

pz's perspective

How's Your Staying Power?

Billy the Kid



by: Pz

Our troops are still in Iraq; Keith Urban is still in rehab, still married, and still at the top of the charts; and, Nicole Richie is still skinny. Britney has kicked K-Fed to the curb; the voters have kicked Republicans out of their seats; and, the Dallas Cowboys have kicked enough field goals to make Parcells proud. Ah, the highs and lows of life! Science has long been telling us the world turns 'round and 'round. I think they need to look closer; they might discover it's really moving up and down. And everybody on planet Earth is on the same wild ride as we head out of the old and into another brand New Year.

Yes, here we go again. A New Year is right around the bend. Isn't it amazing how that happens? (Kind of sneaks up on us.) We know it's coming, yet we think somehow, somehow we can cheat time or stave it off for just a while longer. We think we have enough months or weeks or days on that current calendar to still get everything on the to-do list done. After all, we have plans-- little plans, big plans-- and we're bound and resolute to carry out those plans—we just need a little more time. In the end, though, we always lose, and time marches on whether we're ready or not.

What you did or did not accomplish in 2006 is history. Whatever business is left undone remains undone. Whatever goals fell short, well, they simply fell short. I don't know how you'd rate 2006, but I can guess that for some of you there were many ups and downs and it wasn't exactly the stellar year you had envisioned. But the fascinating part about life is that it does give us the chance to do more or do better or do something different than what we had done in the past.

What you are able to accomplish in 2007 is yet to be realized and is out there, just over the horizon, waiting to be written in your next chapter of the book of life. Now, that's exciting stuff. A New Year brings with it a fresh beginning and another opening to make of it whatever you choose. I'm not going to beat around the bush.

I'm going to get right to it—time is of the essence. I want to get you thinking on the right track so you can get off to a great start. I want to give you some simple but powerful pointers as to how you can make that happen. I need to ask the question, how's your staying power?

PZ'S STAYING POWER POINTERS FOR THE NEW YEAR:

Stay the course—First, you need to establish if the course is worth staying. Don't stay on the sinking ship if you know the iceberg has been struck or you're going down with Captain Smith. Don't stick with a stinking war if you know there's no chance of winning what you went there to win or you'll pay a bigger price than is necessary. If, on the other hand, you determine that the course you're on is worth the fight, then fight. Fight on and fight hard. Fight with all your might. It's hard to keep at a task or follow a dream if things aren't going as well or happening as fast as you would like. The more common response is to get discouraged, give up, and move on. Don't you dare give up. Don't you dare move on. Keep going. Keep plugging away. Keep making strides, no matter if they are baby steps—keep at it.

Stay true to yourself and to others—There is nobody on the entire planet quite like you. Remember: you are pretty spectacular and listen to that inner voice when it speaks to you. Don't try to be something you aren't. Don't envy others for who you think they are. Nobody can fulfill the role you were born to carry out. Nobody can walk in your shoes or define your destiny. Be who you are and become who you are meant to be. When you are living your authentic life is when you can be true to others as well. Too many



people are walking around living a bunch of lies—too many lies. Some are having affairs and putting partners' hearts and health at risk. Some are living in the closet or on the down-low or running from the reality of who they are. They're not

being true to themselves or to others. Don't be afraid to be who you are. This is your life and the only one you have. Make the most of it now. If you are in a relationship that matters, then behave like it does. Honor it, cherish it, delight in it. If you love someone, then act like you do. Don't hurt others because you are too scared or too selfish to step up and get real. Work on being the best **you** possible, and the best of what life has to offer will come to you and to those you love.

Stay in the room—I once heard a story of a couple married for over 50 years. When the man was asked the secret as to why it lasted so long, his answer was quite simple. He said, "As long as you stay in the room you have a chance. You stay and face whatever it is that's the problem at the moment. You don't run from it thinking it will get better by itself. If you at least stay in the room you will find a way to work through life's big and little troubles together." How sweet and simple and lovely is that? Think of the many ways you can apply your staying power here! This philosophy can also be applied to many of life's situations.

Stay away from rumors—Our appetite for gossip and celebrity news is insatiable and borders on a little sad and a little scary. What is it about the human condition that thrives on the pain and suffering of others? What makes us so interested in the likes of those whose lives we believe to be more interesting than ours? Why are we so

consumed with what Paris Hilton did last night and by what she wore and by who she dissed and by who she kissed? Why do we care if Lindsay Lohan was drunk or acted out in public in inappropriate ways? Why do we need to know all the intimate details on Paul and Heather or Reese and Ryan? Yet, apparently, we do. Or at least enough of us that account for the feeding frenzy it has become. We feed this machine on many levels. It's turned into a marketing, money monster. There is no escaping it. How often do you hear about those who have successful relationships like Paul Newman and Joanne Woodward, Michelle Pfeiffer and David E. Kelly, or Kelly Preston and John Travolta? Not everyone is unhappy and headed for divorce court. And some famous people actually earned their fame. They actually did something worthy or significant or remarkable to earn our attention and accolades. A priority check might be in order. A shift in what we deem as relevant and important might be a good attitude to adopt for the New Year.

Stay positive—A negative attitude is contagious. It breeds more of the same. That's just the way it is. Being around cynical, skeptical, judgmental individuals is not the way to maintain a positive outlook. I'm big on getting rid of those negative forces in your life. Tell the whiners to shut up and get out of your way. You have a job to do and a life to live and you don't need them putting the kibosh on your party. They will, for just as long as you allow it.

Stay focused—Take your sights off of it for a second and you'll lose ground. Get sidetracked for a minute and you'll fall behind. Turn to the left; turn to the right; and when you look back, you'll wonder what has happened. I'm talking about fulfilling your purpose. You have to eat, sleep, and breathe your purpose. It has to envelope your every thought, word, and deed down to your very core. You have to focus straight ahead, and with blinders, gradually eliminating the outside distractions. Those of you who have never had such a dream or such a passion will find this message foreign and has little meaning. The rest of you who have tapped into that special place will surely relate. It's hard to stay focused. It requires that you believe in yourself. Don't stop pushing. Don't stop believing.

Stay in a place of gratitude—Anyone who has spent any time traveling around the world will tell you they wouldn't trade living in this country for any place else. There is something so magnificent about this grand experiment called the United States of America that we have come to take for granted. As a nation and as a people and as individuals we are so blessed and so fortunate to be part of a land of such promise and opportunity.

We've become spoiled and downright arrogant. We expect more than we are willing to give. Instead of being thankful for all this country affords us we abuse it and behave as if we were the only people worthy of its bounty. Step back and take a look at what you've got. Make yourself small and stand in awe of the wonder that surrounds you.

Stay connected—Think about who matters to you. Can you name them? Can you call upon them and can they reach out to you? Everybody needs somebody. We can't go it alone, and we shouldn't even if we could. The larger net you cast the more connected you become to the human race on the whole. Not everyone needs to be in your tight knit inner-most circle. There are circles that reach beyond that where people can still occupy and be of importance. Nurture relationships on many levels and give freely and earnestly of yourself to all those who can benefit from knowing you, too.

Stay informed and involved—Pay attention to the world and its inhabitants. Keep up on topical events and issues that affect our nation. Do more than watch mindless shows and play endless video games. Educate yourself on other cultures and religions and open your mind and your heart to the possibilities of a peaceful co-existence among men for the future. Look at the outcome of the recent election. Look at the message we, the people, can send merely by casting a vote. Get behind leaders who show the most promise. Get behind leaders who can lead. Pay attention to what's happening in your community. Become part of the fabric of your area and participate where you can make a difference. Read. Go to the library. Go to book shops. There are wonderful book stores now where you can hang out and have access to the most fantastic literature and some very interesting characters.

Stay patient in the midst of failure—We all know how difficult it can be to be patient in this crazy world. Add failure to the mix and it's enough to send us over the edge or looking for a high bridge to jump from. None of us like failure. None of us give our heart and soul to a relationship or a project or a goal or a dream in hopes we'll fail. We don't delve into something expecting a disappointing outcome. We want it to work. We want it to work on a grand scale. When it doesn't we have to regroup and take a look at what we have. We have to find every last kernel from the seeds of the lessons that were planted in the midst of the failure. Those kernels are the foundation to our future success if we can just remain on our plane and be patient enough to nurture them until they're finally ready to spring forth.

Stay tuned in—Earlier this year, a special TV documentary aired on the possible scientific ways in which the earth, and civilization in its current state, could be immeasurably altered or annihilated, destroying life as we know it. It was a heavy doom and gloom scenario of unfathomable proportions leaving me wondering what if? What if they are right? What if man is right around the corner from disappearing? I say, let's keep going for as long as we are here and as long as we are able. I say, let's look at the predictions and see if there is anything we can do to alter the future and change the direction of the dark destiny. I say, the earth is our planet, our home, and worth every ounce of our energy we can exert to keep it alive and well. In keeping it, we save ourselves and pave the way for all those who come after us.

Wishing Everyone Happy Holidays and The Most Joyous New Year to you all!

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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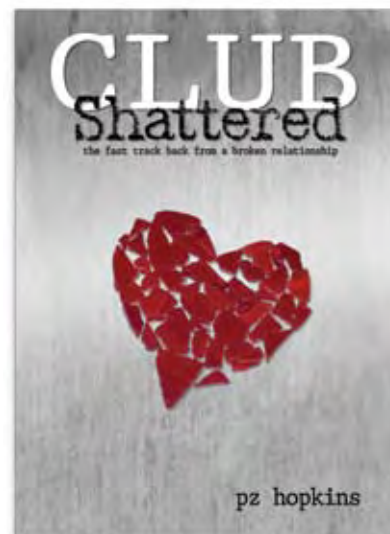
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CLUB SHATTERED,

you'll find the answers.

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