

THE
FUNDAMENTALS
OF LIFE
HANDBOOK



BY ALLAN HOUSTON



A photograph of Allan Houston, a former NBA player, wearing a dark blue New York Knicks jacket with orange and blue accents. He is holding a Wilson basketball in his left arm and looking off to the side. The background is a light blue wall.

ALLAN

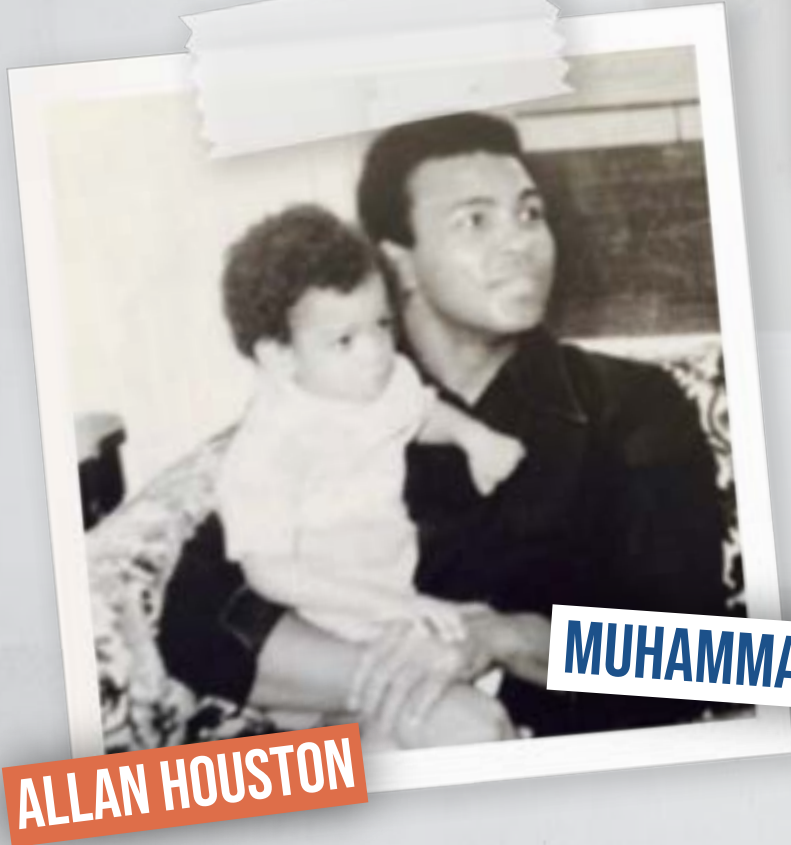
HOUSTON

FOUNDER

2x NBA All Star, Olympic gold medalist, and father of seven, Allan Houston established FISLL to engage, equip and inspire leaders and mentors to maximize their impact by promoting a healthy mind, body and spirit.

THE

BEGINNING



MUHAMMAD ALI

ALLAN HOUSTON

In 1973, Muhammad Ali returned home to Grand Ave in Louisville, Ky after fighting Ken Norton. With his jaw wired shut, he stopped by to visit my family's house, which happened to be 2 doors down from the house he grew up in. My mother often reminds me and others that Grand Ave has produced 2 gold medalists. To be able to say the greatest boxer and perhaps the most impactful athlete of all time and I have that in common is something I have never taken for granted.

The Gold Medal is a universal representation of achieving the ultimate goal..

WINNING!

As we're all participating in the game of life, we are out to WIN!
I've never met someone who enjoys losing.

What is winning in the game of life?

WINNING IN LIFE BEGINS WITH *DESIRE.*

WHAT WOULD YOU LIKE TO ACCOMPLISH?

WHO DO YOU WANT TO BECOME?

WHY IS THIS DESIRE IMPORTANT TO YOU?



LIFE IS A

GAME

My only true opponent is the enemy within me.

He knocks at the door of my thoughts
but won't enter.

He whispers at the core of my soul but

He stands in the path of my divine calling
but he won't misdirect me.

My victory...

is in the force of my focus, the intensity of
my preparation and the discipline of my execution.

-Allan Houston

The fundamental values that were passed on to me that continue to live with me are:

F I S L L

FAITH

INTEGRITY

SACRIFICE

LEADERSHIP

LEGACY

These are the **FUNDAMENTALS OF LIFE**

In order to be successful in anything we do, we have to have sound fundamentals.

In our daily lives, fundamentals serve as values to live by.

Values give us beliefs and behaviors to guide us along the right path and prepare us for success.

FAITH

WHO AM I?

IDENTITY & BELIEFS

FISLL DEFINES FAITH AS:

TRUST IN THE FULFILLMENT OF A DESIRED OUTCOME

BENEFITS OF A LIFE OF

FAITH

Healthy self awareness

Positive self-image

Clear vision and defined goals

Defined beliefs

Increased confidence

A man in a dark uniform is seen from the back, looking out through vertical bars. The scene is dimly lit, suggesting an indoor setting like a prison or a secure facility. The background is blurred, showing some greenery and structural elements.

WHAT DOES

FAITH

MEAN TO YOU?

INTEGRITY

WHERE AM I?

CHARACTER & CONVICTIONS

FISLL DEFINES INTEGRITY AS:

**MAINTAINING THE HIGHEST STANDARD OF MORAL
THOUGHT, BEHAVIOR, AND QUALITY OF EXCELLENCE**

BENEFITS OF A LIFE OF

INTEGRITY

Increased awareness of a moral compass

Increased decision making skills

Ability to complete tasks

Attention to detail

Increased confidence

A man in profile, looking towards a group of people. The background is a brick wall with a doorway. The scene is dimly lit, suggesting an indoor setting like a classroom or meeting.

WHY DOES

INTEGRITY

MATTER?

SACRIFICE

WHERE AM I GOING?

WILL & DETERMINATION

FISLL DEFINES SACRIFICE AS:

**YIELDING TO A SOURCE OF POWER THAT
DEMANDS DENIAL OF SELF**

BENEFITS OF A LIFE OF

SACRIFICE

Increased level of discipline

Expanded work capacity

Heightened sense of self-control

Understanding the power of surrender

Understanding of service over self

A group of people, including children and adults, are gathered in a gymnasium. Some are standing and talking, while others are in motion. A large red banner with white text is overlaid on the center of the image. The background shows a wooden floor with white and red lines, and several orange cones are visible. The lighting is bright, suggesting an indoor sports facility.

WHERE HAVE YOU SEEN

SACRIFICE?

LEADERSHIP

HOW WILL I GET THERE?

RESPONSIBILITY & ACCOUNTABILITY

FISLL DEFINES LEADERSHIP AS:

**INSPIRING INDIVIDUAL AND COLLECTIVE MOTIVATION
TOWARDS A SPECIFIC AND COMMON GOAL**

BENEFITS OF DEVELOPING IN

LEADERSHIP

Stronger connections with others

Learning servanthood

Increased sense of responsibility

Improved communication

Understanding organization and management

A man with short, dark hair, wearing a black t-shirt, is speaking to a group of young people in a gymnasium. The young people are listening attentively. In the background, there are windows with white frames and orange traffic cones. The scene is lit with warm, indoor lighting.

WHAT MAKES A

LEADER?

LEGACY

WHY AM I HERE?

RESPONSIBILITY & ACCOUNTABILITY

FISLL DEFINES LEADERSHIP AS:

**AWARENESS AND PURSUIT OF ONE'S IMPACT ON
HUMANITY, SOCIETY, AND ETERNITY**

BENEFITS OF BUILDING A

LEGACY

Understanding the power of your name

Understanding the dynamics of mentoring

Increasing your influence

Discovering your deepest motivations

Seeing life from the highest perspective

HOW DO YOU WANT TO BE

KNOWN?

**LOVE OUR GAME
VALUE OUR LIVES**



LIFE'S FIVE MOST IMPORTANT QUESTIONS

FAITH
WHO AM I?



INTEGRITY
WHERE AM I?



LEGACY
WHY AM I HERE?



LEADERSHIP
HOW WILL I GET THERE?



SACRIFICE
WHERE AM I GOING?



GET IN

THE GAME

FISLL is a framework for winning in the game of life by living according to our intended purpose and core values.

In doing this we develop self awareness, resilience, leadership and the overall mindset for success.

CLICK HERE TO GET IN THE GAME

