

UNIT 1

iDo





“I Do”

Two words that will make a difference in your life and in the lives of others.

Good intentions are overrated. Good actions are underrated. Our lives are measured by our actions, not our intentions. However, most of us want to be valued by our intentions, not our actions. Does it really matter if we wanted or really intended to do something, but ended up not doing it? Not doing anything is the same as intending to do something but never actually doing it.

There is a success gap between knowing what we should do and doing it. The lessons you will learn will help you close the gap from someday to today... occasional to continual... dreaming to doing... wishing to achieving!

Action is the basis for success. Every action may not give you success, but without action no success is possible. Life rewards action. To get from where you are now to where you want to be requires movement. Even when the right action doesn't work, it provides you with information. This kind of failure creates new options. Scientists know this well. Their failure rates are extremely high because they are continually experimenting. Their successes are formed out of their failures.

Time works against anything that is stagnate. Machines that aren't used, rust. Water that doesn't move becomes poisonous. Great white and whale sharks that don't swim suffocate. Albert Einstein said, "Nothing happens until something moves." Our fatal mistake is waiting to be motivated before we take action.

I don't want to get out of bed until...
I don't want to do my chores until...
I don't want to do my homework until...
I don't want to exercise until...
I don't want to practice until...

The two motivational words needed to be added after “until”:

“I start!”

You will never be motivated until you start.

Start now.
Start where you are.

Start with fear. Start with tiredness. Start with loneliness. Start with boredom. Start with pain. Start with doubt. Start with hands shaking. Start with voice trembling but start. Start and don't stop. Start where you are, with what you have. Just... start.

The moment we take action, do something, then, and only then, do we feel like doing it. The first step of action is always the most important step. What we won't do will keep us from success a lot more than what we can't do. The secret of getting ahead is getting started. Motivation is a result of action. Waiting is the least motivating thing you can do!

The following lessons are designed to influence you to do, to take action. Why? Action is the key to creating the changes needed to propel you in the direction of your dreams. Nobody ever regretted successful actions. Your future will be better if you practice the following lessons. It doesn't guarantee your success or happiness, but it will give you a better chance at both!

iDo Lessons

UNIT 1

1. My Questions Influence My Actions
 2. My Values Influence My Actions
 3. My Priorities Influence My Actions
 4. My Thoughts Influence My Actions
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UNIT 2

5. My Friends Influence My Actions
 6. My Experiences Influence My Actions
 7. My Growth Influences My Actions
 8. My Pain Influences My Actions
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UNIT 3

9. My Conversations Influence My Actions
 10. My Self-Image Influences My Actions
 11. My Habits Influences My Actions
 12. My Relationships Influence My Actions
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UNIT 4

13. My Listening Influences My Actions
 14. My Health Influences My Actions
 15. My Perspective Influences My Actions
 16. My Dreams Influence My Actions
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Lesson 1

My Questions Influence My Actions

Part 1



“If you know the right questions, you will ultimately find the right answers.”

JOHN C. MAXWELL

LEGEND:

Use the prompts throughout the lesson to guide you.



First person
read aloud.



Next person
read aloud.



Underline what's
important to you.



Share with
others.



Group
activity



Take
action.

HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:

1. Form groups of 6 to 8 people within the classroom.
2. Respect and value each person in the group.
Encourage yourself and others as you share.
3. Take turns reading each section of the material out loud.
4. Discuss openly. As you read, underline what is important to you.
5. Evaluate yourself. Review. Reflect. Apply. Have fun!

THE GOAL OF THIS LESSON:

**Practice asking good questions
of yourself and others.**



01

Five Frogs on a Log



Riddle: Five frogs are sitting on a log. Four decide to jump off. How many are left?

What is the answer?

Take your time.

No rush.

Okay, how many are left?



ASK EACH PARTICIPANT TO GIVE THEIR ANSWER.

The most common answer is “one,” but that’s the wrong answer. The correct answer is five. Why? Because the four that “decided” to jump off the log; that’s all they did. There is a big difference between deciding and doing!

Good intentions are overrated. Good actions are underrated!

The Law of Diminishing Intent

The longer you wait to do something, you should do now, the greater the odds that you will never do it!

Too often we are like the four frogs on the log. We decide to take action, but we don’t. Often, we say to ourselves, “it’s not the right time to begin.” So, we wait allowing our intentions to win over our actions.



SHARE WITH YOUR GROUP:

Have you ever had an intention that never turned into action? What was it?

“Life lived for tomorrow will always be a day away from being realized.”

LEO BUSCAGLIA

SHARE WITH YOUR GROUP:

- There is a big difference between deciding and doing.
- Good intentions are over rated. Good actions are under rated.
- The longer you wait to do something that you should do now, the greater the odds that you will never do it.

Which statement is most important to you? Why?



02

Four Questions That Influence Your Actions

“Questions are like keys. They unlock the doors of action for us.”

JOHN C. MAXWELL

1. “What do I feel?”

The feeling question is the easiest to answer because feelings are central to our lives. Emotions can hold knowledge for you, if questioned prior to acting on them. Feelings often come on quickly and are impulsive reactions therefore they can be prone to error. Due to this, your feelings can be misleading if you always react to them without first questioning them. What we feel usually becomes the very first influencer of our actions. It is important to know that your feelings are not the ‘real or complete you’. They are only a part of you that will help give insight to your actions, reactions or inactions.



Have you ever had an argument with someone and then discovered you were wrong? What did you do? Did you apologize and leave it at that? Or did you apologize with a “but”?

But... you should have realized that would upset me.

But... you know I don't deal well with that kind of thing.

But... I was sure you said.

But... I still think you could have considered my point of view.

It doesn't really matter what the “but” is; it always represents the same thing. It's your mind attempting to manipulate the facts to agree with the way you feel, rather than accepting that your feelings were wrong in the first place. Accepting that our feelings are wrong is one of the most difficult things to do because feelings become our first impression and can seem more important than they are.

FACTS ABOUT FEELINGS:

Check which statement you think is the most important fact about feelings.

- Feelings are not the real and complete you.
- Feelings are not always reasonable or logical.
- Feelings come and go.
- Feelings alone should not influence actions.

SHARE WITH YOUR GROUP:

What is the most important thing you have learned about your feelings?



SHARE WITH YOUR GROUP:

Which of those four statements were most important to you? Why?

What good intention will you move into action?



TAKE ACTION:

**Today I will take one good intention
and make a good action.**



End of Lesson 1, Part 1

Lesson 1: My Questions Influence My Actions

Part 2



THE GOAL OF THIS LESSON:

Practice asking good questions of yourself and others.

REVIEW OF LESSON 1, PART 1:

- Deciding and doing are not the same thing. (Frogs on a log)
- Good intentions are overrated.
- Good actions are underrated.
- The Law of Diminishing Intent: The longer you wait to do something you should do now, the greater the odds that you will never do it!
- Your feelings are a part of you but not all of you.

In Part 1 of this lesson, you chose one out of four facts about feelings.

Which one was most important to you? What good intention did you turn into a good action?



ANSWER BELOW AND SHARE WITH THE GROUP:

EVALUATE YOURSELF ON A SCALE OF 1 TO 5:

Circle your answer. (1 is weak, 5 is strong)

1 2 3 4 5

Why did you give yourself this rating?

Four Questions That Influence Your Actions



1. “What do I feel?” (Part 1)

2. “What do I know?”

Often facts are in direct conflict with your feelings. Knowing this truth can make you uneasy. It triggers feelings you may not like, perhaps guilt, disgust, frustration, or any number of other undesirable emotions.

To follow your feelings and ignore the facts will limit you. To follow the facts and ignore your feelings will frustrate you. But when you get the facts correctly and integrate them with your feelings, your thinking becomes solid.

It matters that you feel what you feel. However, it is not reality. Not separating feelings from facts becomes destructive for you and others.

For instance, just because someone feels that you did them wrong doesn't mean that you actually did. Many miscommunications and misunderstandings arise when that happens. Sometimes facts aren't pleasant. Sometimes the truth hurts. Sometimes what we wish to be true simply isn't, and no amount of wishing will ever change it.

If you don't ask the question “What do I know?” then you move through life based on assumptions. Looking for facts throughout conversations and your personal experiences can provide a foundation of reality thinking.



SHARE WITH YOUR GROUP:

Look at what you underlined. Which statement is most important to you and why?





3. What do I think?

Think Choice

Now that you have gathered your feelings and the facts, it's time to think correctly. Think choice! Stop telling yourself that you have to do this, or you must do that, or you should do this. Those thoughts will weaken your motivation to act. Simply reframe your language to say, "I choose." I choose to forgive. I choose to not feel sorry for myself. I choose to do the right thing regardless of my feelings. I choose to admit to my mistakes. I choose to say I am sorry. The moment you choose you will feel empowered to take action. Thinking without doing is more exhausting than just doing.

What have you thought about doing that you have not done?

Everything in your life will be held in temporary suspension until you take action.

Below are three questions that influence your actions. Act them out together.

1. What do I feel? Place your hand over your heart
2. What do I know? Place your finger to your temple
3. What do I think? Place your hand to your chin



4. What do I do?

Leonardo Da Vinci said,

"I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do."

Starting is the first and most important step in taking action. Musicians say that the hardest part of practicing is taking the instrument out of the case. To begin is to be half-done. A small step in the right direction is the biggest step you will take.

“I’ll try to do my best” is a statement that most of us have made at one time or another. It is a way of saying that the route to achievement is found in having a “trying attitude.” But is a “trying attitude” enough? Can we move from where we are to where we want to be with a “trying attitude”? I think not! Because when we stop to think about it, trying is not a commitment. It is just another way of saying “I’ll make the effort,” or “I’ll go through the motions”.

If a “trying attitude” is not enough, then what is? It is a “doing attitude.” There is great magic in the little word DO. For when we tell ourselves “I’ll do it,” we unleash tremendous heart power, giving us a desire to excel and a complete aliveness and total dedication to get done what needs to be done.

It is a “doing attitude” that helps us to become who we are to be. It is not enough to just “try.” “To do” is the thing. And we will take action as long as we keep telling ourselves over and over again, “I can do it”... “I will do it”... “I did do it!”

03

Statements That Move Us To Take Action

- **Action comes before motivation.**

It is easier to act your way into feeling than to feel your way into action. Just do it!

- **Action finds the answers.**

You never have all the answers before you start. You have to start before you have all the answers.

SHARE WITH YOUR GROUP:

What did you underline that was important to you?





GROUP ACTIVITY:

Below are four questions that influence your actions. Act them out together.

1. What do I feel? Place your hand on your heart.
2. What do I know? Place your finger to your temple.
3. What do I think? Place your hand to your chin.
4. What do I do? Flex your muscles.



SHARE WITH YOUR GROUP:

Which question do you think is most important?

Which question do you need to improve on?

My Action Plan

1. What do I feel? My feelings are important but are not enough.
2. What do I know? Facts must always balance my feelings.
3. What do I think? My choice gives me control over my life.
4. What do I do? Take action! Nothing happens until I start.



TAKE ACTION:

Today I will act upon a combination of what I feel, know, and think.





John C. Maxwell, a #1 New York Times bestselling author, coach, and speaker, was identified as the #1 leader in business by the AMA and the world's most influential leadership expert by Inc. in 2014. His organizations — The John Maxwell Company, The John Maxwell Team, EQUIP, and the John Maxwell Leadership Foundation — have trained millions of leaders touching every nation.

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