



pz's perspective

getting UNSTUCK in the new year

by: Pz
photo by Jeff White

Well it's finally arrived. Another year is underway. It's upon us—in full swing—right here, right now. But many of the events that occurred during 2006 made their impression and remain fresh in our minds even as we move on to face the challenges a new day brings. There were lots of hookups and breakups that sprinkled the Hollywood landscape and continue to capture our attention.

Tom and Katie, along with Nicole and Keith, came together. Charlie and Denise, as well as, Whitney and Bobby came apart. And let's not leave out Pam and Kid Rock who came together and came apart all within that short four-month span.

Other events, significant or noteworthy, grabbed the headlines for their own unique value. Steve Irwin couldn't manage to survive the stingray's unexpected barb, yet Randy McCloy managed to unexpectedly survive the Sago mine explosion, sadly proving that bad things DO happen to good people.

A Miss USA, Tara Conner, behaved badly, got a reprieve and was allowed to keep her title. A dictator, Saddam Hussein, behaved badly against humanity, got convicted and was sentenced to lose his life. She went to rehab for her wrongdoing; he went to the gallows for his.

But without a doubt the #1 story of 2006 is Iraq. The horror and sadness of 9/11 hit us hard in one fell swoop. This is anguish of a different kind. The pain and sorrow from this on-going, heartbreaking saga is a bit like a slow, excruciating, poisonous IV drip. Like a nightmare with no end in sight, no possibility of waking up, a bad dream with no happy conclusion—our troops are caught in the quagmire and can't get unstuck.

As I look around, as I read my e-mail, as I talk to people of all ages, from all walks of life, I see a common thread among many. People are stuck, too. Many know what they want their lives to look like. Some

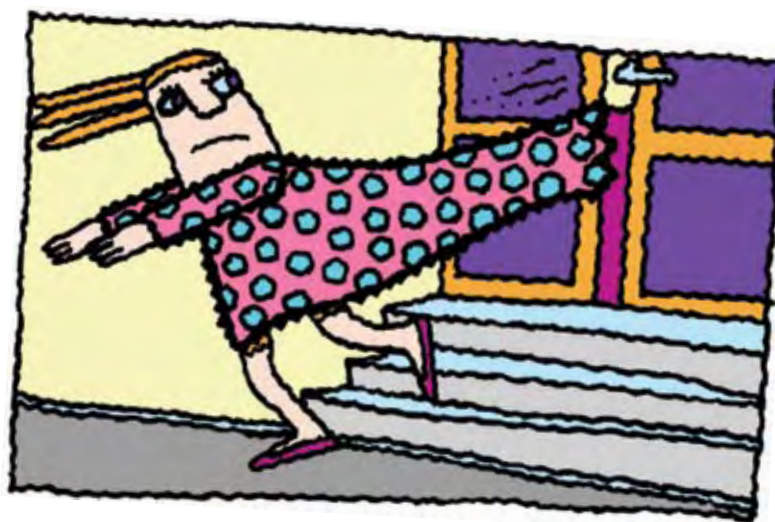
have actually identified their true purpose, stated their desires, and long to make it happen. The problem is they are stuck.

Moving forward is the hard part. Getting off the mark and putting the plan into play poses the primary predicament. Just like in Iraq, we must find a way to advance ahead. We must have a viable strategy that makes sense to get unstuck.

This is an exciting time to be alive. It's also a fragile time fraught with unknowns and uncertainties. We have to keep hope at the forefront. We have to be bold enough and care enough to take a stand and take a step in the direction where our dreams as a people and a planet can be realized. Here are some pointers that may help as we approach this wonderful period of optimism and possibilities.

Pz Pointers to get unstuck now:

Live in the moment—The adage, “tomorrow isn't promised,” means just that. It's a lesson we are often reminded of but don't fully embrace. In the past the young, not so young, and everybody in between felt time was on their side and they could put off until another day what they should have been concentrating on all along. Dwelling on the past accomplishes nothing. Delving into the future, too, is of little use. It's the moment, the present that counts. For the moment is all we have, is all we are promised, and is all we can depend on. When that moment passes, we can never get it back.



It's what we do in that present moment that contributes to our value and worth. Making the most of each moment gives us the opportunity to inch ever closer to carrying out our destiny.

Key into the miracle of you—Every human being ever created is a miracle. Think about what an intricate mechanism we are. Comprised of mind, body, and spirit, we are nothing short of wondrous. While our capabilities are limitless, our time on this earth is limited. Decide that today and from this day forth you are going to move forward with the knowledge that there is no one more special than you, no one else quite like you. What a phenomenal reality that is. As alike as we are as a human race, we are even more different in countless respects. It is these qualities in each individual that makes us unique and sets us distinctly apart from each other. The gifts you have to give the world are yours and yours alone.

Don't do anything you don't want to do—How many times has someone asked you to do something, go somewhere, participate somehow and you didn't want to, but you went ahead and did it anyway? Throughout my life, I have been particularly guilty of agreeing to all sorts of things I really didn't want to do. I've been sucked into the agendas of others always wanting to please, help, be accommodating, or available, ending up regretting the decision and in many cases hurting my own cause. I said yes when what I

really wanted to say was no. I have learned to pick and choose better. I have learned to follow my gut and when my instinct tells me no and the red flag goes up I follow the feeling. Don't waste your valuable time or energy on people or projects that are not in your best interest. This only serves to get you sidetracked, diverted, bogged down, and off course. It cuts into your time and time is of the essence. Stand up for yourself. Put your foot down and learn to say no. It doesn't matter who or what is involved. Don't get bamboozled, hoodwinked, pushed, pressed, or talked into anything. Don't be made to feel bad or guilty. Don't be influenced by the fact that if you decline you might fall out of favor. That might sound selfish, and it is. It is time for you to spend your time on you.

Appreciate the simple pleasures—The acquisition of material belongings has long been a priority in America. We judge each other as well as ourselves by the stuff we have. For some reason houses and cars, yachts and jewels, clothes and currency are the possessions by which we survey our merit in life. More is better and we have become obsessed with having more than we could ever possibly need. The expression, "you can't take it with you," is more applicable now than ever before. While material things are certainly nice and no one wants to live in poverty, the importance we place on these objects take a back seat to what is truly relevant. It is a mindset we must tap into in order to appreciate those simple pleasures. The smallest, simplest, most inconsequential things now seem to hold the greatest meaning. The sweet scent of fresh cut grass, the reassuring sound of children playing, the surprising sight of a stranger's smile, the scrumptious taste of chocolate, the tender touch of a lover's lips, are simple pleasures that are no longer quite so simple. Freeing yourself of the need to accumulate the unnecessary trappings and embracing simplicity gets you unstuck to go after the things of which dreams are made.

Do the work it takes to make your life work—Everyone wants to be a success in life. Most people though, don't want to do what it takes to make it happen. Wouldn't it be great if you could just decide, show up, and voila, easy as that, the world is your oyster? You don't go from politician to President, sergeant to General, or bodybuilder to Mr. Olympia overnight. Unless you are lucky enough to be born with a silver spoon and get a head start on the rest of the field, there are many steps in the process and much work along the way. Trace the path of successful people and you will see a road littered with bananas, apples, oranges, and grapes; the fruits of their labor. Trial and error, hit and miss, toil and sweat will also be found. Putting your heart and soul into your effort takes you out of the quicksand and onto solid ground.

Never underestimate the power of laughter—There are more people depressed, bi-polar, anxiety ridden, and on medication than ever. Increasingly, individuals are being labeled with maladies that spring from the alphabet soup of disorders from ADD to PTSD that clearly indicate there are many

obstacles to our overall well-being. It can be a tough life and extremely easy to get stuck. The seriousness of the times in which we live can naturally take us to an unhappy place where laughter is a stranger. You can be serious without taking yourself too seriously. Make laughter your friend. Find something to smile about or laugh about on a regular basis. Read the comics, rent a nonsensical movie, share silly stories with a friend, even, tell yourself a joke. Humor is powerful medicine for the soul. It is the prescription for soothing the spirit and lifting the lid on the dark side in order to let the light shine through.

Small steps make a huge difference—So often we are looking for the big splash, the one enormous break or some huge defining event to put us over the top. We get stuck waiting for something big to happen. Life doesn't work that way. We are, in many ways, still like babies who haven't yet learned to walk. We must first roll over, then crawl, then pull ourselves up, hold onto whatever is within our grasp, and eventually let go as we place one unsteady foot in front of the other. Each small step leads to the next and the next and, in due course, we will walk, eventually run, and, if our efforts pay off, perhaps even soar. Remember the tortoise and the hare? Oh, how I love those fables. Slow and steady wins the race. Small steps really do make a difference.

Turn ideas into actions—Ideas, in and of themselves, are one-dimensional. They are like a switch that hasn't been flipped-- a song that hasn't been sung. Ideas are born in backrooms as well as boardrooms. They are written on napkins and laptops. Without action they never get off the ground; they never get launched. It is only through action that our ideas become 3-D, come to light, are given a voice, and have real and significant meaning. Put your ideas into actions. Become a doer not just a thinker or a wisher.

Focus, focus, and more focus—Focus is a topic near and dear to my heart. I believe it is not the lack of talent, desire, or ambition but the lack of focus that is the single, biggest reason why people fail to actualize their true potential. Trying to do too many things at once can be worse than doing nothing at all. Jumping all over the place is worse than staying put in one spot. You trip over yourself every step of the way or get lost in the process. You get stuck and go 'round and 'round in circles like a rat in a maze. You keep coming back to the same spot running into walls and going nowhere fast. It's like reading a book repeatedly and you can't get past chapter 3. You would like to leap to chapter 5 or 7 or even flip to the end to finally see the total outcome, but you can't get past that damn chapter 3. There has to be a road map you must follow, a connect-the-dots plan that requires tunnel vision. There has to be a strategy. Distractions and diversions come when focus falters. When focus is absent frustration and failure will follow. Zeroing in on the specifics of your life's goals, attacking them with a rhyme and a reason, in a systematic fashion, gives you the best chance of getting unstuck and having the life you were intended.

What if this is it?—Imagine for a second that this is all there is. Imagine that whoever you have become at this point in time is all you are ever going to be. Imagine that whatever you have accomplished up until now is all you ever will. Is it enough? Are you okay with your life where it is the way it is? If it isn't and you aren't, you have work left to do and miles left to go so you had better get going. If you are stuck, you had better shift gears or change direction or shake it up or create such a frenzy that you can't help but get unstuck. Look at your life with a sense of urgency. Take your best shot, pull out all the stops, and have a grand and glorious time along the way.

It is my sincere hope that the days to come will be filled with joy and accomplishment unlike any we have yet to experience. It is my ardent wish that in the months to follow we will find the courage and strength to make the right decisions and head in the right direction for ourselves, our families, our country, our allies, our enemies, and, especially, our planet.

Pz is a motivational writer specializing in the area of relationships and the human condition. Have a topic you would like to feature? Contact Pz with ideas, questions, or comments: pzpower@aol.com

You've been hurt.

Your heart has been broken.

Your world is about to come unglued.

What do you do now?

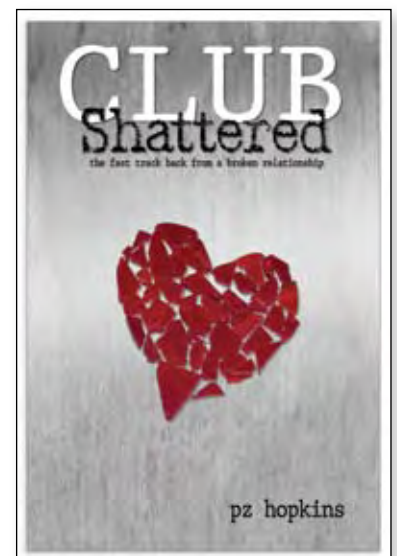
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In Pz's upcoming book,

CLUB SHATTERED,

you'll find the answers.

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