

# ***Managing ME***

**The Rest of Your Life Begins Now**



***Tim Woody***

[www.TimWoody.com](http://www.TimWoody.com)

Relationships have the potential to flourish as we become intentional about managing ourselves first, **before** we try to manage others.

If I begin **Managing ME**, my entire environment can change. If I don't, everything can quickly spin out of control



You know how it is...

The boss walks into the office one morning, still fuming over an argument that happened the previous night at her house because her son punched a hole in the wall.

She races through the office with a furrowed brow and begins barking orders while complaining about the piece of lint in the corner.

You see the tension all over her face. You see it in her gestures. Her body language screams, "I am pissed off today!"

The day drags on. The tension increases. Everyone becomes a robot in an attempt to not ruffle the boss.

Then it get's worse. You get called into her office because you forgot to dot the "i" on your report. For thirty minutes, she explains how you are a complete imbecile, totally

unworthy of your job. "If you would just be more like me" she says, "this office would be a much better place."

You are about to boil over, as you imagine various scenarios of retaliation, but fortunately, the day finally ends. The office is now closed. The entire staff wastes no time scurrying out the door at 4:01 PM, and you are close behind.

You flee home. You're tired and frustrated. Then, as you walk through the door, you yell at your wife because the entry mat is soiled.

She then proceeds to chew out the older brother. He, in turn, pulls the younger sister's hair. The younger sister then kicks the dog. The dog goes directly to the cat and bites it. The cat then scratches the baby. Incensed, the baby bites the head off the Barbie doll.



Wouldn't it be easier if the boss would have just come over to your house that morning and bit the head off the Barbie doll, saving all of that in between stuff? There's usually a chain reaction when we lose it! And, if we can't manage ourselves, our lives will be out of control, negatively impacting everyone around us.

That's why effective leadership and management begins with leading and managing ourselves, first.

**Managing ME** can be rather difficult, though! [Mastering negative emotions](#) is no simple task.

Here is a trustworthy saying, "A fool lets it all hang out."  
(Proverbs 29:11)

## **THE PRINCE OF EGYPT**

A few thousand years ago, a former prince of Egypt, self-exiled in the Sinai Desert for about forty years, returned to his native country at the age of eighty to lead over a million people out of Egyptian slavery. His name was Moses, and he is recognized as one of history's greatest leaders.

If you've ever seen ***The Prince of Egypt***, you already know the first part of the story. Through Moses, God miraculously



delivered His people out of the hands of the Egyptians. God later gave Moses the Ten Commandments at Mt. Sinai, which still stands as the most quoted and posted set of laws in world history.

After receiving the Ten Commandments and spending two grueling years camping in the desert,

Moses and the Israelites were ready to take their new land, which today we call Israel.

BUT, several of the leaders looked at the size of the battle ahead. They were afraid of failure and decided to settle it democratically by taking a vote.

**The results?** They chose to live in the desert rather than take the land God promised them.

Moses was distraught. God was angry.

God then declared that every adult man and woman would die before the Israelites could have their land, due to their lack of faith.

They were now stuck in the desert for another 38 years! Camping!!

**And you thought your weekend camping trip was exhausting!**



During those miserable years on the never ending camping trip, a lot of interesting things happened. Every day, fresh food fell from the sky in the form of “manna”. Their clothes never wore out. A mysterious cloud kept them cool during the day and a huge fire in the sky kept them warm at night.

But on one particular occasion, everybody in the camp lost their self-control. As a whole, they lost their ability to manage themselves.

Spurred on by one another, the Israelites set off a sequence of events that have deep connotations for us today.

Here’s how the Bible puts it:

***In the first month, the entire company of the People of Israel arrived in the Wilderness of Zin. The people stayed in Kadesh.***

***Miriam died there, and she was buried.***

***There was no water there for the community, so they ganged up on Moses and Aaron. They attacked Moses: "We wish we'd died when the rest of our brothers died before God. Why did you haul this congregation of God out here into this wilderness to die, people and cattle alike? And why did you take us out of Egypt in the first place, dragging us into this miserable country? No grain, no figs, no grapevines, no pomegranates—and now not even any water!" (Numbers 20:1-5 MSG)***

So, here we see the Israelites in a bad situation. Not only are they living in the desert in tents for forty years, but during this time, the boss's sister died.



The loss of such a significant public figure was depressing and sorrowful for everyone. They see their leader, Moses, mourning and weak.

On top of the emotional trauma, there's no water. People are rationing. Then, they start getting angry. They begin focusing on all of their losses. The people reflect on their own family members who have died in the desert. They contemplate their business losses due to the livestock that had keeled over.

Accentuating the agony, the "manna from heaven" is a nagging reminder that there is no grain, there are no figs,



there are no grapes to eat, and there aren't even any pomegranates.

(Of course, food WAS falling from the sky every day, but it's easier to focus on what's NOT going right when you're spirits are down, right?)

### **THE BLAME GAME**

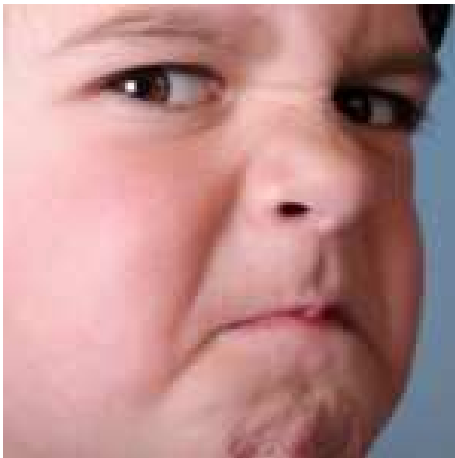
When things aren't looking too swell, we search for someone to blame.

We blame President Obama, Governor Perry, The United States Congress, The Texas Legislature, Mayor Price, and the City Council.



We blame the Pastor.

We blame the manager, the boss, the owner, the CEO, the board, the employees.



We blame the economy.

We blame our spouse.

Children blame their parents, and some adults are still blaming their folks, some of whom aren't even alive anymore.

You get the point.

Instead of searching for a solution, we complain. Instead of **Managing ME**, we see everyone and everything else as the problem.

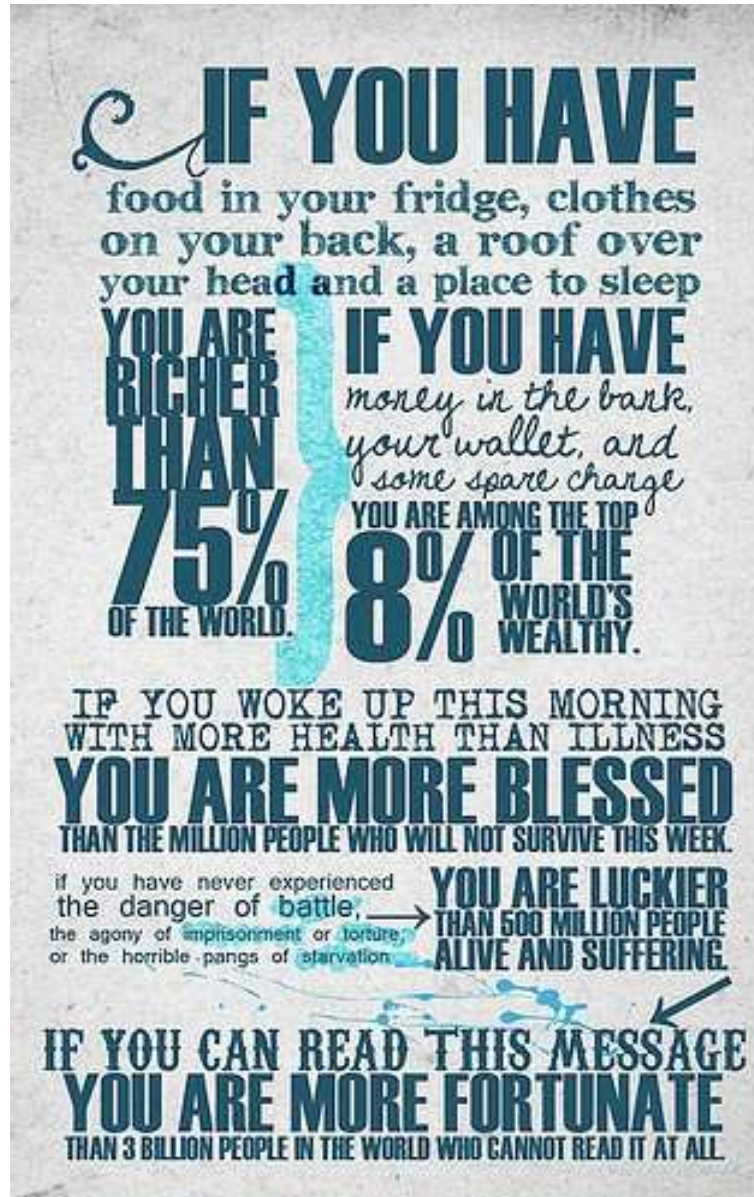
**A failure in Managing ME is evident when I am "against" more than I am "for".**

We see it on our Twitter feeds.

We see the negativity on our Facebook statuses.

We are critical, condemning, pessimistic, grouchy and demeaning.

We're not managing ourselves well! And this is an area where we can all get some help.



Consider the children of Israel. What a bunch of whiners!!

You can almost hear them griping and complaining. They were actually longing to go back to slavery! These people



had turned into a bunch of angry, critical whiners because they had lost their ability to manage themselves when the times got tough.

**A failure in *Managing ME* is evident when I COMPLAIN.**

When we start whining and complaining, [focusing on the problems around us](#), we've lost our self-control.

Whining and complaining is NOT a fruit of the Spirit (Galatians 5:23-24). If it was, we would see that characteristic in Jesus. But we don't. WHY? Because complaining is not a by-product of the work of God in our lives.

Everybody is having a tough time and everybody is hurting somewhere. So, **why not begin to manage yourself and become an encourager rather than a discourager?**

I have a project for you. [Encourage every person you](#)



[meet today](#). Simply begin doing it immediately, regardless of how you view that other person.

Solomon said, "**Careful words make for a careful life; careless talk may ruin everything.**" (Proverbs 13:3 MSG)

I see it all the time. I see it both in business and in the church.

People are destroying their careers with their mouths.

People are fracturing their children with their outbursts.

People are destroying friendships, business deals, and entire organizations because they simply did not manage themselves.

### **MANAGING ME FIRST**

But the truth is, it's not just "them" that have the problem, it's us.

It's me.

I must begin ***Managing ME*** first.

What I say can make me happy or sad.

My words can make me healthy or unhealthy.

They can make me wise or foolish.

The words I choose can either build people up or tear them down.

The things that come out of my mouth can get me hired, or they may get me fired.

So, what's coming out of you?

Are you constantly losing it?

If so, today is the day you can begin to manage yourself in a new way.

You may have totally lost your ability to manage your will, and doing things you absolutely despise. You are simply out of control.

**There is hope, though!**

An ancient song-writer penned these lyrics, speaking to his own soul:

***Why are you down in the dumps, dear soul?  
Why are you crying the blues?  
Fix my eyes on God – soon I'll be praising again.  
He puts a smile on my face.  
He's my God.***

(Psalm 42:11 MSG)

I love those words, "Fix my eyes on God", for God is the best foundation to build on.

If I choose to begin ***Managing ME*** with fresh passion, I will need to put God in the center. For only He will really help me become the new person I desire to be.

### **Now, LET'S DO IT!**

1. Fix your eyes on God, requesting His help, knowing He can change your attitude.
2. Decide that you will continue to keep your attitude changed.
3. Choose to speak words of encouragement and life.
4. Begin speaking words of encouragement without fault-finding to the next person you see.
5. Keep it up, and you will change your environment.
6. Pray this prayer: "God, thank you for not giving up on me, in spite of everything I've done. Thank you for loving me in spite of my attitude and inability to manage myself well. Today, I request your forgiveness for the ways I've hurt others, especially the people I love, with my words and attitudes. Forgive me for not managing myself well. Today I'm choosing to make a turn, and institute some changes. May your Holy Spirit be right there with me, and give me the self-control I need to become a different person. In Jesus' Name, Amen."

**The rest of your life begins NOW.**

## **About Tim Woody**



Tim Woody is an accomplished and dynamic speaker based in the Dallas/Fort Worth Metroplex.

Tim pastors a new church, [City Life Center](#), located in downtown Fort Worth. He also manages a successful small business in Waxahachie, Texas. In addition, Tim speaks to a variety of local businesses and organizations, offering talks on leadership, motivation, time management, and personal success.

Tim's combined experience of business leadership and over twenty years of pastoring gives him a unique, refreshing perspective on business and people development.

Below is a sampling of some of the talks Tim is able to share with your business or organization.

### **A Sampling of Tim's Talks:**

***Aim High!*** - Learn how to persevere through challenges and adversities by choosing to lift up our eyes and gain a broad perspective.

***The "Can Do" Spirit*** - Discover keys to adopting an attitude of positive self-motivation when you feel like giving up. This talk is broad and applicable to almost any setting.

***Work. It's Life!*** - How do I develop a balanced perspective on work, adding life to everyone you touch? This talk is especially good for the staff of a company, keeping the team motivated to excel on the job.

***Managing MY World*** - Learn tips on how to manage our resources well in the new economy. Resources include a lot more than just money. They include our time, relationships, possessions and more!

***Surviving Sales Careers*** - Sales is a challenging and demanding career, with predictable ups and downs. Only the few can survive. But IF you can survive, you can certainly thrive!



***Tragedy to Triumph*** - It is impossible to control what happens in life. All we have is our ability to control how we respond, but our responses determine whether or not we will remain in tragedy or advance to triumph.

***Smashing the “Success Equals High IQ” Myth*** - Success, based upon one’s IQ is not a given. In fact, recent studies have shown that the most successful individuals strive for health in three areas. We can ALL do this!

***Assemble the Innovators!*** - Innovation is more than an individual effort. It thrives with a certain mix of personalities that when combined, can ignite massive innovation. Who’s on your “Innovation Team?”

***How to Change Your Workplace Culture*** - A vibrant workplace is critical for effectiveness, efficiency, productivity as well as indentifying and retaining the best talent. Do you want to work with healthy people? Then a few changes might bring huge results.

***How to Bridge the Innovation Gap*** - Without innovation, your company will not be able to survive in this new economy. What can you do to allow your company to succeed & thrive?

***Free Tools to Build Your Online Presence*** - Enlarge your digital footprint by taking some simple steps that will create a presence for yourself or your company. You don’t need to hire an expensive consultant. It’s possible for anyone!

***How to Maximize your Time and Resources*** - Time and resources are always limited, therefore, we need strategies to maximize them in daily life and business to increase our effectiveness.

***Yes! I am Creative!*** - Whether you feel like it or not, you ARE creative. Learn a few simple steps to jump-start your creativity and overcome the “I’m not creative” barrier that is holding you back from your potential.

***How to Inspire Passion in Others*** - Inspiring and igniting other people to action and creativity can be as simple as applying four basic principles. Discover how to lead others to a higher level!

***How to Reboot Your Business*** - Discover six strategies to reboot your business without destroying it. The end result will be a more profitable and enjoyable business to run. What are you waiting for? Hit the “reboot” button!

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