



Monday Matters

March 16, 2015

John Wooden Reflections

It's March Madness time again and basketball fans all over the country are hoping their team will be in the championship game come April. This time of year brings back memories of John Wooden, one of the most successful basketball coaches of all time. In a book written by Wooden and Steve Jamison titled "Wooden: A Lifetime of Observations & Reflections On & Off The Court", he provided us with some insightful thoughts. In the book Wooden described the day his dad gave him a list on a piece of paper and said, "Son, try to live up to these things." He used that list of seven things as guidance to shape his career, his marriage and his philosophy.

1. Be True To Yourself

At the end of the day, there is no one whose opinion matters more than your own...so be true to yourself. "Don't compare. Don't try to be better than someone else. But whatever you're doing, try to be the best you can be..."

2. Help Others

"Give and you shall receive" is a powerful old saying. While your motivation for helping others should not depend on others helping you back, it is surely true that you will receive back more help when you have a giving attitude.

3. Make Each Day Your Masterpiece

A "masterpiece" of a day will be different for all of us. As Wooden points out: "Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."

"Never mistake activity for achievement."

"You can't live a perfect day without doing something for someone who will never be able to repay you."

4. Drink deeply from good books (Wooden's favorite was the Bible)

Wooden believes reading is a key to success. Charlie Munger once said, "In my whole life, I have known no wise people who didn't read all the time - none, zero."

5. Make friendship a fine art

Friendship and family are key to success in life, but they require some work. "Friendship comes from mutual esteem, respect, and devotion. A sincere liking for all."

6. Build a shelter against a rainy day



John Wooden - Take a moment and listen to what he has to say.

A shelter can be physical, financial or emotional but faith, family and friendship are the most valuable shelters to be building in your life.

7. Pray for guidance and count and give thanks for your blessings every day.

I am sure each of us can take some or all of these seven things and put them to use in our lives. One of the best quotes I have found by John Wooden is, "*Material possessions, winning scores, and great reputations are meaningless in the eyes of the Lord, because He knows what we really are and that is all that matters.*"

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