

Keep Your Eyes off the Mirror

People are quick to enjoin one another to “see the big picture.” What is the “big picture,” and why is it important to see it?

John C. Maxwell, author and internationally recognized leadership expert, offers the answer in his book *25 Ways to Win with People*.

“The Big Picture Principle states, ‘The entire population of the world – with one minor exception – is composed of other people.’

“If you’ve never thought of life in those terms,” Maxwell wrote, “then it’s time to give it a try. I’ve never met a person that truly wins with other people who has not mastered the ability to keep his eyes off the mirror and serve others with dignity.”

Maxwell said psychological research shows that people are better adjusted and more likely to feel content if they serve others. “Serving others actually cultivates health and brings happiness. People have instinctively known that for centuries – even before the science of psychology was formally developed.”

For example, he added, look at the wisdom (and humor) found in this Chinese proverb:

- If you want happiness for an hour – take a nap.
- If you want happiness for a day – go fishing.
- If you want happiness for a month – get married.
- If you want happiness for a year – inherit a fortune.
- If you want happiness for a lifetime – help others.

Associates in Life Care, Century Park and Life Care at Home have learned that you can actually *help yourself* by helping others.

Remember that, and it will help you to take – and keep – your eyes off the mirror.

– Beecher Hunter