

A vibrant spring scene featuring a bright blue sky with scattered white clouds. Several colorful butterflies with blue, orange, and black wings are fluttering across the sky. In the foreground, a lush field of pink flowers and green grass is visible. A large, leafy tree stands on the right side of the image. The word "March" is written in a golden, cursive font in the center of the image.

March

March

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March 1

Realize Your Greatness

Going away from realizing your potential not only takes you down the wrong road, but it's also not good for your health.

If you want to create internal stress and angst, start doing something every day that is not developing the potential inside of you. I have certainly done that. And when I do, it takes me down a road of sadness and less joy.

Start living today doing things that begin to use your potential. Do things that will utilize your gifts and talents.

It's time to realize your greatness, understand what has been gifted to you, and to have the courage to stand up and start to let the best in you come out.

All of us have a potential tank. When we get to the end, our lives are measured by where the needle is on the potential tank gauge. Is the needle pointing close to full? Or, did you live your life well, use most of your potential, and the needle is closer to empty?

Pursue fulfilling your potential today. Realize your greatness!

March 2

Attitudes Determine What's Valuable

If you truly want to have a better attitude, seek more knowledge. A better attitude opens you to learning. You are open to change. Very often, the things that you have little or no knowledge about can cause fear. When you have fear as your guiding emotion, it is hard to have a good attitude.

Conversely, when you have a lot of knowledge about something you will have an attitude. But at least this attitude is based on a more truthful and more informed perspective.

Attitudes are primarily emotional. But they are based on what you know, or don't know. And your attitudes determine the decisions you will make.

All thoughts are things. When someone says "don't be so emotional" it makes me smile. Their statement in itself expresses strong emotion.

It is your emotional side, your attitudes that govern your daily life in the personal and business worlds.

And when it comes to your life, here is a quick way to take stock of your attitudes.

With each passing day, you choose to do whatever you think is valuable.

March 3

The Past

Too often, I see people misapplying or misusing the past. And when you do this, it will bring you perpetual unhappiness.

Someone says to you, “You should have done it this way.” “Why did you get less than stellar results?”

Very often, the person asking that question is not some other person; it is you talking to yourself.

Your self-talk about the past is critical to moving forward to success. When you use the word ‘should’ on yourself or on others, you have now moved the talk to be about guilt or obligation. That starts weighing more heavily than whatever the issue was that brought up the question.

When you use ‘why’ on yourself or others, you are putting yourself or others on the defensive. It is a negative place when you always have to justify. A better way is to ask ‘what’ or ‘how’ and then answer it with an explanation as to how things can be improved.

The past is your education. Graduate from it. When you do, you will see it as a school to learn from. When used properly as a school and not as a tool for fear, it will guide you towards the future you desire.

March 4

The Present

Whatever you have done in the past brings you to the present. In a way, all your thoughts and actions have brought you to your present place in life.

And your attitude about the past is what you bring into the present. But, to make the present very worthwhile, you must be working toward a future you desire.

I see many good people where their main goal is to get through the day. The present is not exciting for them. And, what they are doing in the present is like a slog through the mud. It is not leading them to an exciting future.

If you want an exciting future, first, you have to create it in your mind, now, in the present. The present is your opportunity to create an exciting future.

With the pull of the future, you will start to amplify your efforts. If your efforts have been minimal in the past, then your current rewards will be minimal as well.

If your efforts are larger in the present, then you will create greater future rewards. But first, you must have a compelling vision of the future to drive you.

When you do, the present becomes an exciting adventure because you are working toward something you desire. And now, when you get to the end of the day, you will have a whole different attitude.

Instead of saying, "Good, I made it through another day" you will look back and say, "This is what I got from the day." What you get from the day is the excitement of bringing you one day closer to the future you desire.

That's the magic of a purposeful present based on your vision of the future.

March 5

The Future

What do you see in your future? You must first see the future to develop an attitude about it. And there are a couple of reasons as to why this is good.

First, without a clear vision of the future you desire, there is usually a lack of purpose. Secondly, without purpose there isn't much enthusiasm or excitement driving your life.

There are some other considerations. When you don't have a clear, exciting vision of your future, you tend to focus on the past. Interestingly, we bring this into the present and we create a present very much like the past we would like to leave behind.

And by creating a present that looks like the past, we create a future that starts to look like the past. You can start to feel stuck as if you can't escape. The solution is to create a future vision that excites you and to do something every day, even if it is just for a few minutes to lead you to the future you desire.

When you have a future that excites you, you don't need a map or a book of instructions to get there. You get started and are willing to learn along the way.

Get a clear vision of your future. When you do, it will make your present more exciting and meaningful.

Why? Once the future is finished in your mind, then what you need to do in the present becomes absolutely clear. That's the power of the future.

March 6

What Drives You?

The future has the power to drive us to do all we can do.

When you have an exciting event to look forward to in your future, you start structuring your life around your ability to be present for the occasion.

Maybe you mow the lawn a week early. Or, if company is coming over, you do that paint touch up that you have been promising yourself you would do for months.

I point out the lawn and the painting because the promise of the future is not free. There are things we must do to make it happen.

The price any future reward demands from us involves discipline, labor and consistency.

Now transfer the picture of one event in the future to the future that is your life. This is the big picture. Yes, the price is still discipline, labor and consistency. But there is one more thing that you must have.

You must have a burning desire to make the future better than either the past or the present. As Jim Rohn said, "Those are the price tags of progress. The price gets easy when the promise gets clear."

March 7

Aging

Too often, people think of aging as an overall process of decay. In some sense that is true. Physically we aren't able to do what we did when we were younger or do it as well. In terms of health, it is shown that we will have more challenges to overcome as we age.

But when it comes to the mental and the emotional areas, you can always grow. You can always learn more. If you stayed as ignorant as you were when you were eighteen that would not serve you well when you reach thirty, fifty or seventy.

Also, there is something else going on as you age that propels a lot of people forward. Yes, you are going to die. When this sets into your mental and emotional fabric, you find the motivation to live a better life.

Aging mentally and emotionally is to have the opportunity to mature. It is the opportunity to gain perspective. Is the world and others better off for your presence? It enables you to distinguish between what is truly important and to let that go for what truly matters.

How you see what truly matters will be your legacy and that is under your control.

It will be as you wish.

March 8

What Are Your Assets?

I am not talking about what you own in terms of material possessions or money.

Your most important assets you own are founded in your self-esteem. Why is this important?

Look at your self-esteem as your brand. It will determine how you progress in terms of your productivity and your relationships. To have a successful life your self-esteem must be good in both areas.

Too often we focus on success on the task side of things. If your self-esteem is good you will:

- Strive to utilize your gifts and talents. An attractive person is learning how to be the best that they can be.
- Build healthy relationships that are win/win and not based on neediness.
- Live your life with purpose. Have a vision.
- Know your priorities to accomplish your vision
- Connect well. Seek first to understand others before asking them to understand you.
- Care for others and what you do. Care enough to turn someone around. Care enough to start a new enterprise. Care enough to be the best.
- Understand that ability is important but that dependability is critical. Dependability is the foundation of trust and good relationships.
- Give to others or to the community with no expectation of anything in return.

These are your assets. They define your brand. Most importantly, they define you and will determine the quality of your life.

March 9

Time is an Equal Opportunity Employer

Denis Waitley said, "Time is an equal opportunity employer."

Waitley goes on to point out that all of us have been allotted the same number of hours each day. You can't buy more hours and you can't create more minutes. And you can't save time like money. You save money and you can use it on another day.

But if you save time today, you can't spend it tomorrow or some day in the future. Also time is forgiving. You may have wasted today but you still have a full tomorrow.

To add some thoughts to the subject of time, consider this:

- We can spend more money but we can't spend more time.
- Once a minute, an hour or a day is over, it is gone.
- When it comes to time and life, there are no do over's.
- However, you can always start over.

Why not start today to do something to change your business and life for the better? Create the vision of what can be and leave behind what is. When you do, a different feeling will come over you.

You will start to build momentum. You will start to focus on what you received from the day which brings a whole different energy than thinking about getting through the day.

Envision what you want your life to look like. When you do, you will find that time is not only a fair employer but a fun one, too.

March 10

Action Builds

Norman Vincent Peale said, "Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause of fear." Sometimes you may be successful and at other times, you may not. But when you try to build a foundation based on fear, the result is nothing is done. Fear rules.

Action is about having faith. Having faith to know that the only way you will learn to be successful is to act.

Action cures fear. And, when you cure your fear, action builds.

Action is the foundational key to all success. Without it, nothing would be accomplished. Action not only brings success in measurable accomplishments but it brings something more important. It brings high self-esteem and a can do attitude that allows us to become more, attract more.

One person almost starts a project. Another person starts it. One person almost finishes a project. The other person finishes it. One person acted while the other did not.

Some of our actions are going to fail. That's the process that success and the good life require. If we fail, the formula for success demands that we take more action. It is simple yet it can be daunting.

Just as the farmer must keep planting seeds to have a hope for a successful crop, you must keep planting the seeds of action to increase the odds of a bountiful harvest.

Action builds!

March 11

Bring Your Seeds, Not Your Need

Do you need something? Do you desire something? There is a huge difference.

At first, let's look at need. You cannot attract what you need if you have a sense of urgency or desperation. Why? You are radiating fear. And fear repels the very thing you need. On the other hand when you desire something you are in a more relaxed, positive state. The result is that you are much more likely to attract what you desire.

If you go to the soil and say, give me a crop. The soil will say, "What is your seed? You have to plant seeds before I can give you a crop.

If you desire to have a crop, you will have to develop the skills or disciplines to plant seeds. With care, the result is that the soil will respond with a bountiful crop.

The key is to become what you must be in order to attract what you desire. What seeds are you planting?

To create the seeds to plant your success, you must internalize, believe and ultimately manifest the person you want to become.

And when you become that person, you will attract what you desire. Start cultivating the seeds of greatness within you.

Bring your seeds, not your need. That's where it all starts.

Plant good seeds and you are on the path to great results and a better life.

March 12

The Attitude of Success

If you were never confronted with change there would not be much reason to change your attitude.

Success is about remaining relevant. You must change in order to remain relevant whether it be at work or in relationships.

But when the unexpected realities of life hit you at those teachable moments then you know it necessary for you to change and that for that change to take place you must change your attitude.

First you want to have an overriding goal that you want to see accomplished because of your change in attitude. This will help guide your answers to the next three questions.

- Why do I need to change? These are the reasons to change.
- What do I need to change? This gives you the specifics as to what to change.
- How do I go about making the change to where it actually happens? This is where you create the steps to make the change a reality. And, this is where you measure your results.

It is easy to come up with your reasons to change. It is harder to come up with answers on how to do it. Answer these three questions and you will be on track to changing your attitude.

Embracing change is the foundational attitude for success.

March 13

Lifestyle

Lifestyle is important. It is a mirror to the world on how we have structured our lives.

It tells people how we have chosen to live. When you see someone who seems to have it all going for them here is the question to ask: Are they living well?

They may have the material trappings of success and appear to do well financially. The point is that many of us have learned to do well in earning but have not yet learned how to do well in living.

To live well we must make better choices. Discernment gives us the ability to make better choices about things that are important to us and how we want to lead our lives.

In this process we learn to discover our own happiness. Happiness comes from our choices in the past and affects our present.

Become more knowledgeable about your choices. Use your gift of discernment. You will create a lifestyle that brings you happiness.

Cultivate a happy lifestyle today and you will be on the path to creating more happiness tomorrow and in the years to come.

March 14

Developing A Sense Of Urgency

Success and developing a good lifestyle requires a sense of urgency. Failure says that someday or sometime will do. Success wants the answers to these questions and the sooner the better. Here are three points to consider in tracking toward your success.

1. What you know—Your Personal Philosophy
2. How you feel—Your Attitude
3. What's your Activity?—What you do with, and about, all that you feel and all that you know.

These three bring focus to your lifestyle and results.

Without a sense of urgency to increasing what you know, to improving how you feel and to having more meaningful activity it is not possible to live a lifestyle that brings you happiness and satisfaction.

Without a sense of urgency you never get started. And, in the end you feel worse about your life because nothing has changed.

You fall in love with your comfort zone and choose never choose to expand it. It becomes your zone of mediocrity. You can lead a stable life in the comfort zone, but more often than not it is short on satisfaction.

Why? You are doing nothing to explore your potential. Get a sense of urgency about expanding the comfort zone. When you do, you start utilizing your potential and in the process create a lifestyle that has more opportunity for fulfillment and rewards.

Develop a sense of urgency and you will create a better lifestyle and more meaning and happiness in your life.

March 15

Be A Quitter

“A winner never quits. And a quitter never wins.” I remember so well the sign over the door to our high school locker room. In athletic contests you can’t quit and win.

Yet, in the rest of life learning when to quit and how to quit are essential skills that must be developed to have the growth we desire.

In nature, trees quit by shedding their leaves every year. That is part of their growth process. But we as human beings have been given a choice. Very often we end up holding onto or staying involved with people, things or organizations that are pulling us down, not lifting us up. Unlike the trees, we don’t have a built in timetable on when to quit.

Yes, almost everyone has something or someone they would like to limit or delete. Take a look at your business and life and quit those things that aren’t working. Things to quit could be ideas that you have, processes you are involved with, patterns of thinking or a relationship.

Regardless, you must master the art of quitting in order to grow. As the tree would tell you, it is impossible to grow when you are holding onto the old leaves that are no longer working for you.

Become a quitter. If you look around, the most successful people know how to practice the art of quitting and make it part of their businesses and lives. Quitting is the first step to personal growth. When you quit you are saying I am ready for something new. I am ready to be challenged. I am ready to grow.

Be a quitter.

March 16

Everything Is A Life Lesson

Everything is a life lesson. It is a daily lesson.

- What did you learn about yourself?
- What did you learn about others?
- What did you learn from the situations you confronted?

It sounds like it would be simple to learn and to progress. All you have to do is answer the questions. What holds you back?

You must take the time to reflect each day on what is happening to you and more importantly, within you. This is your time to learn about yourself and how to be better. But instead of taking the time to reflect and to evaluate, you react.

In today's hurry up onto the next call, text or email you don't take time to reflect, the time to evaluate and therefore you make little progress. Over time this becomes frustrating. And with frustration you start to lose energy and enthusiasm.

Take the time to learn from life's lessons. Then you can make the adjustments or change course. That's what successful living is about. Reflecting, evaluating and making the adjustments as necessary to create pathways to a better life.

Everything is a life lesson. Hit the pause button. Learn through reflection and evaluation and you will start reacting less, and living more.

March 17

Overcoming Challenges

All of us have challenges. Life is a challenge. How are you handling your challenges?

When it comes to challenges you have a choice. Either you get bigger than your challenges or your challenges remain bigger than you.

To have a successful life you must learn to overcome challenges. How do you do that? You must always be learning. You have to learn new skills and disciplines.

It's like using a wood chisel that sculpts wood designs to cut down a tree. You may eventually get the tree down with the chisel but when you are finished you have no more energy for anything else.

And when you are tired you are not ready to receive any more of the opportunities that life has to offer. Now if you trade that chisel for a hand saw you will make faster progress. And if you change that hand saw for an axe it gets even better. Then if you trade in the axe for a chain saw phenomenal progress starts to happen.

Maybe it would take you 90 days to cut down that tree with a wood chisel. It may take 9 hours with a hand saw. With an axe it may take 30 minutes. And with a chain saw it takes three minutes.

The difference between 90 days and 3 minutes is skills. That's how you overcome challenges. You develop more skills and disciplines. You can't overcome everything. No one can.

But develop new skills and disciplines will enable you to overcome challenges and in the process create a path to the good life.

March 18

The Price For Progress

Progress is not free. There is a price for progress.

What is that price? It is determined by what you are willing to put into yourself to add more value to yourself as a person.

What are you going to learn?

How are you going to improve your relationships?

How are you going to apply what you learn?

Most of us know what the price is that we have to pay for progress. What holds you back from paying the price?

You need a clear vision of a successful future pushing us to be all we can be in the present so you can be pulled into the future you desire.

Without that exciting vision of the future you lose direction, enthusiasm and momentum.

Only when you can see the benefit of accomplishing our future vision are you willing to learn, improve and apply what you have learned in the present and to keep applying it every day.

Progress starts with a positive vision. The price for progress is to what degree you are willing to apply yourself daily to become more.

What are you doing to add value? When you add value to yourself, you are positioned to attract what you need in the present to make the future not just a vision, but a reality.

March 19

Your Emotional Nature

Your emotional nature governs your daily life. It determines your conduct and your conversations in your personal and business worlds.

Your emotional nature is your attitude about all aspects of your life.

With the right attitude it is incredible what human beings can do. They are expansive. They are positive. They can literally move mountains.

And with the wrong attitude it is amazing what human beings won't do. They see scarcity instead of abundance. They see the negative that keeps them from starting anything other than what they have to do. They can be crushed by the smallest grain of sand.

Keep your emotional nature in a good place. You will have a positive attitude and you will crush the grains of sand. And when you look back, you will see that all those crushed grains have formed a mountain that you moved over without even knowing it.

March 20

Doubt

You can be an incredible person and everybody sees it. But if you don't see it or believe it what everyone else thinks doesn't matter.

If you doubt your worth and are criticizing yourself you are throwing away moments in your life that could bring joy. Life is finite and you have an allotted number of moments.

You may doubt others, doubt the government, doubt your friends but never doubt yourself. You can question yourself. That is not doubt. Doubt is fear. A fear that your self-worth is not what you feel it should be or what others may think it is.

When you doubt yourself you are criticizing your self-worth. Doubt can stop you from asking questions, seeking answers and changing your course when needed. Doubt can drain your energy and momentum. In your mind, at all times, keep a positive picture of yourself and the person you are becoming.

And when mistakes or situations arise that may cause you to doubt yourself remember this: Mistakes and challenges are road blocks are the necessary mountains that you must climb on your path to success and the good life.

The road to the good life demands that you overcome the mistakes and challenges. As you progress you eliminate doubt. Enjoy your moments. Celebrate who you are and who you are becoming. Take a sword to doubt.

March 21

The Best Day Of Your Life

The best day of your life is the day you decide and to take the actions that makes your life your own.

Blame and excuses no longer matter. It is not someone else's responsibility to satisfy your wants and needs.

You alone are responsible for the quality of your life. With the attitude and knowledge of knowing that if it is to be it is up to me you will be on track to experience the better things life has to offer.

Will there be bumps in the road? There most certainly will be. There could be some hardship. But as long as you have decided you are the creator and the navigator you are headed in a great direction.

Taking ownership of your life is about declaring to yourself and then to others what you want. Don't talk about what you don't want. Throwing out the negative will insure that negativity pushes back against you.

After you declare what you want, then start taking the action to make it happen. You are ready to rise above people, circumstances or things. You will see them as stepping stones on your way to creating the pathway for your own life.

The best day of your life is when you decide it is your own. Take the actions to make it a reality and you will build your self-worth and sense of fulfillment.

March 22

Rise Up!

Rise up! The words conjure up images of overcoming challenges, success, victory and taking yourself to a better place.

Rise up means to let go or move from where you are at, with the goal of moving to a better place.

You encounter failure but you rise up above it and start something new and are successful.

A serious relationship has gone bad but you go out and develop new ones. You rise up!

In order to rise up you are either stuck or have been down. To rise up means that you are going to take responsibility for making you and your life better.

To have the life you want to have you must develop the skill of rising up.

All of us encounter the storms of life that can wound us or knock us down. The only way to rise up is to move past the storm, learn from the experience and let it go.

Let go of the weight that is the past and you will rise up to live the life you desire.

March 23

Word Power

Your words have the power to lift people up or push people down. You can say something to make others feel better about themselves, or make them feel worse.

It's amazing what a simple compliment will do. When you tell someone "I like that shirt," or "Great job on the meeting at the office," or "I really enjoy being on the team with you," those words will put a lightness in their step and enhance their day. It takes little time and no money, yet with your words, you can elevate their life.

Every day you should have a goal of finding at least one person that you can encourage. Be free with your compliments. Point out what somebody is doing right, not what they are doing wrong.

There are already enough words taking people down. Make it your business to lift people up, to enliven their day, to make them feel better about themselves.

Remember, your words are seeds. When you deposit life and positivity into others with your words, you are much more likely to reap more life and positivity in your own life!

March 24

That's So High School!

I remember when I went off to college. I was scared but I had had a good high school experience. I had a positive foundational experience.

I arrived at college and became immersed into a whole new culture. It was one where everyone was away from home for the first time and somehow wanted to separate themselves from their high school past.

The attitude was like, "I've risen above that high school stuff. This is college." Somehow without being defined, college was better. For most of us, it was the thrill of living on our own, without the watchful eyes of our parents.

For me, college was still much like high school in one respect. In high school we were always comparing ourselves to someone else. Did someone have better clothes? Did they have a nicer car? Were they doing really fun things that the rest of us could not afford to do? The list goes on and on.

It turned out that in college it was no different. The only difference was the parameters. Mentally we were still comparing ourselves to each other. Is so and so getting more respect from the English professor? I really thought I deserved the speaking slot on politics in my political science class but it was given to someone else. And really, does he get to live on a boat in the summer while I go back and live with my parents?

What is 'high school' is to always be comparing yourself to others. If you are looking for a prescription for unhappiness, comparing yourself to others is a sure way to find it.

It wasn't until after college and into my thirties that I figured out that the most important comparison I needed to make was the difference between who I have become and who I can be. That is what will move you forward. That is when I truly graduated from "high school."

March 25

Who's The Idiot?

I had the opportunity several years ago to observe a service provider-client relationship unraveling. This particular service provider was in the technology industry. And, the client was a major source of their revenue stream. The service provider could survive nicely without them, but that is not the point.

This particular service provider and their people, as they had grown, had become tone deaf to their clients and to this one in particular. They had immense knowledge on how to build websites and optimize them. Over time this superiority in knowledge had led them to have an attitude of superiority in how they communicated to their clients.

It was pretty much, "We're the experts. And even though you are telling us what you want we are the ones who can determine that, not you." Their attitude was one of how the client could best serve their wishes. It was not about what the client wanted.

How often do we see people who have superior knowledge in an area become arrogant? Unfortunately, it happens quite often.

They stop listening to the words. They stop hearing the tone and emotion. In essence they stop communicating with the person because all they want to communicate is their philosophy.

They have forgotten the principle of good communication. First you must understand others. Only then, may others be willing to understand you.

The real idiot is the one who fails to listen. It is the one who fails to hear. It is not the one who has less knowledge. And in this case, it is the company and its employees who lost a client not because of knowledge but because they failed to listen. And that's idiocy!

March 26

The Small Voice Of Success

The small voice of success has to be made louder than the voice of failure in order for you to succeed.

But it is always competing with the loud voices of failure.

- Failure tells us not to change our current thinking even though it is bringing us unhappiness.
- Failure tells us it is better to keep doing things our way even though this path will make us irrelevant.
- Failure tells us it is better to stay in relationships where we are miserable.
- Failure tells us to reject that which is improved because we are more comfortable with the way things are.

Yes, all there are many examples of failure. And it is important to be aware of them.

When you feed your mind a steady diet of failure you are making it increasingly difficult to ever experience the success and happiness you desire.

To make the voice of success heard above the voice of failure start not only by embracing change, be the change. Change how you see things, how you think about things, how you look at your relationships and be careful about what you watch and read. You don't want to just dump anything into your mental garden.

Each new positive activity weakens the grip of failure and will steer you even closer to your destination of choice. Each new positive activity will diminish the voice of failure and will amplify the voice of success.

March 27

Turn Down This Invitation

You just received an invitation. Someone you know is having a problem and says they need your help and support. They invite you to enter their lives.

They flatter you and let you know that they respect you and believe you could help them find a solution. If you aren't careful, this could be something that could take you down.

Have you ever tried to convince someone to see something that they do not want to see? It is frustrating because no matter how much you know it would improve their lives, they won't do it.

Why? They love the attention of being unhappy or miserable. If the problems were solved, then there would be no reason for them to continue their unhappy, miserable, energy draining existence.

And with the problem solved, the attention they would receive would be about what they are doing to improve themselves and their life. That's not the attention they want because that means they would actually have to work at improving themselves.

Turn this invitation down. You are being invited on a journey to failure that could take you down too.

March 28

Turn Down That Invitation (2)

Previously, we discussed about the wrong people inviting us into their lives. If they have a history of not wanting to resolve things and remaining unhappy, this is an invitation which you must turn down.

Whichever life one chooses to lead, the good or the negative, it takes two things, time and energy. A good life takes energy but gives energy to yourself and others. The negative life sucks energy from you and others.

How do you get these negative people involved in your life? Most of the time they invite you to help them solve a problem. And with your good intentions, you believe that you are going to be able to do it or turn them around.

Interestingly, these people play upon one of your closely held beliefs in relation to them. The belief that you can help them because **they** believe you have the answer.

But they are just like the spider that spins its web to attract its prey. They spin the web but those they invite in don't see it.

Once you are caught in their web it becomes even more painful to get out.

Psychologically and emotionally you are vested in their success. Sadly, there is no success in this for you.

The next time you receive this type of invitation turn it down. The only way to turn up your life is to turn down the invitation and the people who offer it.

March 29

Caring Too Much About What Other People Think

If you really want your own success, decide today to stop caring too much about what other people think. Develop a filter for other people's thoughts. By all means seek advice and input from others that you trust. You do want to care to some extent about what they think.

Other people, some who you know well, as well as those you don't know well may not have your best interests at heart. When you talk about your plans for success they may be jealous. They start thinking about their hopes and dreams that will never be and truly do not want you to start on your path to success, let alone succeed. All it does is remind them of how they have fallen short.

These are the ones who will give you all the reasons as to why something won't work, plus they remind you of your past failures. They are planting weeds in your garden of success. They may tell you, that they really care about you or that they are just being realistic.

Remember that they are coming from their prism of how they are choosing to care about you and their interpretation of what is realistic based on their own perspective. Very often they use the club of fear on you in their hopes of keeping you from moving forward.

Keep your own counsel. Listen to what is in your heart. Others may profess to have your best interests at heart but you are the only one who always will. Trust yourself to take the risk. Trust yourself to bounce back if you face failure.

To have success you must trust yourself. If you are wrong and fall flat on your face at least your face down experience will cause you to face up to what you need to do to be successful.

Caring about other people is a positive. But caring too much about what other people think can be a negative and keep you from living a richer and more fulfilling life.

March 30

What Are You Doing With Your Starfish?

"The things you do for yourself are gone when you are gone, but the things you do for others remain as your legacy."-- Kalu Kalu

How you choose to contribute today will be the legacy that defines you tomorrow. And, more importantly, it will determine the quality of your life.

When someone says, "It doesn't matter," or "It won't make any difference," they are wrong. Every act of yours makes a difference. Making a positive difference to one person every day is a wonderful legacy.

This reminds me of the story of the starfish. I little girl was with her Dad at the beach. She saw some starfish that had been washed up on the beach. She started to pick them up one by one and throw them back in the water.

Her Dad said, "You aren't going to be able to make a difference. There are too many starfish."

As she was throwing another starfish back into the water she replied, "But I made a difference to that one."

Build your legacy one starfish at a time.

March 31

Stuck In The Middle

Stuck in the middle is not a fun place to be. Picture yourself with opposing forces pushing on either side of you. It is not comfortable.

If you find yourself stuck in the middle what can you do about it? Very often we get stuck in the middle because you are not clear as to what you want. First, you must be clear with yourself first, before you can bring clarity to others.

Once you have clarity then you can move from being stuck in the middle. If being stuck involves others, then this means that there will be a confrontation. One of the reasons we stay stuck in the middle is that we do not like confrontation.

Yet, confrontation actually is the process that gives you clarity. Confrontation helps you to find a better way. You have a way of doing things. With confrontation you now have more clarity which can provide you with better steps overcoming challenges.

But when the confrontation comes to people and relationships it can be very difficult. To move from being stuck in the middle, state what you want. Confront others with your point of view and what you desire. Focus on what you want, not on what you don't want.

Very often others are not aware of what you want, and once they are they at least understand how to act to improve the situation. Regardless you must confront the situation. Confrontation's goal is to bring clarity.

When confrontation brings clarity, we are less likely to stay stuck in the middle and now can move forward on a better path.