

Regret Reduction, Inc.

Welcome to our March/April 2008 Newsletter!!

2-24-08-Sandy and I have just returned from Dallas after attending a Success Symposium. It was my first symposium but I really enjoyed it. It was very similar to a meeting or training session. Sorry, after the meeting we spent the night in Dallas with my sister-in-law and watched parts of Forrest Gump again.

This was the re-launch of Success magazine. After reading their first issue, if you have an ounce of entrepreneur within, it is worthwhile reading.

Anyway I want to share a few of my notes and how they made me think of being in business. The speakers were Robert Kiyosaki, Kim Kiyosaki, John Maxwell, Ron White, (NOT the blue collar guy!) and Denis Waitley. The room was rather dark and with the age of my eyes I had a tough time reading some of my notes but here goes.

The first note I wrote down was that all achievers are basically created equal. The more I thought about this, I agreed that my God would not play favorites.

The next note is huge. The quickest way to change your life is to change your heart.

One of the many things I wrote down was Kim Kiyosaki's (Author of Rich Woman) definition of Success. She said it did not mean amassing millions of dollars, it just meant "peace of mind", not being dependant on your job or the stock market. As I reflected on this later, I think that is my favorite definition of success. I would like to add my 5 AM thoughts the next day.

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gg Definition of Success

Peace of Mind # 2. That I have provided for my family. If something happened to me today, would my family have the foundation to be taken care of? At one time in my life I thought this would have meant just my wife and would have just been financially. That was as far as I thought. Now I'm thinking of values, morals, dreams, goals and financial support for my wife, kids and grandkids.

Peace of Mind # 3. That I am doing the right things health wise that will allow me to hopefully not have to worry about POM # 2 for awhile. Since I do not totally have POM # 2 complete, I need to take good care of myself.

Peace of Mind # 4. Am I doing the correct things to build new relationships and maintain the ones that are important to me in my life?

Peace of Mind # 5. Am I growing in knowledge? As I read Proverbs this morning it warned against rejecting wisdom. Have I wasted time on insignificant things? Am I ripening or rotting? I can't stay the same because time moves on.

Of course my Peace of Mind # 1 is that I know without a doubt that I am going to heaven. I have this one completed. Many of the speakers in the event made references to God.

Some of the many notes I took.

Growth is NOT an accidental process.

You can't improve your skills quickly but you can improve your choices immediately.

Your success is determined by your daily agenda.

Every day you are either repairing or preparing.

Sow seeds that benefit others. View yourself as a river, not a reservoir.

Yesterday's world records are today's entry-level requirements.

Tabloids fail as success succeeds.

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Your self worth will greatly influence your net worth.

The most important opinion you will ever have is the one you will have of yourself.

If your mind and body are the hardware, what software are you installing?

We use prime time, 5PM-10PM to watch other people make money.

Set your goals out of reach but not out of sight.

If you rehearse well enough, your reflexes will take over.

Reinforce what is right, not criticize what is wrong.

Only if you win, do I win.

I want to plant a shade tree under which I will never sit.

IF NOT NOW, WHEN?

It's now 2-10-08 and as I get older I truly am trying to eliminate regrets in my life. We are really looking forward to Spring Break with my grandson. I keep coming back to the fact that time is something I can't get back. I had an inspiration this morning to write a poem. I would like to share it with you. It shows how important time is to your family.

Hope you enjoy

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The Best Day Of My Life

By: Greg Gilbert-www.greggilbert.org

He sat there in the attic, surrounded by his past,
His wife had saved everything; it's where 50 years of life together was stashed.

It had only been a year since the death of his wife,
But a son, a daughter, friends and grandkids had all helped fill his life.

His wife, friend and partner never lost faith or her smile as he brushed back a few tears,
When the doctors had said just months, their family, friends and church had prayed it into
14 wonderful years.

The memories raced though his mind under the glow of a 60-watt light,
You know it's just hard to close a book that it took 50 years to write.

As he looked through boxes of photos he laughed, then he cried
They had a very good life together, that couldn't be denied.

There were albums of many vacations, photos of her and the kids,
Many times he stayed home and worked, the only picture missing was his.

Then it caught his eye, one box alone, up there on that shelf,
It contained two diaries and a journal packed all by their self.

He brushed off the dust, thumbed through the books slowly one by one,
As he viewed dates and memories recorded by his wife, daughter and son.

There were many events written but the memories were much different in his mind,
But he too had kept a business journal so he gathered the three books and down the stairs
he climbed.

He found his journal from this time frame buried oh so deep in a file,
He opened it up to compare the writings of a father, a wife and a child.

He flipped open his journal and just picked a day one Spring,
It said he took off from work, wasted the entire day fishing with my family, and didn't catch
a thing.

He scrambled to find March 20, 1965 in each of the other three diaries of his son, daughter
and wife,
They all said the same thing, went fishing with my family, I had the best day of my life!

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Hope you enjoyed! Makes you think doesn't it. Regret Reduction Rule # 8. Don't forget your priorities. I was raised on a farm and was a member of the FFA (Future Farmers of America). Now my FFA is my Faith, my Family and Anything else. My life sure has been better since I have them in that order.

God Bless and may YOU stay in regret reduction mode,

Greg

Greg Gilbert is the author of the new book "If Your Baby Could Talk...Would You Listen?" A Baby's Thoughts On Raising Good Parents, a semi-guitar picker, semi-songwriter, semi-poet, cattle rancher, public speaker, retired Human Resources manager and currently lives in Southwest Arkansas with his wife and best friend of 31 years (yes, his wife and best friend are the same person). He is a survivor of raising two wonderful daughters in a sometimes hostile, 75% female environment. He also cheerfully answers to the name Pa Paw.

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