

Dallas SLLC
Becoming the Best Version of Yourself
Police Chief Mac Tristan and the Coppell Police Department

Becoming the best version of yourself is the fundamental principle of success in life. When we understand this principle, everything in life makes sense. When we don't, nothing makes sense.

At the first SLLC for 2017, The Coppell Police Department presented this concept to a group of business leaders and SLLC members. As Chief of Police, I've been studying this principle and exploring the concept for the last 5 years. It's so simple, basic, and it all makes sense. But sometimes we as humans think it can't be that simple. Anything worthwhile that will lead us to success in life has to be difficult and complicated. Maybe that's just an excuse for us to use when we don't achieve what we believe is success in life and happiness.

The concept and the principles are simple. Actually applying them takes work.

What I love about this concept is that it is about me, the person. No one else. It's not about trying to be something I am not. I love sports I love watching Major League Baseball, the NBA, the NFL. But no matter how much I practice, how hard I try, I'll never be able to hit or throw a 95-mile an hour fastball. That's not my gift. Or as Ann McGee-Cooper used to say, that's not my genius.

So it's about discovering your genius. It's about becoming the best version of you. Because there are things I can do that those pro athletes cannot. It's okay to admire someone. It's okay to look up to someone and view him or her as a mentor. But we have to be careful not to become a second rate version of them or even worse, a second rate version of ourselves.

As human beings, we all have one thing in common; we all want to be happy. It's what we chase for our entire lives; happiness. I once read that the modern paradox in life is that "*we all know what we have to do to be happy, we just don't do them*". That fact is that 90% of our happiness and 90% of our misery, we choose for ourselves. So it's your choice. What will you choose?

Everything starts with our thoughts. Our brain is constantly working, constantly thinking. What are you thinking and more importantly, what are you doing with those thoughts? What we think, we become!

It has been estimated that the human brain has 70,000 thoughts per day. 70,000!! Think about that! It starts the minute our eyes open in the morning and continues throughout our day. It continues until our heads hit the pillow at night and sometimes it keeps going so much that we can't get to sleep. Again, what are you doing with all those thoughts?

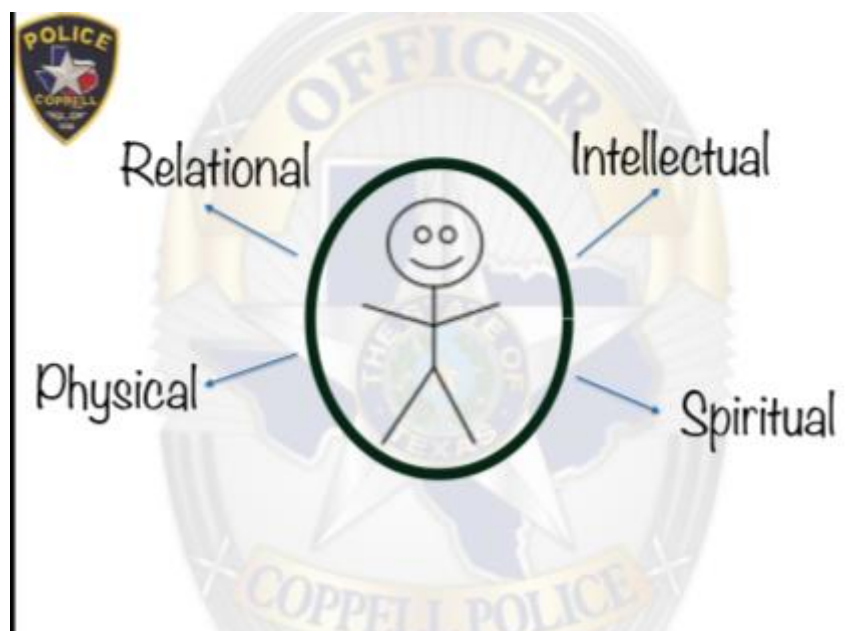
Let's look at it this way:

Our thoughts lead to decisions.
Decisions lead to action.
Our actions create our habits.
Our habits determine our character.
And our character leads to our Destiny.



What are you doing with your thoughts? What we think, we become.

There are four aspects in our lives that if we focus on and are intentional about, will allow us to become the best version of ourselves. It started with the simple premise of three aspects in our lives that we should focus on: *body, mind, and soul*. But that has been expanded to four. The fours are as follows: Physical, Relational, Intellectual, and Spiritual.



The first is physical. Taking care of our bodies. Diet and exercise. Getting enough sleep and rest. Getting our annual physicals. Doing those things that bring us more energy. Most all of us have car insurance and should our cars be involved in an accident so bad that it is irreparable, then we use the insurance to buy a new one. We also have life insurance, but it doesn't work the same way. We only have one body. How can our health and well being not be a priority in our lives? Walk and exercise. Start with just 15 minutes, twice a week. Then expand to 3 times a week for 30 minutes each. Before you know it, it will become a habit and your life will change.

The second is relational. This is about taking care of those relationships that are important to us, both personal and professional. We have to be intentional about spending time to build healthy relationships. Our relationships will many times determine the success or failure in our lives, personal and professional. Relational is about investing in those people that matter most to us. Giving of your time may very well be the most important gift of all.

Third is intellectual. This is about expanding our mind. Become a life long learner. Be aware of what's happening in your community, your state, nation, and world. Read about history as often it tends to repeat itself. Read to grow as a person. Exercise your brain. Once you start reading and make it a habit, your life will change.

The forth aspect is spiritual. Yes, this means God, religion, faith. But it also means a lot more. This is about parks, libraries, museums, anything that brings you spiritual peace and calmness. I love the outdoors. Camping, hiking, paddle boarding on a lake. It awakens my soul and renews my spirit. It allows me to think, plan for the future, and come back to work refreshed. Discover (or many times, rediscover) what awakens and renews you and practice it.

By focusing on each of these four aspects, our lives will change us and those around us for the better. By focusing on these four aspects every week, our habits will change. When our habits change, our lives change.

Stop settling for becoming a second rate version of yourself. Set goals. Work on your goals. And change your life.

The greatest danger for most of us is not that we aim to high and miss, but that we aim too low and reach it.

If you missed the March 2017 SLLC, you missed a life changing event. Don't miss the next one.