

Downshifting

We live in a culture of self-promotion and self-ish indulgence.

Don't push your way to the front; don't sweet-talk your way to the top. Put yourself aside, and help others get ahead. Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.

Think of yourselves the way Christ Jesus thought of himself. He had equal status with God but didn't think so much of himself that he had to cling to the advantages of that status no matter what. Not at all. When the time came, he set aside the privileges of deity and took on the status of a slave, became human! Having become human, he stayed human. It was an incredibly humbling process. He didn't claim special privileges. Instead, he lived a selfless, obedient life and then died a selfless, obedient death—and the worst kind of death at that—a crucifixion.

Because of that obedience, God lifted him high and honored him far beyond anyone or anything, ever, so that all created beings in heaven and on earth—even those long ago dead and buried—will bow in worship before this Jesus Christ, and call out in praise that he is the Master of all, to the glorious honor of God the Father. —Philippians 2:3-11 (MSG)

While it is true we are creatures of habit, it is equally true we are vultures of conceit.

"The first and best victory is to conquer self." —Plato

"It is natural (common) to think that a leader's greatest victory is with others—leading people and taking them to new heights. But I have found most of my problems in leadership are my problems. The greatest challenge is leading myself." —John Maxwell

Changing our outlook is an intentional adjustment made with the mind, not with our eyes.

The cure for selfishness and a self-focused life is service. Selfish attitudes and ambitions destroy relationships and accomplishments in life because they exaggerate our importance and insult the contributions of others in all we do.

How can you improve your service and add value to others rather than indulge your own personal vanity?

S-H-I-F-T

Seek to recognize, not to gain recognition.

Your accomplishments will more than likely be recognized without you seeking recognition for yourself.

intentionality

Humble yourself before God and you will downshift self-promoting attitudes.

Humble yourselves in the sight of the Lord, and He will lift you up. —James 4:10

Identify people, places, problems and platforms where you can add value to others and outcomes.

"My main job was developing people. I was a gardener providing water and other nourishment to our top 750 people." —Jack Welch

Focus on goals and not gains.

So often we lose ground because we want to count our gains rather than maintaining a larger view of reaching goals.

"It's amazing what you can get done when you don't mind who gets the credit." —Benjamin Franklin

Take charge of your emotions.

"If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and this you have the power to revoke at any moment." —Marcus Aurelius