

Hi all you amazing!

Craig here. A few weeks ago, I spoke to you all at your annual conference. Love you engineers, keep me on my toes! I had a blast and loved your enthusiasm in participating. Since I don't use a power point (thank you), I thought I'd send you some highlights to keep the fire going! Now that we've some time together, I hear there is an interest in Round 2 in 2018! That would be amazing!

Now, of all the companies and organizations I've worked with over the years... the most successful ones have some things in common:

~***They have great people...*** honest, direct, compassionate people.

~***They have fun...*** people really enjoy the challenge of what they are up to.

~***They work with passion...*** they bring their best selves and their creativity to their work

~***They have accountability...*** they do what they say and say what they do

~***Their culture is positive, staff-centric, and client-centric***

~***They know what they do, and ... are great at how they do it...***

~And most importantly, ... ***They know WHY they do what they do!***



\*\*\*\*\*(For any of you thinking about booking an event in the future, ... if you call during the month of September, we are offering a great discount!)\*\*\*\*\*

So, in working with you, do you recall me asking some simple but hard questions to shake things up a bit.

How much are you really giving? 10% 25% 50?

How do you let fear get in the way of your life and more?

Is your work culture hap hazard or on purpose?

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During my program, we talked about children, especially four or five year-olds, and those qualities that we all once had in abundance and have mostly lost. Kids laugh a lot, they are not self-conscious, they're highly creative, they live in the moment, they're honest, don't worry, are okay with not knowing, and they give 100%, they share their toys, they aren't pretentious, and they have tremendous enthusiasm.

So here is the thing: How would it be, if in your professional and personal lives, you could reclaim and apply some of those wonderful traits that we once had as children? Try to imagine this for yourself feeling more freedom inside yourself (take a big breath here), worrying less, having more fun at work and home, being more in the here and now, letting your creativity flow... Do you feel something loosening?

Now think about what would be available for you within your organization? How about you and your family? Can you imagine what might be possible if you could recover some of those generous, authentic and life-renewing qualities again?

Here are my **Three Secrets to Reclaiming the Joy and Adventurous Spirit** we once had:

**First: It's not about learning anything; in fact, it's about un-learning.** Does it make sense that we once had all these qualities? So, we've got to ask, what have we "learned" that is blocking these qualities? How can we unlearn that? I think we've learned to be afraid, and this fear controls us. What are we most afraid of? Lots of things.... perhaps most of all, we're afraid of feeling completely out of control, afraid of what others think of us, afraid to fail, afraid to take a positive risk, afraid that we're not keeping up with the neighbors, afraid of our image will be tarnished, and on and on... . We spend an incredible amount of time trying to be accepted, concerned that we've "got the right answer", "chose the right seat at the table", "are funny enough", etc. We're avoiding looking bad while trying so darn hard to look good? With all that going on, we don't have any room for a big purpose, let alone fun! PLAY! That's what we do!!!

Just for fun, whistle, dance, sing, throw a party. Try something new. Turn off the TV -- enough brainwashing for now. Notice when you are trying to impress someone instead of being yourself. Say to yourself, "What I am doing right now is the most important thing I could doing." And most of all, watch how free, loving, and uninhibited young children are. It's profound, I guarantee.

**Second: Get Comfortable with Being Embarrassed.** Stop trying so hard to not be embarrassed, get comfortable with embarrassment. Let's face it, it's part of the human

experience. We all do silly things, make mistakes, spill your soup at lunch with the boss, forget our brother-in-law's name during introductions. But let me ask you, ... how much energy does it take for you to NOT be embarrassed? It takes a lot of energy that could be used for other things.

So here's a remedy. Every day do something that makes you feel a bit embarrassed and get used to it. One hundred years from now, will it really matter? Someone once said, "Courage is not the absence of fear; it is seeing something greater than the fear." Being embarrassed is being human.

**Third: Find a purpose bigger than you.** (This is my personal favorite!!!) Remember our audience member who was afraid of public speaking? Remember all the things they were worried about like .... "What if I forget what to say, what if I make a mistake"? "What will people think of me?" Then, I asked our volunteer to recall someone they really love. "If your loved one was in front of the room right now and in harm's way, would you stop at nothing to help them?" "Absolutely" our volunteer replied! When I asked if they'd worry about forgetting what to say, worried what people thought, the response was "of course not!"

In the moment we are focused on something a higher purpose, outside of ourselves, all those fears drop in a heartbeat.

**The trick is to focus on your passion, on what you love, on the mission, on the goal,..... whatever it is that is beyond you or bigger than you. When you do that, the self-conscious part of you is not involved anymore. Freedom!**

Three things you can do to live a more purposeful and joyful life - remember to focus on your mission, be okay with embarrassment, and constantly look for ways to unlearn those blocks to your authentic self. With this, you'll start to reclaim your innate nature and make a bigger difference.

Give us a call if your group or others that you know would be interested in some fun training! Our office is [303-830-7996](tel:303-830-7996).

All the best and lots of laughs,

Craig



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