

Reset Chapter 9 (The reset)

Questions for discussion

1. Do you gorge on negative talk about yourself?

I have a favorite (or not) pastime of gorging on negative talk. The word positive has an “P” in it, and the negative an “a.” the word negative just seems to be darker and has different tones than the positive. How easy is it to talk you into something than out? I’m just pointing out that being negative is so easy. Promoting you and loving your person comes across as prideful and arrogant. Is it really all that bad to believe and love yourself?

In the last chapter I asked you to write down ten things you love to do. Within those things I asked you to describe the person you thought would do those things. I did that many years ago. That list was horrible because it was the self I cared for and the self that others hated. Who was right and who was wrong? Around and round I went reading the list along the lake. Someone must have saw this man talking to himself with paper in his hand. I needed to go through this process. Abuse of the mind or heart is an ugly thing. When the people you trust hate your character, it’s not a funny thing. Why should I believe them? Why should I believe the positive voice in my head?

I hoped to illustrate what you might be going through. If you wrote out a list then you now have a pretty good picture before you of who you are. Then the war comes. Questions will come at you fast and furious. Why are you focusing on you? People come first before you do. They are right you are not a good person. God really blew it with you. They all can’t be wrong can they? On and on the questions will come. Self-doubt is like luscious candy. Once we’ve tasted it our hunger is insatiable. It becomes our favorite past time. Gorging ourselves on the negative till it makes us sick. Chapter 9, p, 2

2. You need a spiritual journey

I hiked up Gods Mountain (Mt Sinai) in Egypt a few years ago. There was a feeling up there of the spiritual and it was a powerful moment for me. I have also written what is called a “Spiritual biography.” It mapped out how God has worked in my life to this point. It proves to me that a spiritual journey is part of our journey. To feel connected to something spiritual or more powerful is invigorating and humbling. Somehow a spiritual connection brings us into a larger picture.

This book has two parts. One is the people in our lives and how we are affected by them good or bad. The other is the spiritual. We are flesh but we need the spiritual. You know taking a spiritual journey with your list might do you some good. I have stood at the top of Mt Sinai (The mountain of God) in Egypt. It was a hard climb but at the top was an amazing view and stillness in the air. I loved it up there. To have peace in your heart you need a spiritual journey. Chapter 9, p, 5

Reset Chapter 9 (The reset)

3. It's time to reset who you were meant to be

Imagine dreaming of climbing Mt Everest yet never doing it. What a thrill it would be to finally accomplish that feat. We pay off cars and houses but we rarely achieve our dreams. What's the use of knowing your talents but never using them? It's the same with your traits. Why do you love painting, fitness, and travel but you never make sure you do those things. You have to feed your traits. It will bring life into your life so to speak.

This brings me to the next part of this journey: doing something about it. Famous saying: "You got it so get at it." Your list is nice but it's more than just pen to paper. You are everything on that list and more. Like I said over and over a reset is really an understanding of you. Who are you? Why are you not doing the things you like to do? I firmly believe that your childhood dreams are a reflection of who you are. Did you dream of being an astronaut or a writer? Did you love reading books or playing sports? These things are who you are and were meant to be.

Yes, of course, becoming an astronaut is astronomical, but is it? Are you best suited to be in the space program or teaching at Yale? Far too often we become what life dictates and not who we are. I heard the other day that 72% of adults feel they are in the wrong career. That is insane talk. Imagine Einstein working at McDonalds. Now don't be silly, smart people certainly can work at successful Micky Dee's, yet some of us are destined to do something different. A smart guy figured out fast food at McDonalds and became famous. Another smart Girl builds a space shuttle. Both are smart and both were effective. The secret is that both found the right place to be. They became more than most because they were in the right career. Chapter 9, p, 6

4. It's time to act on being you

What happens when you get pregnant or end up in a car crash? Well, life takes an unexpected turn. Some of the dreams are put on hold. The problem is that we rarely take those dreams off hold. They stay lost in our dreams. Our inner self; however, never forgets. It yearns to be who God made you to be. We become dissatisfied and disenchanted with life. The blame game begins because things are moving way too fast or too slow. There is never a perfect time to act on you but now will always be the perfect time.

We need to act out the living part. Life seems to want two things. First it wants to swallow us. Secondly it wants to challenge us. Within all that are you and I trying to navigate between those two things. Our list gives us power to do that. Doesn't God give us that power? Yes in the way he made us. We are made for a purpose. That purpose is to be who he made us to be. Far too often we accept being swallowed by life rather than accepting the challenge to thrive. Successful people are not special except for one thing: they refuse to be swallowed: they thrive on the challenge. Chapter 9, p, 7

Reset Chapter 9 (The reset)

5. It's not about changing relationships most of the time

A weird thing happened on the way to divorce. My Ex and I became a different people. Why did that happen? How could that happen? Why did we change? It's probably partly because we got married so young and babies came fast. We got swallowed up in life. Unfortunately both of us looked at me and the marriage as the problem. I truly believe many people don't have to change their marriage. They just need to express who they are to the world while in that relationship.

So don't rock the boat? Oh no, you have to knock the boat over. You must be who you really are. An unhappy and unfulfilled "You" is personally killing your marriage. You don't have to leave to find you. Welcoming change in a spouse does not mean they have to leave you. What if change was fun? What if discovery is just that: discovery? What if you embrace your spouse's desire to know them better? You just might get a happier spunkier mate. Maybe you will bring joy into a stale marriage by seeing what could be more than what is.

If you're single then now is the time. You will never have a better chance to discover you than right now. But I hate being single Pat! Like I said does your future partner get the best you or what? In many ways we have excuses. People might not like me. It's weird doing this. I like who I currently am. Yep but your reading this because something needs to change. A reset takes time and effort. A single person has far greater ability to accomplish this than a family man does.

If it ain't working then it ain't working. You are reading this because it ain't working. Who you are right now might not be who you were meant to be. That is terrible grammar I suppose, but it's plain language "If you got it then get at it." You have your list. The best part is in the discovery. You just might find out more about you than you knew. Does that scare you? Chapter 9, p, 9

6. It's time to feed the bear

There was a hockey player named Jerome Iginla who played for the Calgary Flames. He was at times a passive player. However, he was a very talented guy. If you left him alone he usually had an average night. If you hit him then he would get mad and play better. It's the same with you. It's time to get hit. You have been passive with your life far too often. The bear is your passion in life. It's dinnertime and the whole world is waiting.

It's not about changing who you are. No, it's about making who you are a reality. The list is already inside you. It's a snap shot of the person in the mirror. All you have to do is feed the bear. What I mean is feed the passion to be those things on your list. If



Reset Chapter 9 (The reset)

you're outgoing then go out. If you're adventurous then plan an adventure. If you love music then buy some new stuff today. A happy invigorated you is good, not only for you, but for everyone else.

The last chapter is the best one. It's time to believe again. It's time to reset the rules. You were meant to believe in God. You were meant to believe in yourself. Yes we were meant to believe in people. All the garbage has been expertly used by God to open your eyes. All the anger and disappointment is fuel to get life right. Is it more about what others have done to you or what you have not done for yourself? It's time to fight for you: do you believe that? Chapter 8, p, 12