

Two-legged thinking

One-legged athlete proves human potential is unlimited

The things a human being can do are amazing. Most people act like they are only capable of ordinary things. But not Carl Joseph.

Carl knows the truth. He's done plenty of amazing things—all with just one leg.

With just one massive leg—no crutches, no artificial support—Carl earned thirteen athletic letters at Madison High School in Georgia. He was on the football, basketball and track teams, competing against and playing better than boys with two legs!

How did he do it? By hopping, except it didn't look like hopping. He could run so smoothly and gracefully that many times people didn't notice he had only one leg.

He was able to outspurt most of the team's defensive line! He blocked punts and sacked quarterbacks! He stuffed basketballs and out-jumped most of the team! He high-jumped five feet, ten inches—the track team's best!

"It's all in the mind," said Carl, who never talked much, especially about himself. "My mind always told me I could do things, so I just went out and did them. Never thought much about it. I never worried that I couldn't do something. I just did it."

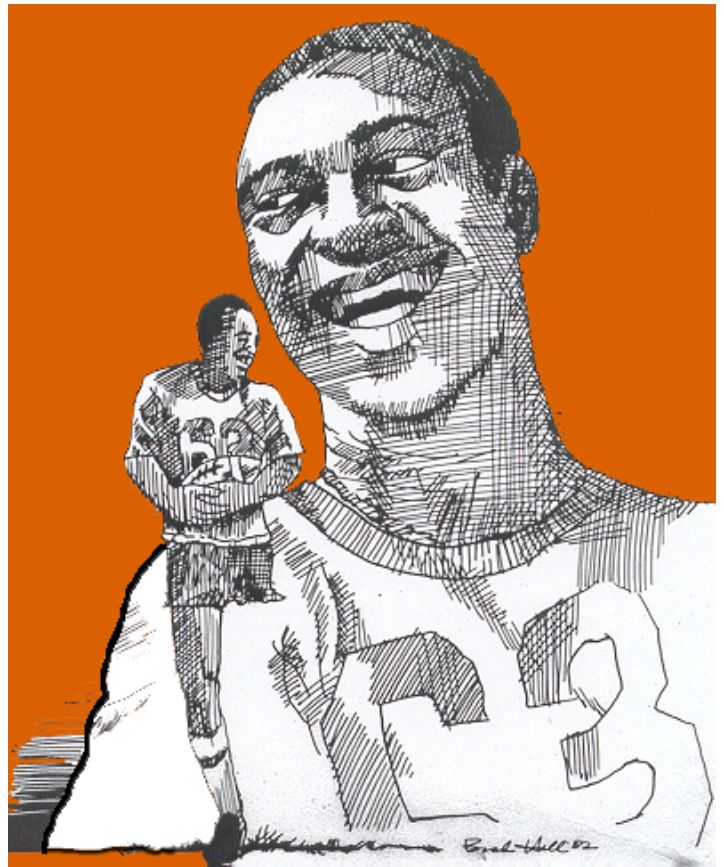
Carl was born with just his one leg. He began hopping around by the time he was six months old, according to his mother, who raised Carl and his nine brothers and sisters by herself.

Carl studied biology at the University of Pittsburgh. The NCAA wouldn't allow players with missing limbs, but Carl was on a full-ride

football scholarship! He was the team trainer. His coach said that Carl's mere presence motivated the other players.

Carl's goal—to become a trainer for a pro team. Think he'll do it? You bet.

Here's what you can do: *Carl Joseph has done amazing things with one leg, because he thinks with two legs. Don't handicap yourself by thinking with one leg—about anything.*



Joel H. Weldon &
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"Dedicated to helping you tap your unlimited potential."

Problems or pearls?

Irritations — the very source of your opportunities in life

“The world has grown old and lost its vigor; the mountains are gutted, the mines are exhausted, the fields lack farmers.” So wrote St. Cyprian 1700 years ago.

Newspaper headlines over the past decade inform us that little has changed: “Violent crime hits record rate... Social Security Commissioner admits old age funds running low... higher taxes needed to replenish Social Security funds... corporate mergers force early retirements... workers have to do more with less...”

Problems are here to stay. They will continue to frustrate and irritate you, if you let them. Or, they can serve as the very source of your opportunities in life. It's up to you!

Consider the oyster. Even this harmless,

crusty-faced mollusk, lying quietly at the bottom of the ocean, is irritated by problems — grains of sand entering its soft body. But the oyster uses this irritation to be creative. The result is a pearl, prized by people throughout the world for its beauty and elegance.

So what will it be — problems or pearls?

Here's what you can do: *Make a list of all the problems irritating you. Circle all those you are responsible for and can do something about, and cross off the rest. Of those circled, which one seems most bothersome? Right there is your greatest opportunity! List ways of overcoming that problem, along with the benefits you will derive in the process. There, you've just begun forming your own pearl!*

Can't fix it? Feature it!

When faced with pending tragedy or sudden difficulties that could demoralize the team, effective leaders can decide instead to CELEBRATE! That's right! If you can't “fix it” you can create events to foster joy, gratitude, humor or hope!

You can celebrate what you can't fix or what won't go away immediately . . . things like:

- - A new computer system (let's say it's called SWATS) driving people nuts.
- - Construction going on in your working areas or on local streets.
- - The worst month in history.
- - Taking a time-consuming inventory.
- - The busiest month ever—people exhausted.
- - Merging with another organization, and the ensuing turf wars.

You get the point! It's stuff that occurs that will someday go away or be softened eventually by time. But right now, it's a difficult, disruptive situation.

So, “Feature It!” Brag about it! Celebrate it! Make it funny! Show you know what's going on and that you appreciate their frustrations and concerns. Go for humor if you can. For the six examples above . . .

· Create T-shirts for everyone: “I survived SWATS.” Or make a new acronym for the thing—like, SWATS really means “System We'll All Treasure Someday.”

· For construction mess, dirt and inconveniences, issue your team hard hats and hammers and say, “Let's help those construction workers,” or, “Let's find out where they live and go mess up their homes!”

· After a devastating month, throw a party! Call it a “Misery Bash.” Vow never to let that happen again, and celebrate the fact that it's over!

· Taking inventory can be so time-consuming and stressful. How about making T-shirts with “WWWD” on one side, and on the back, “What Would Walter Do?” (“Walter” being your controller or head bean counter, who would count everything and do it right.)

· For people working 12-14-16 hour days, exhausted? Buy some cheap camping cots, blankets and pillows, eye shades and ear plugs. Set them up in your offices and put a sign up — “Rest area for the best team.”

· A merger can sometimes be traumatic, so make it fun. Have a wedding! That's right! Select a bride from one organization and a groom from

the other! Have a wedding ceremony, write vows and recite them, pledge to stay together in good times and bad. Then have a big wedding reception, complete with a cake!

Everyone of these ideas has been used by effective leaders! Now it's your turn to use them, or think up your own ways to . . . FEATURE things you can't FIX! It will help make WORK more FUN!

Breaking free from the past

You are what you choose today, not what you've chosen before

"I'm nervous." "I'm shy." "I'm not musical at all." "I'm clumsy." "I'm terrible with names."

When people describe themselves, they often use labels like these. Some labels are positive, such as "I'm loving," or "I'm a good athlete," and those are fine. But negative self-labels deter your personal growth.

Well-known psychologist Dr. Wayne Dyer explains how you can achieve super physical, emotional and spiritual health by developing a "no limit" attitude. Certainly it is easier to describe yourself than to change, Dyer acknowledges, but he points out that, "*You could be negating yourself by identifying with your trademarks, rather than your own potential for growth. There is no such thing as human nature. The phrase itself is designed to pigeonhole people and to create excuses. You are the sum product of your choices, and every I'm you treasure could be relabeled, I've chosen to be. So who are you? How do you describe yourself? Think about some delicious new labels that are in no way connected to the choices that others have made for you, or those that you've made until now. Those tiresome labels may be keeping you from living as fully as you might.*"

When you gain a new perspective of yourself, you perceive endless opportunities that were only dimly visible before. We all carry seeds of greatness within us. A "no limit" attitude can set free your tremendous energy and creative potential, as you shake off the labels of limitation and break free from the past.



Here's what you can do: Catch yourself if you're using the four neurotic sentences. Change "That's me," to "That was me." Change "I've always been that way," to "I'm going to be different." Change "I can't help it," to "I can change that if I work on it." And change "That's my nature," to "That's what I used to believe was my nature." Also, set goals to act differently than you have been. If you consider yourself shy, introduce yourself to one person you would have avoided otherwise. And keep looking ahead, not back. The past is over!

Fear

False Evidence Appearing Real

Motivation springs from one of two emotions: fear or desire. Fear and desire are equally strong motivators, but their effects are light years apart.

Fear is the negative inhibitor which causes you to tighten up and panic. It forces you to step and then trips you up. Fear defeats goals.

But as powerful as it is, fear is often ridiculous when viewed objectively.

Consider a few common fears ...

<i>Ideophobia:</i>	fear of ideas
<i>Bacilophobia:</i>	fear of microbes
<i>Ombrophobia:</i>	fear of rain
<i>Clinophobia:</i>	fear of beds
<i>Scopophobia:</i>	fear of being looked at
<i>Ergophobia:</i>	fear of work
<i>Sitophobia:</i>	fear of food
<i>Phobophobia:</i>	fear of fear
<i>Arachibutyrophobia:</i>	fear of peanut butter sticking to the roof of the mouth

Absurd? Yes ... which is why you should know that the word "fear" is an acronym. It stands for **F**alse **E**vidence **A**ppearing **R**eal.



Fear disappears when you refuse to accept false evidence such as "You can't," "It won't work," and "We tried that last year."

Here's what you can do: *Begin now to cultivate desire within yourself. Unlike fear, desire emits a warm, attractive glow. It reaches out, opens, guides and encourages. Desire will motivate you toward achievement. When you feel even the slightest fear, remember the acronym **F-E-A-R**.*

A stepping stone or a stumbling block?

"Isn't it strange that princes and kings
And clowns that caper in sawdust rings
And common folk like you and me
Are builders for eternity.

To each is given a book of rules
A block of stone and a bag of tools
For each must shape ere time has flown
A stumbling block or a stepping stone."

Here's what you can do:

If you haven't already, decide now what type of "stepping stone" your vast potential will best lend itself to "shaping." Then go for it. If you are already well on your way to shaping a fine stepping stone, then pass this poem on to your children or any other young person you know.



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