

the Rule of 3's

3-R's in 3 minutes
to change how you
categorize your life.



Global
Fútbol Training

WARNING: HEAVY WORK AHEAD

GOOD NEWS: IT GET'S EASIER FAST

Every year it seems that our lives get busier. I think in part it is because as we grow and change personally we assume more responsibilities and as our kids get older they become more active participants in life, which adds to the work load we carry. As parents we love the opportunity to be that source of support.

I also think that there are so many other things that weigh in on our lives from external resources and pressures. The economy is one big factor I consider as a major influence on decision-making for families. We have to assume more work as inflation changes our spending needs and we have to learn to budget in new and creative ways to meet the changing demands of our life activities, such as additional sports training or caring for an aging parent.

It may seem there is no end in sight for when the balancing act will end. Instead it often seems that life only gets busier and more expensive and 'catching up' won't ever happen. **However, it doesn't have to be this way.** Simple prioritization, written down in a place of constant reminder, can serve to do wonders for keeping our minds {and therefore our hearts, homes and schedules} free from confusion.

The resulting clarity will not only surprise you with its effect on your home but on your family time, your finances and your overall mental, physical, and emotional health.

I am sharing with you here my personal Rule of 3's: 3-R's in 1-3 minutes that will change how you categorize your life. I hope you will consider these concepts helpful as **small wins that add up to big victories** in some of the most challenging battles we face in our struggle to have time for relationships.

After all, isn't that what life is all about?

Be the Best You,

Jeremie

Global
Fútbol Training
year-round soccer skills & training

WHY ARE WE STARTING THE 'SIMPLIFY CHALLENGE' WITH THE 3-R's?

The Rule of 3's is a concept I developed some time ago for my personal life. **The concept of the Rule of 3's has to do with 3 broad categories that often are at the root of what keeps us from simplifying.** Think of it as decluttering your soul. For example, how can you clean out old sports gear if there is a memory associated with them that you can't release {negative} or preserve {positive}.

The Rule of 3's includes:

- REGRETS
- RESOLUTIONS
- REMEMBRANCES

I will explore these in more detail below but as a general rule I can categorize the daily encounters and activities in my life in one of these areas by the choices I make from today and on. There is not much I can do to change what they are due to my past choices; I can move forward.

As you read these tips, I realize it may take a while to become accustomed to this practice but eventually you will find that **by taking your decisions captive to an active decision-making process you will have more control and less chaos in your decision-making life, which greatly affects the other areas of your life as well.** This habit will soon take you less than 1 minute and you will be able to move on to facing, dealing with and then enjoying the other areas of your life more.

HOW THIS WORKS

1. **Identify the Tense.** Past or Present

- Past: Does this need to be dealt with?
- Present: How do I want to remember this situation {moment or experience}?

2. **Categorize the Incident.** Regret, Resolve, Remember

For most of us, dealing with the past is such a challenge we don't realize our inability to deal with present day issues. If the issue is a past one and needs to be addressed before you move on then do so quickly.

3. **Label the Specifics** {but stick to 3 adjectives}: 3 things I assign my {Regret, Resolve, Remember}

Use the resulting list to identify what you feel {felt} about the situation; label those emotions and then write it down.

Here is an example from my own life

My {Past} Challenge: I did not embrace the words of wisdom offered to me as a young pro soccer player.

- **Regret:** I regret that I did not work harder and have a more teachable spirit. I missed out on many opportunities to grow my craft and life.
- **Resolve:** After a knee injury comeback, I realized who my trusted, consistent relationships were who were looking out for me and my best interests.
- **Remember:** I learned that even if a source of input doesn't appear valuable doesn't mean that all people and experiences don't have value.

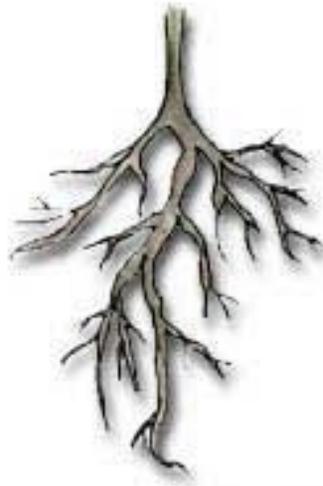
4. **Release the Memories.** As my daughter sings {ALL THE TIME}, “Let It Go”. After you’ve identified these areas, let it go and determine to not return to the emotion. In the present tense this might look for you is as follows:

Each interaction with my child is an opportunity for me to determine if this encounter is one I want to remember, highlights an area for change in our relationship, or can be a source of regret if not handled well.

5. **Make a Decision.** Determine how you want to label, deal with and move forward from the issue. Once you’ve taken these steps then move on to the next topic and repeat the process. I think you will find that categorizing your interactions and decisions will not only help you make better decisions {especially in reference to long-term outcomes} but will help you determine what is essential to your life and what is not. Eventually you will find that there is **less regret** and **greater Memories and Decisions** in your life.

{EXAMPLE WORKBOX}

{MEMORY} My attitude during soccer was a defensive arrogance.	IDENTIFY {PAST OR PRESENT}	PRESENT: I have admitted and accepted this past mistake of youth and have moved on and have forgiven others who did not coach me on things outside of soccer.
	CATEGORIZE {REGRET, RESOLVE, REMEMBER}	REMEMBER: I will remember that this is a past issue and that I don’t want to take it forward in my business, parenting, relationships, or training. I want kids to get this teaching.
	LABEL {with SPECIFIC ADJECTIVES}	Teachable, Transparent, Communicative {frame positively as opposed to Non-Teachable, Non-Transparent, Non-Communicative}
	RELEASE	I am teachable in all things, transparent in relationship and goals and asking questions, and I communicate when I have an issue or want to share my knowledge.
	DECIDE	As I move forward I am and will be able to use this experience as one to open doors of opportunity for the youth soccer players of today from a ‘life coach’ perspective.



GOING DEEPER

RULE #1: DEALING WITH REGRET{S}

Regret: to feel sad or sorry about {something that you did or did not do}: to have regrets about {something} {Merriam-Webster Dictionary Online}

We all have things {events, actions, words} that we regret. Some people don't struggle much with regrets but still may have things that come up that prick their conscience. Others can really become mired in the regret to a point where they are almost paralyzed and unable to move on in life.

When you face an issue of regret that continues to haunt you, consider the areas affected by this negative emotion: current feelings, decision-making, energy, and health. Decide today to admit that mistake, accept that you were wrong or had a problem and move forward. Ask for someone else's forgiveness if necessary. Whether they offer it is on them but you are free to move on. Do this now.

Write it down:

Make a list of things you regret. Choose to say to yourself, "I admit that I was wrong for _____, I accept that I was wrong or had a problem, and I choose to move forward." If someone else needs to be included then seek them out. Once your list is complete, burn it and mark the day as the one you resolved all of these old regrets. Now every time you seek to bring it back up it will be gone and unable to be brought back from destruction.



RULE #2: RESOLUTIONS & RESOLVE

Resolve: to find an answer or solution to (something): to settle or solve (something): to make a definite and serious decision to do something: to make a formal decision about something usually by a vote {Merriam-Webster Dictionary Online}

Write it down:

Make a list of principles and relationships and goals you want for your future. Now that your regrets are gone {and walking this out may take reminding yourself that it's done}, determine how you want your future to look. Also write down the things you will have to accomplish or remember in order to achieve those goals. **BE SPECIFIC & MEASURABLE.**

Some examples of this might look like:

Relationships: Better relationship with kids. 15 minutes of reading time before bed of positive life lessons with my daughters. 5 minutes of listening to them.

Goal: Be a better soccer player. 20 minutes of wall-passes per day, 3 days per week for 6 weeks.

Principle: Share my values with my players. Purposely discuss the role of emotions in social media and its dangers during a water break. Keep it under 2 minutes.

Resolve to keep these decisions and goals written down where your memory can be kept fresh. Write it down in plain sight in places you enter and exit your home. Keep them as screensavers on your phone. This will help you know your purpose, vision, & goals for your life activities and will help strengthen them and move you closer to achieving them.



RULE #3: REMEMBER

We are so busy. Often we find ourselves overwhelmed with activities, work, and life in general. That is one reason why you downloaded this guide - to {hopefully} find a way to relieve some of that 'busy' pressure. **Because of how much we must coordinate and balance we must also find ways to remember our purpose and vision for our own lives and not just those we serve through work, parenting, school, and activities.** This is a frequent topic on the blog because so many of us deal with it daily.

Remembering these resolutions by carrying them with us into each encounter and decision is important because it shapes our overall destiny and end result. There are 2 quotes I frequently repeat to my daughters because they are so true and yet seem so little and insignificant at times, just like small patches for our needs that we always think we'll return to and fix later.

"Character cannot be summoned at the moment of crisis if it has been squandered by many years of compromise and rationalization. The only testing ground for the heroic is the mundane. **The only preparation for that one profound decision which can change a life is those hundreds of self-defining seemingly insignificant decisions made in private. Habit is the daily battleground of character.**" - Senator Dan Coats {emphasis mine}

"Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Watch your character; it becomes your destiny."

- Unknown

DID YOU KNOW?

I so strongly believe in the small details that I REALLY wanted to name my first daughter 'Choice' {at least for a middle name}. OBVIOUSLY that was a lost battle. Why? I wanted my daughter to always remember that **life is about the choices we make, no matter how small they may seem – they result in something big.** That is what you will find as you keep these 3 R's in your mind and apply them to your daily routine and encounters.

R ~ Regret: Do I need to deal with this? Is this something I will regret later?

R ~ Resolve: What decision do I need to make? Which of my goals does this decision support or take away from?

R ~ Remember: What is my purpose? What is my ultimate goal or vision {for this particular subject}?

As you complete these exercises I believe you will find yourself emotionally and physically lighter {maybe spiritually too} and ready to start SIMPLIFYING YOUR LIFE.

