



One Week to Live – By Ralph Simone

Recently I lost a good friend rather unexpectedly. The loss hit me at many levels; however, what's been most difficult to shake was the missed opportunity to spend a few hours on his last day with him. He had invited me to a luncheon where a famous football coach and motivational speaker would be featured. I graciously declined because of a client meeting I had previously scheduled. Dave attended that event, enjoyed it, and just a few hours after the event he died. While sharing this experience with my coach, she asked: *What would you have said to Dave, knowing that it was going to be the last time you would see him?* This was a great question and created a real opportunity for pause. But the pause didn't last too long because the answer lay deep within me and was quite easy to retrieve. Here it is.

I would thank him for his passion and insights, for his perseverance and authenticity, but most of all I would thank him for being a wonderful role model. Dave was a person who had experienced great physical hardship through most of his life, but these hardships never kept him from living. He'd suffered from rheumatoid arthritis for over 30 years. He had both knees replaced twice, and each of his hips replaced. He recently was diagnosed with a rare tissue cancer and was preparing to overcome yet another hurdle when he died. I share this with you because Dave had more physical pain than most of us will ever experience, and yet it did not prevent him from fully engaging in the game of life.

His insights, while tremendously valuable, were sometimes hard to hear. He could see things in you and for you that many times you were unable to see for yourself. His true friendship was demonstrated in sharing these insights even if was something you truly did not want to face. His gift was true authenticity; a gift not easily accepted, yet eventually always appreciated.

He had a passion for sports, religion, finance, and for life itself. I recently read a passage from the book *Thinking Clearly* by Jerry Stocking in which the author asks the reader what he or she would do if they knew they only had one week to live. The simple answer for me is that I would live like my friend Dave lived. I would replace the urgent with the truly important and I would live today in the present moment, as if it were the last day of my life.

Today's Quote:
Don't forget until too late that the business of life is not business, but living.

-B.C. Forbes



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Leadership Practice:

- **Make a list of some things that you have been thinking of doing but just haven't made the time to do.**
- **Select one or two of the most important items on the list and make a commitment to do those activities this week.**
- **If you only had one year to live, what would be the important, but not urgent, activities that you would do during that year?**

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