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7 Lessons Life Taught Me This Week

- **All things being equal the one who wants it the most usually wins:** During the racquetball tournament last weekend I beat several people who were as good as me. One probably was better. In the end I wanted it more and took second place.
- **Usually the better player wins:** I lost the final match to a player who spanked me. No matter how hard I played I just couldn't overcome his superior skills.
- **Basic skills do matter:** My back hurts. I almost couldn't walk. It is time I go back to basics and work on my swing mechanics and footwork. I'm using my back too much and my court movement is mediocre. I will not improve any further until I make changes.
- **Some people are better sports than others:** Most of the guys at the tournament were pretty cool. A couple were grade a jerks. Guess who I enjoyed beating? Guess who I'll go out of my way to talk to next month?
- **Even if you have 16 available hours a day to get things done you can still only accomplish so much:** I had a lot of stuff go on over the last couple weeks. No matter how hard I tried it was just too much for one person. You need to know your limits and learn to say no.
- **My abdominals hurt:** Why oh why did I start my new workout regime? Oh, I remember. I'm tired of being in *good* shape. I want to be in the best shape of my life. Not so the girls ohh and ahh. It's so I can:
 - Be the best I can be. \
 - Stay healthy as I get older (I'm approaching a milestone).
 - Set a good example for my kids.
 - Have more energy.
 - Be the best racquetball player and athlete I can.
- **Do the right things and good things happen:** I have several areas of my life where I am focusing on the basics and doing the right things to the best of my ability. As a natural consequence good things are happening:
 - I am in the top 5% of salesmen in my company and improving.
 - Our subscribers at Wealth and Wisdom are growing around 9% a week.
 - I just had a comment that touched me deeply. Missy read [How to respond when your family asks for money](#) and it hit a nerve. It fit her life and was wisdom she needed.
 - My racquetball game is improving and I just was offered (and I accepted) a sponsorship.
 - UCLA has requested to use some of my work at their business school and career center.

Have a good weekend

I personally plan on shutting down the computer and not firing it back up until Monday. Yes, I'm taking a media vacation. Don't worry, I'll be back raring to go on Monday!

You can also find this article published on [7 Lessons Life Taught Me This Week](#), and on the tag pages [Life balance](#).