

## 50-20-5-1 Exercise

### Discover Your Purpose

The first bond of well-done parenting is compelling vision. Godly legacies start with compelling parents who articulate a compelling family vision and engage their kids in creating it. For when kids choose what they let into their life funnel, they're more likely to live out their own version of your family vision. Then again, what pours out of your kids is often a reflection of what you're pouring into them. Thus, you need to choose the treasures that you let flow into your own life funnel.

This exercise prepares you for heavenly embraces by embracing your chosen treasures. It's a four-step process that narrows **fifty pursuits** that matter down to **twenty priorities** that matter most, **five passions** you'll live for, and **one purpose** you won't live without. Although each person does their own 50-20-5-1 vision, you'll see how kids grow to reflect what they expect at home.



### Fifty Pursuits

Articulating vision with 50-20-5-1 starts with choosing fifty pursuits that matter to you. Big or small, you let these joyful pursuits into your life funnel – things like relationships, memories, successes, values, foods, animals, health, hobbies, necessities, and more.

**Action:** In the blank form on page 4, write fifty responses to: “I’m happy when enjoying \_\_\_\_” (using 1- to 3-word answers). The 140 examples below can help you get started.

## Examples of Pursuits:

(please personalize these examples for your Top 50 on page 4)

Family	Chocolate	Career	Beautiful sunsets
Kids	Grandkids	Music	Marriage
Heaven	Friendships	Quiet	Good hair days
Faith	Intimacy	Happiness	Acts of kindness
Financial security	Safety	Fun	Cold drink on a hot day
Clear conscious	Beauty	Growth	Flowers for no reason
Hope	"I love you"	"Thank you"	"I'm sorry"
Achieving goals	Imagination	Sales	Favorite food
Vacation/Travel	Graduation	Going home	Homemade gifts
Independence	Health	Newborn baby	Broadway shows
Heating & A/C	Awards	Legacy	Good coffee
Encouragement	Challenges	Hobbies	Second chances
Family reunions	Humility	Confidence	Being appreciated
God's presence	Salvation	Peace of mind	Accountability group
Acceptance	Forgiveness	Gentleness	Unconditional love
Eyesight	Hearing	Belly laugh	Creativity
Addiction free	Bible	Pain free	Military service
Patriotism	Freedom	Protection	Counting blessings
Good judgment	Vulnerability	Quality time	Fresh perspective
Memories	Planning	Fellowship	The perfect outfit
Bearing fruit	Birthdays	Anniversaries	Laughing at yourself
Leadership	Patience	Cool car	Joy in the journey
Wise choices	Marital sex	Success	Using your giftedness
Fulfillment	Faithfulness	Missions	Ability to choose
Favorite schools	Transparency	Work ethic	One-on-one talks
Transformation	Christmas	Identity	Making others proud
Excellence	Adventures	Competition	The test of manhood
Slowing down	Role models	Charity	Friends that get me
Physical fitness	Home cooking	Hugs	Making the team
Purpose	Restful sleep	Pets	Rebuking lies
Retirement	Sports teams	Mobility	Cheap airfares
Church	Compassion	Education	Being barefoot
Trust	Popularity	Power	Being crazy
Respect	Bubble baths	Courage	Being mentored
Naps	Snow	Balanced life	Mentoring others

**Action:** Start 50-20-5-1 by writing your 50 Pursuits here. Then you'll pick 20 Priorities, 5 Passions, and 1 Purpose as explained on page 5. (A completed example of 50-20-5-1 is shown on page 6.)

**Fifty Pursuits that matter** (“I’m happy when enjoying. . .”)

1 _____	2 _____	3 _____
4 _____	5 _____	6 _____
7 _____	8 _____	9 _____
10 _____	11 _____	12 _____
13 _____	14 _____	15 _____
16 _____	17 _____	18 _____
19 _____	20 _____	21 _____
22 _____	23 _____	24 _____
25 _____	26 _____	27 _____
28 _____	29 _____	30 _____
31 _____	32 _____	33 _____
34 _____	35 _____	36 _____
37 _____	38 _____	39 _____
40 _____	41 _____	42 _____
43 _____	44 _____	45 _____
46 _____	47 _____	48 _____
49 _____	50 _____	



**Twenty Priorities that matter most** (“I sacrifice to enjoy . . .”)

1 _____	2 _____	3 _____
4 _____	5 _____	6 _____
7 _____	8 _____	9 _____
10 _____	11 _____	12 _____
13 _____	14 _____	15 _____
16 _____	17 _____	18 _____
19 _____	20 _____	



**Five Passions I'll live for** (“I’m fulfilled when I am . . .”)

1 _____
2 _____
3 _____
4 _____
5 _____



**One Purpose I won't live without** (“I feel God’s embrace when I . . .”)

My One Purpose \_\_\_\_\_



**“Well done!”**

## Twenty Priorities

The proof of what matters most to you isn't the dream you'll pursue to be happy. It's the dream you'll sacrifice to be faithful. Therefore, the next step of articulating a compelling vision is using the above blank form to narrow Fifty Pursuits that matter into Twenty Priorities that matter most.

In doing so, consider three priority primers – what you're sacrificing for, desperate for, and depending on. Tip: Since these are 20 actual priorities, if you have a priority that wasn't a pursuit, ask yourself: Was it an oversight of my Top 50, or is it really getting in my life funnel?

**Action:** Circle (and write) above 20 of your Top 50 responses to: "I sacrifice to enjoy \_\_\_\_."

## Five Passions

Undeniable passions impact unexpected people in unimaginable ways. Fulfilling passions combine what God has given you to do well and what God has given you to love. Doing something well without loving it will wear you out. But the opposite – loving something without doing it well – causes regret. Lacking both is a recipe for disaster. To faithfully fulfill what God gives you, you need both.

At this stage, 50-20-5-1 shifts. Pursuits and priorities are what you already treasure. Passions and purpose, though, are what you will choose going forward – a shift from what is to what can be.

**Action:** In the blank form above, write Five Passions you'll live for, even if they don't yet describe you. Use the parts of your Twenty Priorities that answer: "I'm fulfilled when I \_\_\_\_."

## One Purpose

What purpose drives you to maximize your opportunity and be faithful today? We need both. Dreams and actions. Tomorrow's glory and today's faithfulness. Whether you're discovering or just renewing your purpose, it's what you are choosing to become based on how God has created you.

50-20-5-1 ends by narrowing Five Passions you'll live for down to One Purpose you won't live without. This isn't what you prefer or aspire to; it's a purpose God gives you (II Timothy 1:9). Write yours in the blank form above and rework it until it's one sentence that reflects your heart.

**Action:** Write One Purpose you won't live without: "I feel God's embrace when I \_\_\_\_."

For illustrative purposes, here was my 50-20-5-1 when writing this book. For more examples and information, check out *Well Done, Mom & Dad!* and [www.timalba.com](http://www.timalba.com).

### Tim's 50-20-5-1 Embrace

**50 Pursuits:**  
Write your Top 50

- Fifty Pursuits that matter** ("I'm happy when enjoying...")
- |                                      |                                           |                                         |
|--------------------------------------|-------------------------------------------|-----------------------------------------|
| 1 God says, "Well done!"             | 2 Purpose & Passion                       | 3 A faithful legacy                     |
| 4 My kids say I'm godly & their hero | 5 Integrity when no one is there to watch | 6 Heavenly treasures to lay at His feet |
| 7 Anna's embrace                     | 8 Loving Anna                             | 9 Compelling "whys"                     |
| 10 God's anointing                   | 11 Content, not satisfied                 | 12 Serving others                       |
| 13 Providing for family              | 14 Mom's enchiladas                       | 15 Choosing wisely                      |
| 16 "Nuggets" of hope                 | 17 Earning respect                        | 18 Writing my book                      |
| 19 Touching your soul                | 20 Good judgment                          | 21 Persistence                          |
| 22 Making Dad proud                  | 23 True friendship                        | 24 Excellence                           |
| 25 Surrendering to God               | 26 Using unique gifts                     | 27 "Shameless" praise                   |
| 28 Answered prayers                  | 29 Purposeful paintings                   | 30 Family's laughter                    |
| 31 Pondering my Bible                | 32 Balance                                | 33 Great music (loud)                   |
| 34 Proactively change                | 35 Hot showers                            | 36 Exploring/traveling                  |
| 37 Tenacious work ethic              | 38 Historical churches                    | 39 CiCi's Pizza                         |
| 40 Executing plans                   | 41 Hawkeye football                       | 42 Him-dependence                       |
| 43 Bearing fruit                     | 44 Health & Exercise                      | 45 Always learning                      |
| 46 Defending freedom                 | 47 Solving problems                       | 48 Real leadership                      |
| 49 Never forgetting why              | 50 Finishing strong                       |                                         |

**20 Priorities:**  
Circle 20 above;  
write 20 Priorities

- Twenty Priorities that matter most** ("I sacrifice to enjoy...")
- |                                      |                                           |                                         |
|--------------------------------------|-------------------------------------------|-----------------------------------------|
| 1 God says, "Well done!"             | 2 Purpose & Passion                       | 3 A faithful legacy                     |
| 4 My kids say I'm godly & their hero | 5 Integrity when no one is there to watch | 6 Heavenly treasures to lay at His feet |
| 7 Touching your soul                 | 8 Pondering my Bible                      | 9 God's anointing                       |
| 10 Him-dependence                    | 11 Excellence                             | 12 Serving others                       |
| 13 Providing for family              | 14 Writing my book                        | 15 Choosing wisely                      |
| 16 Earning respect                   | 17 Balance                                | 18 Loving Anna                          |
| 19 Bearing fruit                     | 20 Never forgetting why                   |                                         |

**5 Passions:**  
Circle parts of  
20 Priorities above;  
write 5 Passions

- Five Passions I'll live for** ("I'm fulfilled when I am...")
- Hearing God say, "Well done!"
  - Being faithful to fulfill my God-given Purpose
  - Leading my family/others to choose wisely & never forget why
  - Loving Anna (which flows to my kids)
  - Passionately pursuing excellence with integrity

**1 Purpose:**  
Circle parts of  
5 Passions above;  
write 1 Purpose

**One Purpose I won't live without** ("I feel God's embrace when I...")  
To help my family and others want what they need to be faithful

**"Well done!"**