



Tip 6

SEEDS First



Seeds grow best when the soil is cultivated, watered, and fertilized. People grow the most when they are ready physically, mentally, and spiritually. **It is hard to accomplish a big goal if you are sick and tired.** In order to be most effective as a person you need to make sure you plant your SEEDS first. My wife, Lisa, inspired this strategy and our family seeks to live by it daily. Before we tackle big projects, we make an effort to tend to our SEEDS.

S = Sleep. If you are tired all the time, you cannot do your best work, making that big goal nearly impossible to reach.

E = Exercise. As the saying goes, “pay now or pay later.” A lack of exercise results in poor health, lack of focus, and lethargy. When I started exercising regularly, I felt so much better that my attitude and focus more than paid back the time I spent at the gym.

E = Eat right. For me, eating right includes:

- eating four vegetables a day
- limiting sugar, low-value carbohydrates, and fats
- avoiding processed meats and drinks that contain calories

D = Drink Water. When I drink 8-12 glasses of water a day, I feel better and crave bad foods less.

S = Source. For Lisa and me, our ultimate source is God. When we look to God for direction and give Him our gratitude, we find the strength, energy, and focus to accomplish our tasks, big and small.

Before tackling a big goal,
take care of your SEEDS:

- Sleep
- Exercise
- Eat right
- Drink water
- Source of strength

A healthy body is a guest-chamber for the soul;
a sick body is a prison. —Francis Bacon

Quality means
doing it **right**
when *no one*
is looking.

—Henry Ford