? What things will require consistency over a long period of time to achieve?
- If I were to die tomorrow, what are the most important things I should do today?

### **3. Wants**

Too often, we ignore our heart's desires—desires that give birth to dreams deep within us. But sometimes we allow our dreams to be held captive inside our hearts, trapped by our own negative thoughts of them being irrational, unattainable, or irresponsible. Worse yet, we may even allow the negative thoughts, words, and actions of others to lock our dreams up deep within us. But I urge you, don't ignore your heart. Listen to it closely. Begin exploring it; give life to what it's telling you to pursue. Now is the time to get serious and start living the life you were born to

live with the passions, gifts, and talents you were given. Don't hold back! You are given only one shot at this one life. So give it all you've got.

One of my favorite verses in the Bible is Psalm 37:4–5 NLT. It says, “Take delight in the Lord, and he will give you your heart's desires. Commit everything you do to the Lord. Trust him, and he will help you.” God wants you to succeed in your Wants, so much so that He promises to help you achieve them. As long as your desires align with His overall plan and purpose for your life, He will be with you every step of the way.

Sometimes people tell me that they feel guilty or selfish for wanting to pursue their heart's desires. It's critical to understand that those desires, many of which God has purposely placed on your heart, are there for a reason. If your Wants align with God's plan for your life, you will find that they will ultimately serve and bless other people. I encourage you to fully pursue your Wants with passion. If you don't, who will?

Ask yourself these questions to help you identify your Wants:

- If I could do anything in the world, and money and time were not issues, what would I do?
- What did I used to dream about doing that I have since forgotten or intentionally buried?
- What did I dream about doing or becoming when I was a kid that I still think about today?
- What have others told me that I do well or that I should consider doing?
- What dream has God put into my heart?

### Identify Your *Why*

Once you have identified your priorities, it's time to set yourself up for success. One key strategy I have seen drastically increase the likelihood of

achieving one's priorities is identifying a strong emotional attachment—what I like to call a *Why*—to each of them. This strong emotional attachment will provide you the internal motivation to do whatever it takes to achieve your priorities.

A clear *Why* will also help keep your priorities in focus and in order. Often, when you sense that your life is out of balance and your priorities are out of whack, it can be traced back to not being clear or focused on your *Why*. That's why having a clear *Why* and understanding its purpose is so important.

Sometimes our *Why* is buried so deep within us that it's hard to get to and difficult to express clearly. We know it's there, but we can't see it. But unless you truly know what is at its core, you lose the power that it holds to help you do whatever it takes to achieve your priority.

In helping people identify their *Why*, I love to take them through a powerful exercise using a simple question that allows them to pull back the layers of their desire until they get to the core purpose of why they want to achieve a specific priority. Not surprisingly, that question is, "Why?" Once they answer, I continue to ask "Why?" until we get to the core of their *Why*.


## CASE STORY: Why

### The "*Why*" Exercise

A few years ago, I worked with a young man I'll call Bob. Bob had a dream to establish a successful health and fitness company in his hometown. He was frustrated because he didn't know if he could do it. He allowed his fear and self-doubt to hold him back from what he felt he was called to do. So, I started the "*Why*" exercise and our conversation went something like this:

- Me:** “Bob, why do you want to start this business?”
- Bob:** “Well, for a few years I’ve felt this overwhelming desire in my heart to do it.”
- Me:** “Why do you have this desire?”
- Bob:** “Because I want to help people in my town with their health and fitness.”
- Me:** “Why do you want to help them?”
- Bob:** *(Thinks for a minute. His voice cracks, and tears well up in his eyes.)* “I have watched several family members and friends suffer, and a couple even die, because of health-related issues. I know that if they’d had someone to help them take the initial steps to improve their health, they would not have had to suffer.”
- Me:** *(Realizing that Bob is beginning to understand more deeply why he has this desire.)* “So why you?”
- Bob:** “I have the expertise and training to serve them and so many others in the town that I have grown up in and love.”
- Me:** “Now we’re getting somewhere. Give me some names that you are thinking of right now who you know could use your help. Tell me a little about their story and why they mean so much to you.”
- Bob:** *(Lists names one by one and shares little bits of their stories. This goes on for half an hour.)*
- Me:** “So now do you think you can start to build this business?”
- Bob:** “Yes.”
- Me:** *(For the last time)* “Why?”
- Bob:** “Because it hurts me to see my family, friends, and others in the community that I deeply care about suffer from health issues that I know I can help them with. If I can make a positive—and potentially lifesaving—difference in their lives, then that’s what I want to do.”





It's been several years since that conversation and Bob now runs his own successful health and fitness company that is truly fulfilling his *Why*.

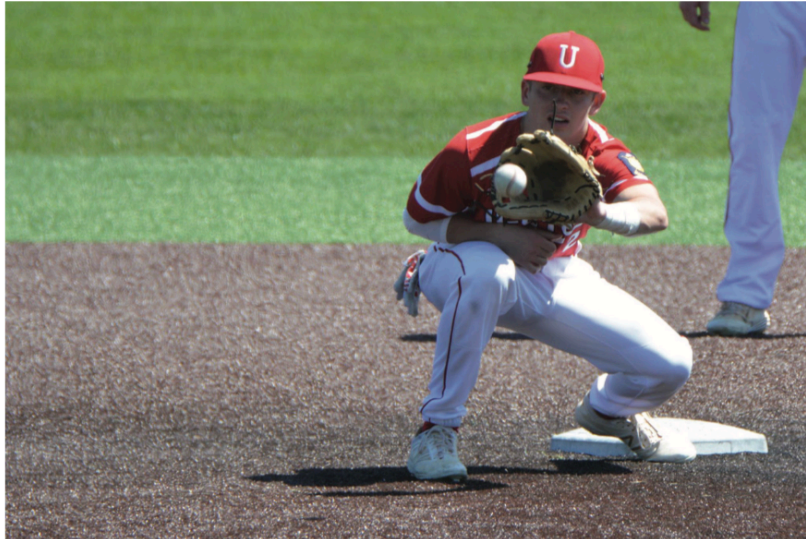
Identifying and knowing your *Why* is built on the foundation of loving God and loving people. You see, when you pinpoint the *Why* of your priority, you'll find that at its core it involves your desire to live out your love for God by loving people. Whether directly or indirectly, your *Why* will be tied to people.

Now there might be times when you feel strongly about setting out to achieve a specific priority and may not totally understand how your *Why* will be carried out. That's okay—none of us can foretell the future. The key is having the attitude and anticipation of being a blessing to God and people.

For example, my son is a gifted baseball player. He absolutely loves it and is good at it. It's been his dream for years to play in college—which he is now doing—and in the pros, someday. Playing baseball is one of his priorities. His *Why* is to bring glory to God through the way he plays each game and encourages his coaches, teammates, and opponents. Since he has this attitude, he seeks ways to impact the lives of those around him while being the best steward of the gift and opportunities God has given him. (And the scholarship he earns sure doesn't hurt his parents any, either!)

Speaking of his parents, after our big 2:00 a.m. fight, Tammie and I had a long talk the next morning. We knew we needed to begin healing our marriage immediately or else we would risk losing it. Neither of us wanted that to happen. We talked about the dreams we'd had when we first got married and what we wanted our marriage to look like in the future. We re-visited our *Why* during our conversation. Our *Why* was and is: To have a marriage where we enjoy being together, grow deeper in love every day, encourage each other to live out the plan God has





*Dylan Fitzgerald*

for our lives, set a powerful example for our kids of how a healthy and successful marriage functions, and honor God at all times. Re-focusing on our *Why* motivated us to take the steps needed to work hard on our marriage. Our *Why* continues to give us the courage to make choices that lead to success.

Ultimately, your life revolves around your choices. No matter how big or small they are, your choices determine your future outcomes. And, every choice you make will also impact someone around you. That's why it's so important to establish clear priorities that will help guide you to make the choices that will lead to your desired success.

Now it's time to put this first principle of *The Ultimate Success Formula* into action. The time and effort you put into this first step will set the stage for some amazing success in your life that will not only impact you, but those around you as well. This is your moment to design your future, rather than having your future design you. So I urge you: Commit now to seeing this process through to the end. You'll be glad that you did!

## Action Steps for Principle #1: Set Clear Priorities



### \_\_\_ **Action Step #1**

You will find *The Ultimate Success Formula Worksheets* for all of the Action Steps in the back of this book. You can either fill them out in the book or make copies of them and put them into a binder or folder to keep them organized and easily accessible. **A FREE digital download of the worksheets is also available at [OneShotOneLife.com/Worksheets](http://OneShotOneLife.com/Worksheets).**

To complete the Action Steps, you will need:

- Worksheets
- Binder or folder (if you make copies of the worksheets)
- Pencil/pen
- Highlighter

### \_\_\_ **Action Step #2**

Schedule time alone to sit down and go through *The Ultimate Success Formula* process. Make sure you have uninterrupted time that's free

from distractions. This kind of environment can help you truly evaluate your life in a proactive and effective way. Also, don't feel like you have to do it all in one sitting. Feel free to break the process into a few sessions if need be.

### TIP

If you are married, this is also a great exercise to do together as a couple. I suggest going through this process separately first and then coming back together once you have each identified your individual top priorities and sharing them with each other. You may find that in some areas you are both focused on the same priorities, and you can help each other in achieving them. You may also find that your spouse has some priorities that you don't or vice versa that might be worth considering aligning together. Either way, this is a great opportunity to intimately know each other's priorities and cheer each other on to success.

### — *Action Step #3*

Pray and ask God to walk with you throughout *The Ultimate Success Formula* process. Prayer is a powerful way to have a two-way conversation with God. Share all that's in your heart with Him: your Needs, your Shoulds, and your Wants. Nothing is ever too bad or too good to talk with Him about. And then be willing to listen to Him. Sometimes you'll sense a prompting, hear His voice, be impacted by an experience, recall something you have read, remember a conversation with someone, or even hear nothing at all. Simply be open to Him leading you to the priorities that will fulfill His plan for your life.

#### \_\_\_\_ ***Action Step #4***

Go to the six worksheets titled “**Identifying My Priorities.**” Each sheet has an area listed at the top: *Money, People, Faith, Work, Health, and Other.* We have identified these as the areas where most people find their priorities. For priorities that don’t necessarily fit in the first five, use the “Other” worksheet.

For each of these areas, write down all of the priorities (Needs/Shoulds/Wants) you can think of that you would like to achieve. And I mean everything that comes to mind. Don’t hold back. Nothing is too small or big to write down. If you run out of space on the worksheet, make more copies and keep on writing.

#### \_\_\_\_ ***Action Step #5***

In order to effectively achieve your priorities, it’s important to first narrow them down by identifying your top priorities and then begin achieving them one by one so you don’t get overwhelmed.

Go to each priority area sheet and, in the box next to each priority, put the number you feel best identifies its importance to achieve in your life (the legend for each number is at the bottom of each page). You will put a “1” next to those priorities you feel are VITAL to achieve, a “2” by those you feel are IMPORTANT to achieve, and a “3” by those you CAN WAIT to achieve. You can have as many of each number as you feel appropriately identifies each priority.

#### \_\_\_\_ ***Action Step #6***

Now that you have completed Step #5, it’s time to prioritize your priorities! Your goal is to identify your top two in each area. Again, go to each priority area sheet and use a highlighter to begin crossing off the priorities you feel are not the most important for you to pursue to achieve at this specific time in your life. Start by eliminating those that

CAN WAIT, move on to the IMPORTANT priorities, and then finish with the VITAL priorities. Continue until you have identified your top two priorities in that area.

You may find that you only have one or even no priorities in some of the areas. That's okay. There may be certain times in your life when this may be the case. As long as you have purposefully and intentionally given your attention to each priority area, you are on the right track. Keep moving forward with the priorities you have identified.

### TIP

Use a highlighter to cross off your priorities because you will want to continue to refer back to every priority you have written down over time. Don't delete any priority from your sheet or mind. Simply use Step #6 to identify your current top two priorities. As you begin achieving your priorities, you'll want to come back to your full list of priorities to find your next ones to pursue. Priority setting is an ongoing, ever-changing, and lifelong process for those who want to continually achieve great things with their lives.

### \_\_\_ *Action Step #7*

Now go to the worksheets titled “**My Top Priorities**” and write in your top two priorities for all six areas.

### \_\_\_ *Action Step #8*

Finally, with each priority, take time to really think about your *Why*. If necessary, use **The “Why” Exercise** found in this chapter to pinpoint your *Why*. Then write in your *Why* on the worksheet.

**TIP**

Make copies of the “**My Top Priorities**” worksheets that you filled out to place around the house or at work (e.g., on the fridge, bathroom mirror, by your desk, on your car dashboard, miniaturized to place in your wallet) for motivation.

CONGRATULATIONS! You are now a part of a very small and elite group of people who have intentionally identified the top priorities in every area of your lives.

Now it's time for you to take the next critical step toward achieving your priorities.



# "Why is this happening to me?"

Most of us have asked this question  
at some point in our life.

- ▶ Perhaps when a relationship was falling apart or slipping away.
- ▶ Or when the bills kept piling up and you didn't know how you were going to pay them all.
- ▶ Or when you got overlooked for a job promotion, laid off, or fired.
- ▶ Or when you felt stuck and that all your hopes and dreams were passing you by.
- ▶ Or even when life seemed so overwhelming and meaningless that you considered throwing in the towel.

Do you often worry about these or other things?

Life is not easy! But there is hope—hope for a truly fulfilling life that will allow you to live out your life's purpose with great success.

The **OneShot. OneLife.**® Ultimate Success Formula will help you stop worrying and start winning by achieving real and meaningful success in the areas of Money, People, Faith, Work, and Health. Inside you will learn how to apply five powerful principles that have been proven to bring success and help people achieve their life's priorities and dreams.

Remember, you only have  
**ONE SHOT** at your **ONE LIFE!**  
So get started today!



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