Craig D. Lounsbrough, M.Div. LPC

Good as the Enemy of the Best

Licensed Professional Counselor

Certified Professional Life Coach

“That’s good enough.” We hear that all the time and we say it quite a bit of the time. It appears that we have dumbed-down our expectations on so many fronts that our lives are likewise ‘dumbed-down.’ A commitment to excellence appears to have all but vanished. A desire to *‘take it to the next level,’* or *‘push the envelope’* has too frequently been replaced by apathy and altogether lost in some moribund sense of mediocrity. When we succumb to such diminishing mentalities we live out horribly diminished lives. We never achieve what we are truly capable of achieving. And we leave a legacy that is too often weak, anemic and shallow when it need not be.

How would I describe my investment in life? Examples would be: casual, nonchalant, pessimistic, optimistic, jaded, disengaged, disinterested, motivated, driven, etc.

How much do I feel my efforts will ultimately affect the outcome?

If I were to be honest, does my goal tend to be more driven by the desire to achieve a task, or am I more driven to bring a degree of quality and craftsmanship to the task?

What percentage of my actual abilities do I typically invest in my daily living?

0 10 20 30 40 50 60 70 80 90 100

 Percent of Abilities Used in Daily Living

What percentage of my actual abilities would I like to invest in my daily living?

0 10 20 30 40 50 60 70 80 90 100

 Percent of Abilities I Would Like to Invest

1. What three conclusions can I draw from what I see on the questions above?
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Based on those conclusions, what three things can I begin to do right now?
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_