

real key to his success was that he looked for the top individuals in each department and asked every question he could think of, and they became his mentors. The achievement of your goal will come when you seek out people who know more than you do.<sup>5</sup>

## S - Standard

Finally, autograph your dreams with excellence. Vince Lombardi, one of professional football's most successful coaches, once emphasized, "The quality of a man's life is in direct proportion to his commitment to excellence, whatever his chosen field of endeavor." And we could readily include his goals. You have read the quote that says, "If it is working, leave it alone," but I like this concept better when it comes to our dreams: "If it works, improve it."

Early in the marathon event at the 1968 Summer Olympics in Mexico City, John Stephen Akhwari, representing Tanzania, fell badly, injuring and cutting his knee as well as dislocating the joint. Rather than quitting, he

continued the race, alternating between trotting and walking. More than three hours after the 73 other competitors had finished the event, he finally entered the arena, cheered on by a small crowd of spectators and media personnel. When one of the reporters asked him why he kept going when most people would have understood why he would have quit, his reply was, "My country did not send me 5,000 miles to Mexico City to start the race. They sent me 5,000 miles to finish it."

My desire for you is that you finish this year with your significant dreams still intact.



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# the Stewpot

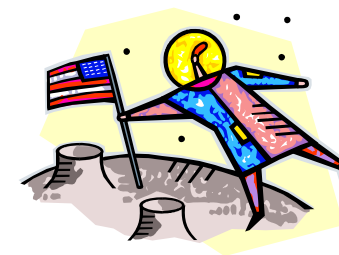
A potpourri of practical ideas to help you become a better steward

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## DREAM ON

By Gordon Botting, DrPH, CHES

I remember it as though it were yesterday, sitting in my college professor's living room, watching on his small television as mankind took its first step on the rocky surface of the moon. If my generation of baby boomers had any doubt about a man walking on the moon, in those few moments as we watched those flickering black and white



images, we were immediately transformed into fervent believers. Today we have whole generations of kids who see this scientific milestone as just part of history and, like the rest of us, take for granted what happened nearly 40 years ago. But can you imagine what history would have been like if President John F. Kennedy hadn't inspired our nation in the early sixties with what at the time seemed an impossible dream of landing a man on the moon?

What would have happened if John Adams, in 1774, had not boldly declared his dream, "Someday, I see a union of thirteen states, a new nation, independent from the Parliament and the King of England." What would have happened if another Englishman named William Wilberforce, had failed to stand up before the British Parliament and lobbied nearly to his deathbed that slaves would no longer be bought and sold as common animals.<sup>1</sup>

"The future belongs to those who believe in the reality of their dreams." — Eleanor Roosevelt

Stewardship is a total lifestyle. It involves our health, time, talents, environment, relationships, spirituality and finances.

These illustrations remind us of the words of philosopher Ayn Rand, “Throughout the centuries there were men who took first steps down new roads with nothing but their own vision.”

I believe it is important for each of us to once again inspire ourselves and others with new dreams and goals for the New Year 2009. To assist us, I have taken the word “goals” and made it into an acronym to help our individual dreams become a reality.

#### G - Go for it

It’s amazing how often you observe a person who has a worthwhile goal but takes no steps to achieve it. Maybe they think that by setting a goal it somehow will come to pass. Or maybe they cannot actually visualize achieving their goal. It is at this point that we see the value of the development of single-mindedness. At the unveiling of the monument to Beethoven, someone stated: “He who lies here was possessed. Seeking one goal, suffering, and sacrificing for one purpose, thus did the man go through life. If there are some of us who can still feel a sense of total dedication in these fractured times, let us meet at his grave” (Grillpaezer).



As a new U.S. president is installed this month, we are reminded of another former leader who understood singleness of purpose. Political consultant and commentator Paul Begala, in speaking of Ronald Reagan, said, “The American people knew what he stood for — lower taxes, less government, and a strong defense.”<sup>2</sup> I like what Zig Zigler said when he described how to make goals very specific. He said every goal has to be *meaningful, specific* and not a *wandering generality*. Once you know definitely and specifically what your dream is, then go for it! If you don’t begin, you can’t win.

#### O - Obstacles & Opportunities

Many individuals think that once they set sail on their “dream ship”, it will be smooth sailing. Unfortunately in life, everything does not just fall into place as we had hoped. Obstacles and other problems will arise. Sometimes that is because we focus too much on the past or on factors we cannot control, rather than looking for opportunities and staying focused on what we can control. Do everything you can to set yourself up for success.



On one occasion, J.C. Penny indicated that he had personally interviewed as many as 5,000 individuals annually for employment in his retail company, but he seldom ended up hiring more than 100 of them. The problem with the others, he stated, was “they only had a desire for a new job, not the determination to win one.”<sup>3</sup> In other words, pursue your vision with a stubborn commitment to success.



#### A - Attitude

Having a positive and determined attitude goes a long way to achieving your dream. Kevin Costner, star of the film *Field of Dreams*, feels that people throw away their dreams too early. He describes the attitude to a dream this way: “I made an analogy once of a plane going down and people jettisoning all the weight to keep the plane up. I think one of the first things to go as

people’s lives start to go down is their dreams. Dreams should be the last thing to go — dreams are the things you go down with. If you are clinging to a piece of driftwood in the middle of the ocean, I’d put on it the word ‘dreams’.”<sup>4</sup> In other words, follow Gordon Park’s

motto: “I don’t allow anyone to put a limit on my dreaming, and I dream big. ALWAYS.”

#### L - Links with Others

Tom Morris, in his book *True Success*, shows how his father became a very successful person. At the age of 17, he applied for a position with the Martin Aircraft Company, and when they asked him what he wanted to do, he replied, “Everything.” His goal was to learn every job in the factory. Over the next three years he worked in every department of that factory and by the time he was twenty he was working on experimental designs with a fantastic salary. The

“Make plans for the road, but let God guide.”

- *Unknown*

“Goals are dreams with a time frame.” -

- *Unknown*