



# A LIFE WELL SPENT

Published by Ronald Blue & Co., LLC

## Evaluating Ambition



“Ambitious” is a word that can carry a negative connotation when used to describe someone. It can imply that a person is driven to the point that his or her only focus is that which they are aiming to conquer, and that the person will justify any means to reach the “end” in mind.

However, ambition is like many things in life in that it can be good in moderation and when your motives are kept in check. The *Life@Work* Journal published an effective checklist that helps you evaluate your ambitions. Read through the questions, write out any corrections you need to make in terms of your ambitions, and then ask someone to hold you accountable to those corrections.

- **What are my current ambitions?** Be precise about the things that are really important to you. Make a list and share it with a mentor or close friend who can offer some honest and insightful feedback.
- **Are my current priorities God-ambitions or self-ambitions?** Figure out what is driving your ambitions. Be brutally honest. Ask yourself difficult questions such as, “Is the long-term effect of my ambition hurting others?” Or, “Am I overly motivated to please a disapproving parent or boss?” Again, honest insight from a friend will prove beneficial.
- **What ambitions should be added or deleted?** Obviously, you will want to identify and eliminate unhealthy ambitions. But do not forget to add healthy ambitions. If you are married with two kids and you have no ambition for raising a family, you might have a problem. If you spend six hours a day at the gym working out but you cannot keep a job, you might have a problem. Once again, feedback from someone close to you will help you tremendously.

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