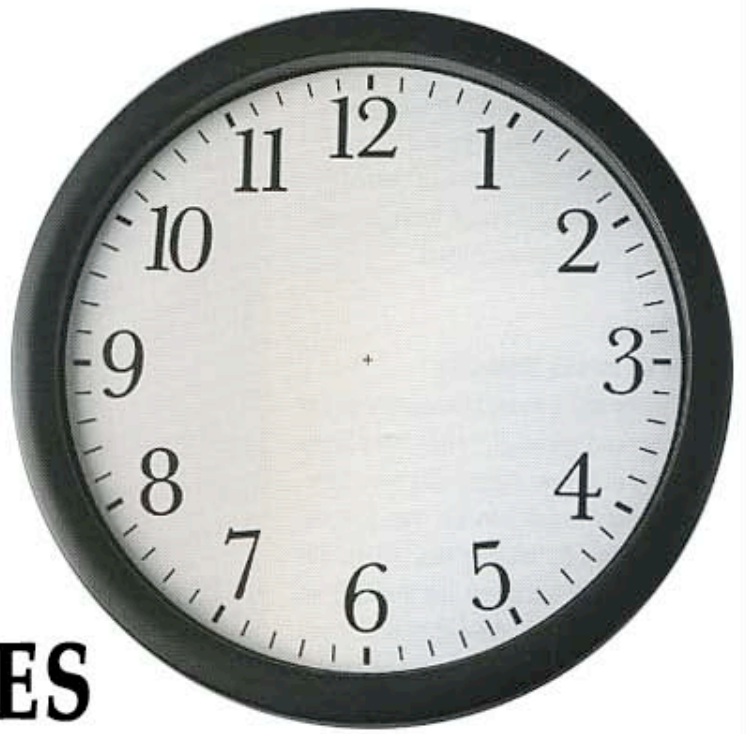


More Principles for Life Masteries

NO PROBLEMS— ONLY OPPORTUNITIES



Mark Boersma

Every day, every one of us has events that come into our lives. Many of these events will seem like problems initially and most individuals will worry about these “problems.” These events change their focus, causing them to make choices from a different perspective, which will result in losing their perspective. Those who want Life Masteries in every area of their life, will apply the following:

We have no problems in our life, we only have opportunities! When a challenge comes into any area of our life, our first response is that this is a great opportunity that is necessary to attain Life Masteries. Some challenges are easier to find than others, but in all challenges we are determined to find the opportunity. This is such a powerful principle that it will change every area of your life if applied daily to every situation. Most individuals “shut down” because they think of things as problems and worry. Their minds, cre-

ativity, energy, and enthusiasm shut down. Those that understand Life Masteries take the opposite approach to living.

If you are hiking in the forest with your family and you run into a very hungry bear, should you panic? Should you freeze from fear? Should you worry? NO! You need to think very clearly and take immediate action! When you have a challenge, think clearly and take action. There are many stories of individuals who have had events occur, which most people would consider tragic, but they have taken these things and turned them into life changing events. YOU TOO CAN DO THAT! It takes some practice; it will not be easy initially, but if you persist and work as a team, you will see your whole life change as a result of this new attitude!

Ideal or Nothing: Principle #3 for Life Masteries

So many times in life we begin with the best of intentions, but for some reason, they are not realized. In many situations we could get started, but we wait, and end up either doing

nothing or implementing our plans too late. Because we wait for the perfect conditions, the best results, we miss an unseen window of opportunity that may have revolutionized our business.

We set out to do the best and often end up doing nothing. Implement those great ideas today!

- You can always start with something less than what you believe is best and then make it better.
- Do not procrastinate, but rather eliminate excuses.
- Do not be a perfectionist and wait for more information or details to avoid mistakes; everything will be all right.
- Do not worry if everyone will be happy. Probably, they will not. Because we are a team, we will work it out for the benefit of everyone.
- Do not worry about everything being fun. As a team, everyone will have fun; success only comes when your ideas are implemented. *A word of caution:* Do not let new ideas push out the great ideas already at work.
- Do not worry about losing control.

Sometimes when things seem out of control, there is a quantum leap just waiting to occur. By implementing ideas quickly, you will complete them faster and more efficiently. Long-term control will be maintained. A word of caution: Do not let the objective be more important than the people involved.

Time/Priorities:

Principle #4 for Life Masteries

How many times do we hear someone say "I don't have enough time!"? How many times do we catch ourselves saying that very statement? It is easy to fall into the trap and deceive ourselves into thinking that we do not have enough time, but when you think about it, we all have the same amount of time each day. When we speak the truth, it creates power within our life and the truth is...It is not that we do not have enough time, it is not a high enough priority.

Try saying that. It is painful, isn't it? We fight against it because we have so conditioned ourselves to believe it, that when we speak the truth, it is uncomfortable.

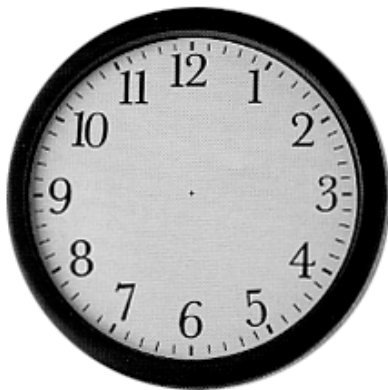
We all have 24 hours in the day. We all have the time to do many things. The truth is that anything we do has a higher priority than what we chose not to do. We may not do the things we most enjoy. We may not do the things we feel we should, but we do complete what we feel is most important.

Break Your Pattern!

For ten days determine that you will not say, "I do not have enough time" but rather say, "It is not a high enough priority." You might want to be careful about who you say that to, because often people struggle when they hear this truth. The first few days it will feel awkward, but after a while you will begin to feel better about yourself and others. Why? We are designed to perform our best when we are truthful with ourselves and others.

Speak The Truth!

When we hear ourselves speak the truth, it does one of two things to us. It may make us feel bad initially, and then guilty. If the guilt is



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justified, then we need to change our priorities. Feeling the guilt initially will force you to really examine your priorities and decide where they should be. Once you get the hang of it, you will often determine "it is truly not a high enough priority," and then feel good about yourself. Since we deceive ourselves on a daily basis, we do not give our bodies and minds the opportunity to be free of unfounded guilt feelings.

Feel Good About Yourself!

The principle of truthfulness in this area of our life allows us to feel confident about what we do and to recognize that we will not complete everything we would like to do. It also frees us in to make certain we get to the great things in life. Take action today; speak the truth and feel good about yourself and others.

Thinking, Not Knowing:

Principle #5 for Life Masteries

What would be the first response an individual would give if you asked them what they think about a particular subject, topic, or thought you have had? In many situations that

response is, "I don't know." Think about that response for a little while. What does it really mean?

- Does it mean that this individual has thoughts on the matter?
- Does it mean that this individual has learned nothing in life that they could apply to this situation?
- Does it mean this individual has learned absolutely no principles which would give them the ability to discuss the matter?
- Does it mean that this individual knows something but they want to withhold it from you because they do not like you?
- No, it usually does not mean any of the above. It usually means that this individual either has not listened to you or that they are too lazy to think.

Break the pattern! It is easy for each of us to fall into this pattern and what needs to be done is to break the pattern. How do we do that? Say the following and it will almost always break the pattern. "I didn't ask what you knew, I asked what you thought. If you don't think just tell me you don't think." That may sound harsh but it will break their pattern.

Special note from Mark Boersma, President of Synergy Solutions: My kids are starting to catch on to this and will often say "OK, Dad...I don't think." My response will then be "God gave you a brain to think with, so start THINKING!" If those I am supervising say this, I will often say one of two things. "You know enough principles to where I am very confident that you do have some thoughts. Please talk to me when you gather your thoughts on this matter." A more radical form would be, "You get paid to think not to know, so I would highly recommend that you start thinking." Either of these will help the individual to break the pattern and start contributing to the team.

Beginning today, rely more on thinking and less on knowing. Reaching beyond your dreams will come a great deal easier. ❖

Mark Boersma is President of Synergy Solutions, synergy develops comprehensive customer business planning systems, recruiting plans, and has numerous marketing/sales products to help individuals/companies reach their potential. For further information, call Mr. Boersma at (630)393-9909. © 1998 Synergy Solutions, Inc.