



pz's perspective

by: Pz  
photo by: Solus Creations

# The Credit you deserve

There's a saying among recovery addicts that every day clean and sober is a good day. Anything short of that goal is a failure and can result in let down, relapse or even death. Doesn't sound like much to those of us who are more fortunate and don't suffer from debilitating issues surrounding alcohol and drugs, but it is the world to the folks who do. The premise is a simple one. Putting one shaky foot in front of the other, participants who follow the tenants of an AA or NA twelve-step program find, if they manage to stay the course, eventually their walk will be on firmer ground. When they reach this stage, they have usually hit their bottom and the only way to go is up. Their ego has been obliterated and their recovery process is one of rebuilding their broken life in small, but steady increments.

Much credit is given to these individuals by their peers in the group as one day at a time turns into weeks and weeks become months, and so on and so on. The task is tough, the challenge of breaking the cycle and patterns of destruction that addicts face unfathomable, still some actually survive and go on to thrive. That support and credit they receive is critically important to their feelings of self worth. They deserve it. They earned it. Even more important, though, is when that credit comes from someplace else—from within. Their ability to give themselves a pat on the back, an atta-boy, and the

proper credit for achieving yet another day of their goal is more crucial than one could imagine. For the addict every day on the straight and narrow is a job well done. It's a reason to get out of bed, to be excited, and cause for celebration. How basic and uncomplicated can you get?

Everybody has a story. We, each in our own way, are dealt our own set of problems. No one has a perfect life. While ours may not be as clear or severe as the addict, no one is exempt. We often look at all that is bad—at all that is wrong. Like the addict finding triumph in something as fundamental as another day of sobriety, we, too, must look around at what we are doing right in our own lives for which we deserve much credit.

## GIVING YOURSELF THE CREDIT YOU DESERVE

**Focus on the good stuff**—Most of the news we are given on a regular basis is of a negative nature. Good news isn't such a big draw and usually pulls in poor ratings. Look at the tabloid rags and the array of programs on TV with the spotlight on gossip and the plight of others as the centerpiece of their theme. These mediums flourish because society supports them. We buy, we watch, we are mesmerized by who is on trial, who is getting divorced, who is entering rehab, and which person of the week is falling off their pedestal. That mentality

has permeated our psyche on a grand scale and we have neglected the good stuff that is out there waiting to be noticed. Because the big story is usually driven by sensationalism, the positive news has to be huge in order to get our slightest attention. I'll take good news anyway I can get it. Stories like the death of the Pope and the process of naming the next in line brought masses of people—both believers and non-believers—together to witness an event overflowing with symbolism and sadness in the midst of tremendous hope. Remembrance of an extraordinary life spent in service to humanity in John Paul II followed by the anticipation, election, announcement, and installment of his successor Benedict XVI, was historic indeed. The possibilities associated with this occasion in the passing of the papacy torch are as confounding as they are inspiring. It's not everyday we have an uplifting story of this magnitude and when it comes we embrace it passionately like a long lost friend.

Bad news is all around us and we will continue to be reminded whether we like it or not. Staying informed is one thing. Feeding the negative machine is quite another. Some say we are fascinated by the troubles of stars, entertainers, and politicians because it helps to level the playing field of despair. Surely, if the rich and powerful aren't happy or their lives are in turmoil then our life doesn't appear near as bad.

Curiosity has become obsession and we have been sucked into the viscous depressing cycle. When we put our attention on the negative we are giving it credence. It trickles down into our own lives and we don't even realize the impact. Become more aware of the negative messages around you. Lessen the time and energy you devote to all the negative press. If there wasn't the appetite for such reporting it might just have a chance to take a turn for the better. Make it a point to support positive causes, positive programs, positive press, and positive people. Spend more time focusing on the good stuff. Give the good stuff the credit it deserves.

## Accomplishments big and small

—Think how you feel when something goes right and you have played a part in it. Think how great it is when you closed that deal or landed that contract or passed that test and you made it happen. Think how fulfilling it is when you are responsible for making someone's life a little brighter. Our accomplishments come wrapped in many different forms and sizes. Some are huge and momentous; some are small and minor. Distinguish them for what they are. As you go through life every accomplishment counts. Each is stacked upon the other and in total represents what you contributed while you were here. Take pride in each and

every accomplishment you achieve regardless of size—big and small.

### Acknowledging others will validate you

—When you recognize the actions or service of others you put energy in motion that will eventually make its way back to you. A sincere smile, a kind word, a fast call, a thoughtful letter, or heartfelt thanks is all someone needs to feel appreciated. Take the time to demonstrate to people that they matter. Go out of your way to fit your gratitude into your interactions with others. The credit you give to others through your words and deeds, in a real sense, reinforces that very sense of who you are.

### Something you're not versus something you are

—There are times out of sheer necessity we are faced with taking on a job or skill or task for which we are not suited. How often have you seen someone in a position of selling cars or cosmetics or gym memberships when the last thing they should be doing is sales? You can walk into any classroom and tell within minutes if the teacher before you is in the right place. Some people really can sell—they are terrific salesmen. They can be at the top of their game in any number of given professions. I know a guy who is such a master I have often said he can sell anyone a bag of dirt and they'd be standing in line, thrilled to buy it. Some people really can teach—they have that innate gift. Every skill has inherent talents required of those who perform it.

There are other times when we set our sights on achieving a goal and the goal is just not the best fit. We go out of our way to pursue what surely is short-term or a dead end street. Although I'll admit, I'm probably one of the few in the country who don't watch American Idol, I do keep up with the developments—there is no escaping it. I find it fascinating that people go to extreme lengths to audition for a show designed to find the next big singing sensation and they can't even sing. (Really and truly can't carry the first tune, can't sing a single note—not a lick.) Exposure or not, if you are not suited for that calling, it is a waste of everyone's time and a detriment to you to even be included in that mix.

We are all good at something. Give yourself credit for what you can do. Our

energies should be directed at those endeavors that give us a sense of accomplishment and a chance of reward. When we are competent at something we are more confident individuals. Whether out of necessity or by choice,



if you are currently trying to be something you're not, take the steps to move away from the

status quo and towards your specific calling. We are more than a mere 15 minutes of fame or flash in the pan. The better we get at identifying precisely where our strengths lie, and the more we actually practice those talents or skills, the more credit we'll be able to give to ourselves for living our true expertise.

### Don't Confuse Confidence with Arrogance

—Be grateful about your life. Get excited to be here. You are one unique and special person. No one of the planet is exactly like you. Giving credit where it is due—especially to you—is enriching and builds confidence. Being confident is empowering and not a bad thing. It is not in any way arrogant to adopt this philosophy. It is not out of some runaway

ego or sense of entitlement when praise is given by you to you. When you are enriched and empowered you can make a difference and effect change. Your self esteem meter can substantially rise from largely low to however high you choose it to go.

### It's all in the climb

—In Hollywood they say you're only as good as your last hit. In baseball you're only as good as your last at bat. In bodybuilding you're only as good as your last victory. All of these hits and swings and victories are high points in one's life or career. They are easy to celebrate because the rewards we are given are easy to pin point. Showered upon us by means of box office sales or stadium cheers or judges trophies, our efforts result in payoffs that are seen in a tangible way. Times like these the credit is flowing freely and effortlessly. Everyone will jump on the bandwagon when a winner is winning. Money and endorsements and roles and opportunities abound. But no one stays on the charts or at number one or on top forever. What about the rest of the time? Remember the expression, 'life is a journey not a destination,' because no matter where you go there you are. It's the credit we need to bestow upon ourselves all along the path as we push forward one step and fall back two, as we reach a rough spot and want to quit, as we confront one obstacle after another and can't seem to catch a glimpse of the light at the end of that dark and sometimes lonely tunnel. No matter how high we climb it remains how we make the climb that is the key. Don't be impatient and lose sight of your purpose and of giving yourself credit for the hits as well as the misses. Don't be discouraged and lose sight of your journey and of giving yourself credit for embarking on the trip no matter how close, how far, or wherever it takes you.

**For being a decent human being**—You and I both know plenty of people who don't make the grade when it comes to being decent and honorable. Then again, there are those who do. I believe, unless you are unconscious, you know the distinct difference. Those of you who can be safely placed in the slug and shmuck category, poor excuse as you are, know who you are. And yes, you can go ahead and give yourself oodles of credit for displaying those characteristics, too. But for those of you, who genuinely do your best to respect others, live with decency, integrity, and at the highest golden-rule level, in light of or in spite of some tempting and trying times, you deserve to give yourself credit for that success. Developing a trustworthy reputation is a triumph alone. Being a decent human being is a success beyond measure. Credit, you say, for doing nothing more than being a good person? You bet!

*Pz is a writer and empowerment strategist. Her self-help expertise focuses on relationships, fulfillment, and the human condition. Have an issue, topic or question on your mind? She encourages your involvement. You can reach Pz at her address: pz@pzpower.com or go to www.pzpower.com*

UNITED STATES DISTRICT COURT  
FOR THE DISTRICT OF COLORADO  
CIVIL ACTION NO. 04-K-1815  
In re:  
AST SPORTS SCIENCE, INC.,  
EIN: 84-XXXX803  
Debtor.  
(Bankruptcy Case No. 04-19178 (ABC))  
NOTICE OF BAR DATES AND PROCEDURES  
FOR FILING PROOFS OF CLAIM  
Please take notice that on April 30, 2004, AST Sports Science, Inc. filed for bankruptcy under Chapter 11 of the Bankruptcy Code under the supervision of the United States Bankruptcy Court for the District of Colorado, Case No. 04-19178 ABC. On April 6, 2005, the United States District Court for the District of Colorado entered an order establishing June 30, 2005 as the last date for filing claims and serving proofs of claim against the Debtor, except as provided in the Order. To obtain information about the bar date, a blank proof of claim form, and where to file claims, visit www.cob.uscourts.gov, visit www.ast-es.com and click on the bar date notice link, or contact Debtor's counsel, Aaron A. Garber, Esq., Kutner Miller, P.C., 305 E. 17th Ave., Suite 800, Denver, CO 80203; 303-632-2400.

order by phone toll free: 1(888)362-7839