



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF AUGUST 18, 2008



The One Life Solution, 3: The Laws of Boundaries

Featuring
Dr. Henry Cloud
Psychologist
Best-selling co-author of Boundaries series,
author of The Secret Things of God

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I. Values

Value: what has weight, gravitas, substance

Values are like an immune system

- Love of God
- Family
- Close friends
- Health
- Growth (intelligence, educational, career)
- Spirituality
- Giving, service, faith, fun celebration

Individual values: honesty, integrity, love, hope, courage, faithfulness, freedom, loyalty, justice, forgiveness, excellence, communication, mercy, tolerance, trust, wisdom, patience

What you value is ultimately what you get

Love of God and love of each other are at the top of the list

We need values statements

Write your values statement down

Have a vision

What you want your life to look like

That future experience brought to today becomes a boundary

Have a mission:

What am I here to do?

Be clear what your mission is

Have goals

Specific and measurable goals

Goals hold us accountable to a timeline

Freedom only exists within the parameters of boundaries

Am I giving the right amount of time to the things I value?

Make the best of you available for the things that are most important

II. Ten laws of boundaries, part 1

1. The Law of Sowing and Reaping

Sow to life, reap life; sow to things that are hurtful, reap pain

If you're dulled to pain, sowing and reaping may not work for you

People get used to chewing life from one side of their mouths

Listen to the consequences

2. The Law of Responsibility To and Responsibility For

For myself, to others

When we take responsibility for others, we cease to be responsible to them

Hold others accountable

We're called to be the whistle-blowers sometimes

Do not pervert justice; do not show partiality to the poor or favoritism to the great, but judge your neighbor fairly. Rebuke your neighbor frankly so you will not share in his guilt.
—Leviticus 19:15, 17

3. The Law of Power

We can't change people, but we can influence them

What can I do to make today different?

4. The Law of Respect

We have to respect others' "no"

5. The Law of Motivation

Only positive, life-affirming motivation is sustainable

**Next week on *Solutions*:
“The One Life Solution, 4: Three Steps to Profits and Peace”**

Resources

BOOKS:

The One Life Solution

by Dr. Henry Cloud

www.cloudtownsend.com

Ultimate Living

www.cloudtownsend.com

Boundaries

by Drs. Henry Cloud and John Townsend

www.cloudtownsend.com

Solutions Leaders

www.cloudtownsend.com

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