



MONDAYS

with Mike

Don't keep score

Don't keep score? What do you mean, don't keep score! Clint Hurdle, former major league baseball player and current hitting coach for the Colorado Rockies, shares a unique concept about score keeping and life in his book, Hurdle-isms. He decided that he would simplify his approach to hitting by focusing on his preparation, hard work, and controlling what he could control – effort and energy. He would stop watching the scoreboard for his current batting average.

Could this work in his personal life, he thought? You mean we can just do the right thing because it is the right thing to do? If someone asks us for a favor, shouldn't we document it and place it in a file to be brought up later when we would need a favor? Furthermore, if we give a super cool and expensive Christmas present, and we get a book in return, what's up with that? Remember when we went to dinner and I picked up the bill and you gave me a dozen plain doughnuts as fair-trade value? Really!?

Keeping score will wear us out and we will wear out everyone in our circle of friends.

This week, let's do the right thing because it is the right thing to do and expect nothing in return. Watch what happens to our overall "life returns" as we do!

Have a great start to your week!