

Life's
Greatest
Lessons, 20 Things That Matter
By, Hal Urban

Tools needed:

Open Mind and Self-Awareness!!





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Read from text pg. 1-2

What's your
definition of
“the good life?”



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Text Read pg. 2-4

Does money
make you
successful?



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Read the 1st paragraph
on pg. 5-8

What would
your life look
like if you were
successful?



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No reading today. T.P.A. on the following quote by Tim Hansel:

“The good news is that the best season of your life can be ahead of you no matter what your age or circumstances-if you choose to make it so-because 90% of your potential is not only untapped and unused, but also undiscovered. That’s not just good news, it’s incredible



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Read text pg. 9-12

Would you be
comfortable
living in a world
that was
ALWAYS fair?



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Read text pg. 12-14

Respond to the following
quote by Tim Hansel

“Pain is
inevitable, but
misery is
optional,”



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Read text pg. 14-15

What do you do
that shows
everyday
courage?



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Read text pg. 17-20

Respond to the following quote
from Norman Cousins

“Of all the gifts
bestowed by
nature on
human beings,
hearty laughter
must be close
to the top.” –
What do you do
for pure fun?



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Read pg. 20-21

What is your
favorite joke?
Share a joke
with the class
(appropriate)



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Read Text pg. 29-31

What choices
do you have to
make daily? List
as many as you
can think of.



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Read text pg. 31-34

What choices can you make now that will affect your future positively? Negatively? What criteria will you use to make them?



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Read text pg. 34-36

What are your
top 5 choices
you get to
make?



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We will be sharing out responses today.

From the list of choices on pgs. 35-36, pick one choice you want to make differently. Explain what you can do differently, to help you make better choices.



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Read text pg. 37-41

How can you
have a good
attitude when
your world is
caving in?



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Read text pg. 41-42

If your attitude is
what you say
when you talk to
yourself, what is
your attitude?



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Read Text pg. 42-44

There are 3 ways
to approach life.

1. Think with an
open mind- how
can you apply this
to your life?

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Read text pg. 44-45

* There are 3 ways
to approach life.

2. Think for
yourself- “Don’t
let the world
around you
squeeze you into
its own mold”-
Romans 12:2
Respond to this
quote.

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Read text pg. 45-46


* There are 3 ways
to approach life:
3. Think
constructively-
People who
succeed in life
don't *think* they
can; they *believe*
they can.

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Read text pg. 47-50

“We first make our habit, and then our habits make us.” – John Dryden

What habits do you have that help you be successful?



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Read Text pg. 50-53

What habits do
you have that
demonstrate your
sincerity?



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No reading from text
today.

“We are what we
repeatedly do.
Excellence, then, is
not an act, but a
habit.” – Aristotle

Make a T Chart- See
board for example.

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CH. 7, Being Thankful is a
Habit- The Best One
You'll Ever Have.

No Reading From the Text Today

“Don't complain
because you
don't have...
Enjoy what
you've got.” - H.
Stanley Judd

How many times a day do
you complain? Go 48 hours
without complaining!

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CH. 7, Being Thankful is a
Habit- The Best One
You'll Ever Have.

No Reading From the Text Today

On a scratch piece of paper, guess how many people in this class were able to go without complaining? Write down a # and bring it to the front desk

What was the purpose of the complaining assignment?

What did you learn about yourself from trying not to complain?



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Read Text pg. 58-63

“When we focus on what’s right instead of what’s wrong, life improves considerably.” -Hal Urban

Compare how you felt over the past 48 hours vs. the previous 48 hours.



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Read text pg. 65-66

Reverence- Regard
or treat with deep
respect.

What do you hold
or treat with deep
respect?

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Read Text pg. 67-70

Hal Urban states there are 4 pillars of respect:

1. Manners
2. Language
3. Honoring the rules
4. Appreciating Differences

List these pillars in the order of importance to you and explain why.



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Read text pg. 70-73

“Our rewards in life will always be in exact proportion to the amount of consideration we show toward others.” - Earl Nightingale

Explain in your own words what this quote means.



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Read pg. 75-78

“Honesty is the best policy in international relations, interpersonal relations, labor, business, education, family, and crime control because truth is the only thing that works...and lasting relations can build” - Ramsey Clark

Hal Urban says we struggle with honesty every day of our lives. Do you agree or disagree? Why?



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Read text pg. 78-81

Dishonesty can be costly.

What costs will you
experience by being
dishonest? Personally?
Professionally?



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Read text pg. 81-83

“People who have integrity experience life at a different level. It’s richer, more meaningful, and more rewarding.” -Hal Urban

List 6 Reasons for Being Honest.



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Read text pg. 91-93

Motivation-
providing a
reason to act in a
certain way.

Who or what
motivates you
and why?



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Read text pgs. 93-98

Think of an important goal you have-
Now check your motivation:

- *Do you have enough desire to attain it?
- *Do you have a real belief that you can accomplish it?
- *Do you have a clear mental picture of yourself achieving it?

Explain your responses!



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Read text pgs. 99-103

“People with goals succeed because they know where they’re going.” - Earl Nightingale

Where will your goal take you, and how will you succeed?

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Read text pg. 104-107

“Virtually nothing on earth can stop a person with a positive attitude who has his goal clearly in sight.” -Denis Waitley

Pick a specific goal you have and answer the following:
What are the obstacles you'll have to overcome? Whose help do you need? What do you need to learn? What will the reward be?

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Read Text Ch. 13, *There's no substitute for hard work* pg. 109-114

After reading this section, what questions do you have for Hal Urban?

“The best prize life offers is the chance to work hard at work worth doing.” - Theodore Roosevelt

“I want to be thoroughly used up when I die, for the harder I work, the more I live.” - George Bernard Shaw

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Read text Ch. 14, pg. 115-121

“Success is the sum of small efforts, repeated day in and day out...” -Robert Collier

Right Choices →

Good Habits →

Accomplishments →

Fulfillment



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Read text Ch. 15 pg. 123-131

“To waste your time is to waste your life, but to master your time is to master your life and make the most of it.” -Alan Lakein



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Read Chapter 16, pg.
133-139

“...self esteem... feeling good about ourselves is the natural result of doing the right things and thinking the right thoughts.” -Hal Urban



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Read Ch. 17 pg. 141-146

“The mind is a bit like a garden. If it isn't fed and cultivated, weeds will take it over.” -Erwin G. Hall



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Read text pg. 151-156

“If you’re willing to accept failure and learn from it, if you’re willing to consider failure as a blessing in disguise and bounce back, you’ve got the potential of harnessing one of the most powerful success forces.”

- Joseph Sugarman



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Read Ch. 19 pg. 157-159 together
in class.

Write your own 6
Simple Rules of
Life, after
reading Ch. 19