

Lee Davis – various thoughts expressed

“... live within your limits. Know yourself, relish the individuality of your own personality but don't ever, ever measure your own merits by someone else's. I used to say to your mother, 'Hey, I'm a 10 gallon jug and I can take just ten gallons, no more. Don't try to pour 11 gallons in me or I won't last. There are a lot of 12 and 15 gallon jugs out there, and that's fine. I admire them for what they are. And there are some 5 and 6 gallon jugs, too. And that's fine. I don't feel superior to them. I just want to be me, and no one else, to live up to the potential that I have and not feel badly because I'm not Einstein or a Pete Rose or a Terry Bradshaw or the President, or whatever.' You're going to meet a lot of men along the way, guys that 'never have to crack a book' and you must learn right now never to feel inferior to them or try to match them in the peculiar qualities that they exhibit that are unusual. You have some qualities that are unusual, too, some that are unique to you that no one else can match. Be thankful for them, and envy no man.

What I'm trying to get you to say is, 'Hey, I have potential for a lot of accomplishment, but I have to ration myself intelligently and in keeping with my own capabilities. I can't do everything and do it well. If I try, I'll do nothing well. I can however do some things very well if I don't try to overreach my own individual, unique make-up.' Your Dad couldn't be the big man on campus and still make his goals in grades. Some of my friends in Phi Delt could - - they burned the candle at both ends and still have some candle left. That's fine. I couldn't and the wisest day of my life was the day I said to my self: 'I'm gonna be me, and live within my limits and enjoy the heck out of life.' And I did too, and still do.”

“Education is a companion which no misfortune can decrease, no crime destroy, no enemy alienate, no despotism enslave; at home a friend, abroad an introduction, in solitude a solace, in society an ornament. It chastens vice, guides virtue, and give grace and government to genius. Education may cost financial sacrifice and mental pain, but in both money and life values it will repay every cost one hundred fold.”

Take Control of Your Life, Leland!

OVER-ALL: Lighten up Leland! Enjoy more. Don't for goodness sake be so serious about everything. Do more of all this "just for the pleasure of doing it."

Goal #1 – prep for CSM: become an "instrument of thy peace." (use the one "gift" I have to have this the main thrust.)

Go around the house – list the items you would include in "taking control of my life" – items that would give me pleasure

IDEAS

- The "agenda-less day" – why not? It is at the core of this "fresh look at everything."
- What in reality are the MUSTS?
- The "week" list – review RASPBERRY and set up – MUST? Appointments, bike, prayer, meditation, all things related to health

IDEA: Write more. Enjoy nature more.

IDEA: List stuff that classifies as (nuts/lice)

List more "options" from which to draw – things that make me happy! IDEA: have more "right here, right now" moments...I am enjoying this!

[see #1]

Things pending that need attention soon (2/13/15)

- Enjoy!
- Calming quotes
- Things pending that need attention
 - "Write Time" segment
 - "Touch Base" segment (Prayer – God's Time)
 - Check "Prime Reminders" page
 - Auto maintenance, bills to pay
- Priorities for today
 - Pay bills
 - Exercise
 - Prayer
 - Spend time with Jesus

One thing only at a time!

[see #2]

Just DO IT! or DON'T DO IT!

Notes to Myself on PEACE OF MIND

- Become selective as you decide what you are going to think about
- Think only of what makes you happy – decide to do that!
 - Do not think of what does not
- You have no direct control over feelings – you DO have control over thought, which DOES control feeling
 - My faith – ecstasy;
 - My pearl of great price

Above all else, create in yourself the permanent, unchanging* strength** of the presence of God in your life, best defined by the figure of Jesus as the full time guide

* recognition of

- “seek first His kingdom and his righteousness (Matthew)...
- do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day’s own trouble be sufficient for the day.
- For God is not a God of confusion but of peace – I Corinth

The secret of serenity – Let Go! Let God!

Peace of mind: so treasured it has no equal in life

Choose only those thoughts, deeds and words that, on reflection make you pleased with what you thought, did and said.

Scripting what lifts me up helps me maintain inner peace

