PARTNERING WITH YOU TO FIND SOLUTIONS TO PROBLEMS,
ACCOMPLISH YOUR GOALS, AND ACHIEVE YOUR DREAMS

20,000 Days and Counting
The Crash Course for Mastering
Your Life Right Now

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The day for change is today and it’s more simple than you realize.

Most people sleepwalk through day-to-day life, passively letting time slip away. Unfortunately, the only thing that can usually wake people up to the intensity of life is impending death. But what if it didn’t have to be that way? 20,000 Days presents breathtakingly simple strategies and concepts that, once applied, will enable readers to be 100% present and intentional with every passing minute of every day, for the rest of their lives.

The book is designed to be read in under an hour and the effect is immediate. Within each segment are tactics for mastering control for your life; principles such as:

- Motivation is a myth
- You only have two choices, yes and no
- How to conquer rejection forever
- How BECOMING the problem will SOLVE all your problems
- Three sentences that will change your life immediately

These timeless principles apply to everyone from the pending graduate to the seasoned business professional; from the time-starved parent to the weary pastor to the restless entrepreneur.

On the 20,000th day of his life, the author sent an email that inspired and reminded a group of people of all ages to live in the moment. This group now includes you.
My Synopsis:

We’re all given the same amount of time in a day, yet each of our days end at various time unknown to us in advance. This is a great book to remind us of this, and it challenges you to take the action necessary to begin living the life you want; to take advantage of the days in your life, and make them count!

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p.1 “Time is the one thing we possess. Our success depends upon the use of our time, and its by-product, the odd moment.” – Arthur Brisbane

p.3 “I must govern the clock, not be governed by it.” – Golda Meir

p.7 ...the thoughts and actions I have pledged to implement daily for the rest of my life in order that I live with intense purpose, constant joy, and lasting influence.

p.9 Anything that is wasted effort represents wasted time. The best management of our time thus becomes linked inseparably with the best utilization of our efforts.

p.13 I know I will die, but I do not know how long I will live.

p.14 I will gain critical wisdom: Counting my days has created a sense of intense urgency, causing me to choose how I am going to live and know what I am living for now.

p.15 ...don’t focus on time, but on events themselves.

p.16 The sum of what I do today is more expansive and far reaching than I can comprehend. This gives me certainty to continue with tons of massive action all day.

p.16 To make your dreams possible, act on them with open eyes.

p.17 Present success or failure does not measure the true value of your life’s work.

p.17 “No Reserves. No Retreats. No Regrets.” – James Dean

p.31 Never forget the people who count in your life.

p.32 It is essential to understand that you have been dying since the day you were born.

p.35 If we can learn how to die, we’ll know how to live.

p.38 When you were born, you cried and the world rejoiced. Live your life in such a manner that when you die the world cries and you rejoice.

p.41 You have to be emotionally connected to what you are doing in order to pursue it with intensity.

p.41 In order to make every day count, you must have that emotional connection – the fanatical commitment to follow through.

p.45 ...if you don’t stop to celebrate the little steps along the way, you get burned out.

p.46 The little steps must be recognized and honored. The main goal would be unreachable without them.

p.46 Spreading celebration and joy is the only way to withstand the intensity of your mission.

p.47 “A man who dares to waste one hour of his time has not discovered the value of life.” – Charles Darwin

p.51 Increase your productivity, then the motivation will follow.

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Of all the decisions we have to make every day, how many real choices do you have? There are only two. You can only decide yes or no.

If you want things to change in your life, you have to be open to change, to new possibilities. To yes.

No goals, no direction, no ambition – therefore no vision and no hope.

Yes means taking chances, putting yourself out there, embracing the unknown.

“Do or do not; there is no try.” – Yoda

If you assume that you are the victim, you lose power.

If you’re the problem, you can solve it. So assume the responsibility, own the difficulty, and I guarantee you will create a solution.

“The first hour of the morning is the rudder of the day.” – Henry Ward Beecher

I purposely find ways to spend more time each day on what’s important to me.

...when faced with the question of what’s next, do what you know to do.

“We do have a plan. It’s called doing things.” – Herb Kelleher

“He who every morning plans the transaction of the day, and follows out that plan, carries on a thread which will guide him through the labyrinth of the most busy life.” – Hugh Blair

What if you considered rejection to be a crucial part of your search instead of an obstacle?

“You never will find time for anything. If you want time, you must make it.” – Charles Buxton

Are you spending life merely reacting to events as they happen, or are you moving forward each day with a clear objective?

Your life will take place whether you have a plan or not, so have a plan.

Every day you have an opportunity to make ripples.

Winning is defined by the legacy you create, and legacies always take time to build.

“Time stays long enough for anyone who will use it.” – Leonardo Da Vinci

...there is tremendous power in owning those “little” things for which you have talent.

1) Whose life am I going to brighten today?
   – What three things am I most grateful for today?
   – What memories am I going to create today?
   – What challenge am I going to overcome today?
   – What value am I going to create today?
   – How much joy can I create for others and myself today?
   – What life-changing decision(s) am I going to make today?

Bonus: What question am I not asking yet today?

Never be misled by the number of hours in a day.

The present moment is the only moment you totally control.

“Success in the majority of circumstances depends on knowing how long it takes to succeed.”
   – Charles De Montesquieu

We have an amazing ability to overestimate what we can do in the next five years and totally underestimate what we can do in the next fifteen minutes.
“In truth, people can generally make time for what they choose to do; it is not really the time but the will that is wanting.” – John Lubbock

“Experience is overrated, usually by old men who nod wisely and speak stupidly.” – Og Mandino

“Life is not about finding yourself; it is about creating yourself.” – Og Mandino

“Your odds for success will increase with the number of decisions you make.” – Og Mandino

Decisions you make right now can change your life forever.